

DRAMA/PUBLIC SPEAKING COMPETITION



INTRODUCTION

Open Your Mind is a schools based competition aimed at promoting awareness of mental health.

The Open Your Mind competition has run successfully in the Southern area for many years now and has traditionally taken the form of public speaking. This year the competition is being extended to also include drama.

Schools are invited to enter teams of pupils aged 14-15 years to take part in Drama or Public Speaking events to be held in November.

Mental health is the emotional and spiritual resilience that enables us to enjoy life, and survive pain and disappointment. Good mental health is about having a basic sense of self worth and effective ways of coping with life.

It is estimated that during adolescence around one in five young people will experience mental health problems, many of which can continue into adulthood (HPANI, 2001).

Northern Ireland has approximately 657,000 young people under the age of 25 (NISRA, 1999), which is one of the youngest populations in the European Union. The mental health of young people impacts on their future success and inclusion in society and is a major area of concern. School has a significant influence on the behaviour and development of all children and has been recognised as an important setting for promoting the mental health of young people. (DOE 2001)

Mental health is influenced and shaped by our experiences in life. Social support, strong social networks and social inclusion are key predictors for good mental health. Self-esteem, life skills, and opportunities to make choices all increase the development of emotional resilience.

Unlike physical health people find it difficult to discuss their mental health. Perhaps it is not knowing what to say or because of fear or embarrassment. Unfortunately this means that many mental health problems stay hidden and people suffer in silence rather than getting help and support.

DRAMA/PUBLIC SPEAKING COMPETITION



The drama and public speaking events are being hosted to promote awareness amongst young people of mental health and the factors influencing positive well-being.

These events will encourage young people to open their minds and discuss mental health issues.

The competition is being funded by the Public Health Agency and is being organised by the Southern Health and Social Care Trust, AMH MensSana & SELB Pupil Personal Development Services.

DRAMA/PUBLIC SPEAKING COMPETITION



ABOUT THE COMPETITION

Within the competition there are two separate events:

- Public Speaking
- Drama

Public Speaking Event

Date: Wednesday 10th November 2010
Time: 9.30am-2.00pm
Venue: To be confirmed

Drama Event

Date: Thursday 18th November 2010
Time: 9.30am-2.00pm
Venue: To be confirmed

The competition is open to all pupils aged **14-15 years** in post primary schools across the Southern Area.

Schools can enter both events and are encouraged to bring along supporters.

Supporters are encouraged to bring along banners, mascots etc in support of their school and can earn a maximum of 5 extra points for their team by being awarded 'best banner'.

Banners will be judged by a team of three independent persons on the day.



SPECIFIC RULES FOR PUBLIC SPEAKING

Speeches should relate to one of the five topics included on page 8

- The competition is open to all pupils aged 14-15 years in post primary schools across the Southern Area.
- All speeches are presented by a team of three. Schools can enter 1 team.
- The total performance time for public speaking for teams must not exceed **9 minutes**. A bell will ring at the end of 8 minutes as a reminder and again at the end of 9 minutes.
- Teams will be stopped after the allocated time.
- Speeches must be presented in English.
- A panel of adjudicators will be responsible for scoring the competition and will provide feedback on 1st, 2nd and 3rd place. The decision of the judges is final
- 60% of marks will be allocated for content, assessing originality and understanding of the subject.
- 40% of marks will be allocated for presentation skills, including delivery style and rapport.
- Audio, visual, computer presentations or props are not permitted.
- The winning team will receive an Open Your Mind trophy for their school.

PUBLIC SPEAKING COMPETITION



- Schools are encouraged to maximise opportunities for young people to discuss mental health issues by encouraging all young people to prepare before selecting the best team to go forward and represent the school.
- Each school should nominate a teacher who will be responsible for co-ordinating the initiative; the teacher should complete and return the entry form and will be the contact person for all further correspondence.

**The closing date for submission of entry forms is Friday 22nd
October 2010**

The winners name and photographs may be used in promotional activity.



SPECIFIC RULES FOR DRAMA

Pupil's drama should relate to one of the five topics included on page 8

- The competition is open to all pupils aged 14-15 years in post primary schools across the Southern Area.
- All drama performances should be presented by a team of three. Schools can enter 1 team.
- The total performance time for drama for teams must be between **five and ten minutes**. A bell will ring at the end of 9 minutes as a reminder and again at the end of 10 minutes.
- Teams will be stopped after the allocated time.
- The drama must be presented in English and developed/written by the young people.
- A panel of adjudicators will be responsible for scoring the competition and will provide feedback on 1st, 2nd and 3rd place. The decision of the judges is final
- 60% of marks will be allocated for content, assessing originality and understanding of the subject.
- 40% of marks will be allocated for drama skills, including delivery style and rapport.
- Existing furniture (3 chairs & 1 table) hand props, costumes or recorded sound are permitted. Scenery is **NOT** permitted. Young people will have **five minutes** to prepare before their performance.
- The winning team will receive an Open Your Mind trophy for their school.

