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Enter as a school or individual

Details at www.aph.gov.au/myfirstspeech

2

Complete the competition task

3

Select the best entries (schools only)

Schools can choose to select the best entries from their school by using the judging criteria as a guide.

4

Submit your video

Along with your entry form, a signed consent and release form and a written transcript of your speech.

Competition task

- Imagine yourself as a newly elected Member of the House of Representatives.
- Write a 90 second speech about an issue or issues you are passionate about. As a community representative, it could be about an issue that is important to the people of your electorate or something you would like to communicate to the federal Parliament and to the people of Australia.
- Record yourself presenting the speech on video.

Eligibility

The competition is open to all Australian secondary students currently enrolled in years 10,11 and 12.

Prizes

A winner from each year level will be flown to Canberra with a parent or guardian, with two nights' accommodation, to deliver their speeches live and undertake a program at Parliament House.

Enquiries

For more details, visit our website at www.aph.gov.au/myfirstspeech, send an email to comps.reps@aph.gov.au or contact (02) 6277 2122.

Video format

- MPG, MPEG, MPEG 4, AVI, MOV or DVD
- Resolution of 640 x 480 pixels or above.
- Widescreen, if possible
- No longer than **90 seconds** in length
- Titles or end credits are not required.

Submission

Send your video and forms by email (**max 25mb**) or via a file sharing service like Dropbox or Google Drive. As a last resort you can send in a USB. Please include a written transcript of your speech and completed competition forms to:

My First Speech competition
House of Representatives
PO Box 6021
Parliament House
Canberra ACT 2601

Deadline

Entries must be received by
Friday 11 August 2023.





Please fill out one entry form for each entrant.

Entrant name:

School name:

Postal address:

Suburb/Town:	State:	Postcode:
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Phone: Email:

Year level: Year 10 Year 11 Year 12

If your entry is part of a school submission, please provide the following additional information:

Teacher name:

Phone: Email:

Submissions checklist

- Signed and completed [Entry Form](#)
- Signed and completed [Consent and Release Agreement Form](#)
- A [transcript](#) of your First Speech
- A [video](#) of your First Speech (maximum 90 seconds)

Declaration

I hereby declare that this entry is my own and that, to the best of my knowledge and belief, it contains no material previously published or written by another person or organisation. By signing this form, I acknowledge that I have read and agree to the My First Speech competition Terms and Conditions of Entry.

Entrant signature: Date:



This form must be completed for the person who appears in the video entry.

The Australian Parliament and the Department of the House of Representatives (collectively referred to in this agreement as 'the Parliament') aims to raise awareness of the federal Parliament among young Australians by encouraging students to voice their opinions as if they were making their first speech in the House of Representatives and by publishing and broadcasting the winning videos and all other suitable entries from the My First Speech competition.

- I/we give consent for the Parliament to use and publish your/your child's name and town/state and your/your child's video submitted to the My First competition (including quotations attributable to you) in electronic and printed materials, the Parliament's websites and as part of an exhibition installation at Australian Parliament House in Canberra.
- I/we are aware that information published on the internet is accessible to users all over the world and the Parliament has no control over the subsequent use and distribution of the video.
- I/we understand that all copyright in the materials vests in the Commonwealth of Australia.
- I/we acknowledge that you/your child is not entitled to any remuneration, royalties or payment in respect of the use of the video submitted to the My First Speech competition.
- I/we give consent for the Parliament to create video recordings and photographs of me/my child as part of the competition and publish these images in online or printed form.
- I/we agree to the terms and conditions for the My First Speech competition available on the entry form and on the website at www.aph.gov.au/myfirstspeech

Entrant name:

School name:

Postal address:

Suburb/Town:	State:	Postcode:
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Phone: Email:

Signature: Date:

Please tick one: I am over 18 years I am under 18 years

If you are under 18 years of age you will need your agreement co-signed by a parent or legal guardian.

Name of parent/guardian:

Signature of parent/guardian: Email:



1. The purpose of the My First Speech competition is to raise awareness of the federal Parliament among young Australians by encouraging students to voice their opinions as if they were making their first speech in the House of Representatives.
2. The My First Speech competition opens **9am EST Monday 3 July 2023 and closes 5pm EST Friday 11 August 2023.**
3. By entering the My First Speech competition the entrant agrees that copyright of their entry becomes the property of the Parliament and that the Parliament reserves the right to use, reproduce, adapt and exhibit the video at Australian Parliament House and online on the Parliament's websites.
4. Any person under 18 years old must have a parent or guardian's permission.
5. There is no cost to submit an entry into the My First Speech competition. However, any associated costs such as video or USB devices or accessing websites are entirely the entrant's responsibility.
6. Each entry must be submitted in digital format via email, fileshare or USB and be no longer than 90 seconds long.
7. By entering the My First Speech competition the participant warrants that its entry is original work.
8. Entries must not include any material offensive to any specific racial, gender, religious, sexual or other group or contain swearing, slurs or sexual suggestions. Any entries deemed inappropriate will not be eligible for the competition.
9. Entries should be appropriate to a broad audience and demonstrate respect and consideration of others.
10. Entries must not contain any material (music, logos, text etc) that infringes the copyright of any third party.
11. The competition will be judged by a panel of professionals, which will include Members of Parliament and parliamentary officers.
12. The decisions of the judges are final and no correspondence will be entered into.
13. In the event that the entrant is awarded a prize, the person named as the entrant on the entry form will be the sole recipient of said prize. Prizes are not negotiable or transferable.
14. The Parliament accepts no responsibility for lost, damaged or late entries.
15. The participant should make copies of entries and entry forms as these will not be returned to the participant following the competition.
16. Winning entrants will be notified by phone, email or mail. Winners will also be published on the Parliament's websites.
17. The Parliament manages information collected from entrants in accordance with the Privacy Act 1988. Personal information submitted by the entrant will be stored at the Parliament and only be used to notify winners and identify the creator and school of the entry.
18. Entrants that breach the Terms and Conditions are subject to disqualification.



