

Health & Temperance Jingle Contest Guidelines (For Local Church and Federation Level)

Please follow these guidelines carefully. Entrants are expected to speak or sing before an audience in an articulate manner on a chosen topic of healthful living.

1. Your jingle must be original, memorized, and your own work. If it is discovered that the jingle is someone else's work, automatic elimination will be the result.

Your jingle may cover any one of the following topics: abuse of alcohol, narcotics, and tobacco; benefits of healthful living (e.g., NEWSTART), discouraging violent behavior. You may select a topic that portrays the benefits of a healthful and temperate lifestyle.

2. Visual aids may be used, so long as it does not detract from your oral presentation.
3. The jingle must be **very neatly written** or printed. This should be submitted to the reader who will follow along with your presentation.
4. Duration of jingle:
 - 30 seconds minimum, 60 seconds max for youth (14 yrs. – HS Sr.)
 - 20 seconds minimum, 45 seconds max for juniors (8 – 13 yrs.)
5. Practice your jingle daily in front of an "audience". Accept constructive criticism and tweak those areas that may be weak. The greatest success comes in your confidence, so don't sound like you've just memorized a few lines, know the content.
6. Contestants will be rated on the following: content, organization of thoughts, presentation, staying within time limit, originality and use of visual aids.

Health & Temperance Oration Guidelines (Local Church and Federation Level)

1. Entrant must be the main source of the oration; however, outside sources may be used for specific information (e.g., websites, health professionals, etc.). If it is discovered that the speech is someone else's work, automatic elimination will be the result. Outside sources should be properly credited.
The speech must be memorized. Ten (10) points will be deducted for prompting done by the reader or use of a memory aid. Making eye contact with the audience is encouraged.
2. You may select from any of the following topics: abuse of alcohol, drugs, tobacco; benefits of physical exercise, sexual purity (abstinence/virginity), NEWSTART, negative affects of stress, or any other closely related health topic.
3. Sources recommended are the Bible, inspirational writers, and other reliable authors. Properly credit your sources. Using a personal experience or current news story can enhance your presentation. Please note that continuous use of a source(s), will result in loss of points.
4. Visual aids may be used. An individual may be included for demonstration purposes only. They may not have a speaking part and must not be a distraction to your oration.
5. Please present a type-written, double –spaced hard copy of the oration.
Include your name and category (junior, youth). This copy is to be submitted to the reader who will follow along during your oration. Five (5) points will be deducted if the copy is submitted late, and ten (10) will be deducted if it is not submitted.
It must be turned in before your speech is delivered.
6. Speech length should be as follows:
Junior (8 – 13 yrs.), five (5) minute minimum, maximum eight (8) minutes
Youth (14 yrs- HS sr.), ten (10) minute minimum, maximum 12 minutes

Health & Temperance Poster Guidelines (Local Church and Federation Level)

1. Poster must be the original work of the entrant. The following topics may be covered; abuse of alcohol, drugs, and tobacco. The benefits of physical exercise, discouraging violent behavior, sexual purity (abstinence/virginity), NEWSTART, or a topic relating to temperance & healthful living.
2. Sources should include the Bible, inspirational or other credible authors. Credit your sources in writing, attached to the poster.
3. Poster should be on a clean sheet of poster board or a display-type board, available at art stores, office supply chain, etc. **An extra 10 points will be added for use of an easel.** Easels can be purchased on eBay, an art or office supply chain, or borrowed from a dept. in your church.
4. You may use up to two (2) posters for your presentation.
5. Poster will be judged on the following:
 - Creative use of color
 - Neatness (no smudges, food stains, etc.)
 - Simple and tasteful display, not overcrowded or busy looking
6. Age category: Junior (8 – 13 yrs); Youth (14 yrs – HS sr.)

CHANGES TO THE HEALTH & TEMPERANCE PRESENTATIONS

We are happy to announce exciting changes effective immediately in the Health & Temperance presentation for Youth Federation, Congress, and eventually (hopefully) United Youth Congress.

After watching the numbers of participants dwindle for the competitions, it was discussed that other options should be considered. It was approved, so we are sharing them with the youth leaders.

Young people are technologically savvy, so we want to encourage them to use this ability for good by presenting the benefits of healthful living.

The orations, posters and jingle format will continue, but are adding use of Power Point, Flash, film/video, and other multimedia applications. Right now, this category is available to the youth only.

Please read the following guidelines/suggestions:

- Topic should cover the abuse of controlled substances, including prescription medications, “huffing,” and other potentially fatal uses of narcotics. Other topic suggestions:
 1. benefits of a low-fat diet
 2. joys of exercise
 3. benefits of rest
 4. Controlling stress in a stress-filled society
 5. Organic vs. non-organic, which is better?
- Format can be an interview with a health professional or an individual that has overcome a health issue.
- Keep presentation minimum to five minutes, eight minutes max.
- Presentation must be emailed to the health and temperance coordinator two weeks prior to federation for review. If the coordinator does not receive it, the participant will not be permitted to compete.
- Time limit should be 15 minutes, with a maximum of 15 slides (incl. intro page). Film presentation should be a minimum of 15 minutes.