DRAMA COMPETITION



- Schools are encouraged to maximise opportunities for young people to discuss mental health issues by encouraging all young people to prepare before selecting the best team to go forward and represent the school.
- Each school should nominate a teacher who will be responsible for co-ordinating the initiative; the teacher should complete and return the entry form and will be the contact person for all further correspondence.

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TOPICS

Each team may choose one topic to present. Please note this topic must be presented to reflect mental health issues.

1. We can't stop the waves, but we can learn to surf.
2. It's tough being a teenager.
3. There cannot be a stressful crisis next week. My schedule is already full.
4. Happiness is not having what you want. It is wanting what you have.
5. Those who can do. Those who can't bully.



A NOTE TO ALL TEACHERS

This is the seventh year that the Open Your Mind public speaking competition has taken place, and one key factor of success is the continued support we receive from every school. We ask you, once again to get involved in this project which has been reported to be very beneficial.

Open you Mind has been very successful for many years, because of the support and tremendous effort of every teacher and pupil involved. Once again we ask you to get involved in this project which has been reported to be very beneficial.

Evaluations carried out in 2009 confirmed the following benefits:

- Development of public speaking skills and or drama skills
- Enhanced self awareness by encouraging young people to consider the importance of self confidence and self esteem.
- Research and manage information effectively using mathematics and Information Communication Technology (ICT).
- Present information in oral and written formats
- Ability to work on own initiative and as part of a team
- Personal health – develops opportunities for young people to understand the importance of recognising and managing the factors that might influence their emotional well being throughout their life.

How to incorporate the project in your teaching scheme

The following are ideal opportunities to increase mental health awareness as part of the study of English, Drama, Learning for Life and Work and Personal Social Health Education.

- Organise discussions and essay writing at class level.
- Write an article for the school newsletter or website on mental health.
- Organise a school assembly on mental health awareness.
- Hold an internal school Public Speaking Competition.
- Hold a drama competition to select best act to go forward.

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In these ways many young people will be encouraged to think about mental health issues and ways of looking after their mental health.

Those involved should be given a copy of 'Tips for Public Speaking,' or 'Tips for Drama' contained within the pack, prior to taking part.

In order to help with evaluation of this project, we would be grateful if you could distribute the knowledge and attitude survey to all young people taking part in both events (drama & public speaking) before they begin to research the topic. The questionnaire can be found at the back of the pack. It will need photocopied completed by your pupils and posted back to **Deidre McParland**. (contact details can be found on the entry form)

Cautionary note

There are many sources of information available. Given the nature of some of this information, particularly around suicide, we caution against unsupervised use of the internet.

If you have any queries or concerns please contact Deirdre McParland. Her contact details can be found at the back of your pack.

We trust that you will encourage as many pupils as possible to participate in this very worthwhile project.



TOP TIPS FOR PUBLIC SPEAKING

Remember – good preparation is the key to success!

PREPARATION

- Research the topic thoroughly using the internet, textbooks and journals.
- Keep all material relevant to the aims and objectives of the speech.
- What information could you omit to keep within the time limit?
- What are the essential pieces of information you want to put across?

STRUCTURE

- Tell them what you wish to say (Beginning).
- Explain your argument (Middle).
- Remind them of your argument (Ending).

BEGINNING

- Make sure the audience are aware of your chosen topic.
- Try to gain the audiences' attention – use quotations, statistics, facts and questions.

MIDDLE

- Use relevant and up-to-date statistics.
- Make sure that you understand all the material so you can draw your own conclusions from it.
- Keep your speech original – your own thoughts and feelings are much more important than textbook information.

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ENDING

- Briefly, summarise your main points, and give a short conclusion to the topic.
- Thank your audience for listening.

EFFECTIVE DELIVERY

- Use appropriate body language and gestures – but don't over do it.
- Who is your audience? Aim your message to their level of understanding.
- Speak slowly and use pause for effect.
- Make eye contact with the audience – they will feel more involved.
- Maintain a relaxed but confident posture – and don't fidget!
- Smile and try to show enthusiasm.
- Remember that the audience wants you to succeed (and to recover from any disaster!)