The following table is the criteria that the judges of the My First Speech competition will use to determine winning entrants.

Schools may wish to use these criteria to determine the best videos to submit to the competition. Individuals may wish to consider these criteria when developing their speech.

CRITERIA	EVALUATION
Content (50%)	
Well-constructed arguments that engage the audience	/10
Demonstrated understanding of issues	/10
Original and creative ideas	/10
Demonstrated use of evidence and research	/10
Well structured with an opening, body and conclusion	/10
Language (30%)	
Promotes clear understanding of the issues	/10
Language is kept simple and to the point	/10
Demonstrates respect and consideration of others and is appropriate to a broad audience	/10
Delivery (20%)	
Physical presentation (body language, engaging manner, enthusiasm)	/10
Pronunciation and tone of voice	/10

The judges' decision is final and no correspondence will be entered into.



Keep it simple – use a steady camera and clear sound but, above all, have fun!

My First Speech competition aims to raise awareness of the federal Parliament among young Australians by encouraging students to voice their opinions as if they were making their first speech in the House of Representatives.

The competition is open to Year 10 to 12 Australian school students.



Get inspired

- Read transcripts and watch videos of first speeches by Members of the House of Representatives.
- Find out about current political issues through newspaper articles, radio news broadcasts, online news sites, forums and blogs.
- Look at famous, historical speeches from politicians and political figures from around the world.
- You can find links to everything you need to get inspired at: www.aph.gov.au/myfirstspeech



Write your speech

- Select your main topic and research it thoroughly.
- Decide on the point you most want to make, what you want your audience to remember and make it the central theme of your speech.
- Your speech should be no longer than 90 seconds.
- After you have written a draft of your speech, read it out loud to see how it sounds.
- Refine your key points and stay on theme. You can even use repetition to drive home the message if you wish.



Make the video

- If possible, ask a friend or your school's media department to help you video your speech.
- Rehearse your speech. If you are using notes, try to look up to the camera as much as possible.
- You should be framed in the video as a mid or close shot, if possible.
- Move the camera as little as possible, avoid zooming and preferably use a tripod.
- Clear sound is important when recording speech. The best plan when filming is to use a separate microphone placed close to your mouth. If using the microphone on the camera, place the camera as close to you as possible.
- Make sure there is enough artificial or natural light in the room when filming.
- Get some quality feedback. Ask someone who is going to be honest to have a critical look at your final production.

Judging criteria

Keep in mind how your entry will be judged, which includes creativity, originality, and presentation skills. See Judging Criteria for more details.



Engage students with contemporary issues in politics, SOSE, history or English.

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Introducing the project

- Introduce the class to the My First Speech competition website.
- Explain the concept of a maiden or first speech delivered by a member of the House of Representatives.
- Initiate discussion by asking students: what makes a good speech?
- Ask students to discuss any big national issues that are important to them at the moment.
- You can find a range of useful resources such as videos and transcripts at: www.aph.gov.au/myfirstspeech

Learning outcomes

Students should have:

- Learned a key function of the Parliament is for elected representatives to debate and express ideas.
- Expressed their own opinions through discussion, speech-writing and oral presentation.
- Communicated an argument and explained their viewpoint.
- Engaged with, reflected on, and researched contemporary issues.
- Explored different ideas, opinions and beliefs about topical issues.

Judging criteria

Keep in mind how the entries will be judged, which includes creativity, originality, language and presentation skills. See Judging Criteria for more details.

Suggested activities

Activity 1: Debate

Set up the class room to represent the House of Representatives: ask students to divide into two sections to debate a contemporary issue.

Activity 2: Identifying issues

Ask the class to work in groups of 5 or less to brainstorm issues/problems in Australian society. Each group should identify:

- Why the problem exists
- Who are the people affected
- Who or what is responsible
- What solution will help

Activity 3: Your member in the House of Representatives

Find out the person who represents your electorate in the House of Representatives. Look up their first speech in the Parliament in Hansard. Discuss extracts from their speech with the class. Do students agree or disagree with the issues that have been raised?