**Rules and Guidelines for the Expressions Project**

1. This project is open to young people in County Wexford between the ages of 15 and 18 years of age.
2. Teams consist of a minimum of 3 people – maximum 6 people.
3. Each team nominates a representative from their organisation who will be the main point of contact for Wexford Mental Health Association.
4. Closing date for applications is Friday 18th October 2019. Event will take place on Tuesday 12th November 2019 in The Riverside Hotel, Enniscorthy from 6.00pm to 8.30pm.
5. **TOPICS** – all presentations must be relevant to mental health and can be presented in any format, i.e. creative writing, art, poetry, drama etc.
6. **TIMING** – participants are strongly recommended to remain within the time limits of a 5 minute presentation followed by a 2 minute Q&A session.
7. **PRESENTATION** – maximum wall display space is 2M high x 2M wide and a table of 61cm x 61cm may be used.
8. **MARKING** – the following categories will apply to the marking process:
* Oral presentation – 25 points
* Use of Medium – 25 points
* Teamwork – 25 points
* Knowledge of Topic – 25 points
1. **JUDGING PANEL** – The panel will consist of a team of 3 personnel. Judge’s decision is final.
2. USE OF PERSONALISED STORIES

The ‘Expressions’ Project aims to promote awareness amongst young people of the importance of positive mental health and the causes and effects of mental illness.

We strongly urge sensitivity when dealing with personal mental health issues. Whilst it is acceptable to give personal views and experiences, these should be used to highlight a point rather than become the complete focus of a team’s topic.

1. PRIZES

Overall prize - €200 per team

 Two x runners-up prizes - €100 per team

1. Sponsorship

We would like to take this opportunity to thank our Sponsors as without their support, it wouldn’t be possible to host this event.

1. Evaluations

We are committed to receiving feedback both formally and informally to improve and develop the competition from year to year.