And finallypractice makes perfect!!

'My words fly up, my thoughts remain below, words without thoughts never to heaven go.'

Hamlet



TOP TIPS FOR DRAMA

Remember – good preparation is the key to success!

PREPARATION

- Research the topic thoroughly using the internet, textbooks and journals
- Keep all material relevant to the aims and objectives of the drama
- What are the essential pieces of information you want to put across?
- Be imaginative – you can use any dramatic style you like
- How can you put your ideas across dramatically within the time limit?
- Make sure that your performance will work in the space chosen for the competition
- Leave time to rehearse your work thoroughly

STRUCTURE

- Set your scene; introduce your actors/characters (Beginning)
- Explore your theme or story theatrically (Middle)
- Bring the action to a feeling of completion (Ending)
- Don't over complicate the action or the delivery

Beginning

- Commit to the performance from the start
- Try to engage the audience using, for example, storytelling, physical and vocal skills, characterisation and props.

Middle

- Combine some of your research in the piece
- Make sure that you keep to the point of the drama

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Ending

- Make sure that the audience knows that your piece is over – this doesn't mean that the problems you have explored within the piece are solved!

EFFECTIVE DELIVERY

- Use appropriate physical and vocal skills to fit with your style of performance
- Who is your audience? Make sure that your piece will make sense to them
- Engage with other actors and/or the audience where appropriate
- If you are in a group piece, make sure you work as a team
- Stay focused and keep concentration levels high throughout the performance
- Remember that the audience wants you to succeed (and recover from any disaster)



SOURCES OF INFORMATION

- www.menssanaproject.org.uk - mental health issues/conditions and sources of support.
- www.bullying.co.uk - provides help if you are being bullied or if you are a bully.
- www.mentalhealth.org.uk - information on mental health problems and services.
- www.youngminds.org.uk - information for young people on mental health issues.
- www.mind.org.uk - information on how to maintain and improve your mental health (anger, loneliness and how to increase your self-esteem).
- www.childline.org.uk - information on suicide and bullying.
- www.bbc.co.uk/ni/healthyminds - information on emotional health, such as stress, low self-esteem and phobias.
- www.rcpsych.ac.uk – Royal College of Psychiatrists – information on mental health issues
- www.promotingwellbeing.org – Information on a range of topics including mental health

Staying safe online for pupils:

You have the power to keep yourself safe online. It is therefore best that you don't give out any personal details, such as an email address, mobile number or any pictures of you or your friends over the internet. Remember it's never too late to tell someone if something makes you feel uncomfortable.

PUBLIC SPEAKING COMPETITION



ENTRY FORM FOR PUBLIC SPEAKING COMPETITION

I wish to enter a team in **Open Your Mind Public Speaking Event** on **Wednesday 10th November 2010 between 9.30am – 2.00pm**

Name of school: _____

Topic: _____

Names of Group Members: _____

Teacher responsible: _____

School address: _____

Email: _____

Telephone number: _____

Please return to:

Deirdre McParland
Promoting Wellbeing Team
St Luke's Hospital
Loughgall Road, Armagh
028 37 412884

Email: Deirdre.McParland@southerntrust.hscni.net

Closing date for final entry forms is Friday 22nd October 2010

DRAMA COMPETITION



ENTRY FORM FOR DRAMA COMPETITION

I wish to enter a team for **Open Your Mind Drama event** on **Thursday 18th November between 9.30am – 2.00pm**

Name of school: _____

Topic: _____

Names of Group Members: _____

Teacher responsible: _____

School address: _____

Email: _____

Telephone number: _____

Please return to:

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Knowledge to mental health survey

1. What proportion of people will experience a mental health problem in the course of a year?
 1/100 1/10 1/4
2. Which group of people is the least likely to be able to get a job?
 Blind Deaf Mental ill health
3. Prolonged periods of sadness and unhappiness affect what percentage of young people?
 5% 20% 10%
4. By 2020, the World Health Organisation predicts that depression will occupy which position in the league of international health burdens?
 2 5 10

Attitudes to mental health survey

(Please tick the most appropriate answer)

	Strongly disagree	Disagree	Not Sure	Agree	Strongly agree
I'm not really sure of what is meant by mental health					
Personal problems are often difficult to deal with					
Mental health issues such as depression, anxiety are not openly discussed					
Our mental health is beyond out control					
I feel comfortable talking to others about personal/emotional problems					
Only certain types of people are prone to mental ill health					
People with mental ill health are unpredictable and potentially dangerous					
People with mental ill health never really recover					

Thank you for your time