**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
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 4th December 2020. Application forms will need to be accompanied by a video of the presentation. Due to COVID restrictions, there will not be a public performance this year. Applications will be reviewed by a judging panel on Monday 7th December and five finalists will be selected. Each team will be notified on Tuesday 8th December as to whether or not their application has been shortlisted. A short zoom call will be arranged for each of the five finalists on Friday 11th December between the hours 9.30am and 12.00pm. Representatives of the group must be available to participate in this questions and answers session.
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. Penalties may be incurred if presentations exceed 6 minutes
7. **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. It is the responsibility of each entrant to ensure that they comply with COVID 19 public health regulations.
2. **JUDGING PANEL** – The panel will consist of a team of 3 personnel. Judge’s decision is final.
3. 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.