**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 5.00pm on Friday 12th November 2021. Application forms will need to be accompanied by a video of the presentation. No late applications will be accepted. Applications will be reviewed by a judging panel on Friday 19th November. Each entry will receive feedback from the judging panel on their video by Friday 26th November at the latest. The winners will be announced on our Website and social media outlets on Friday 26th November.
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:

* 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

* There will be a prize of €100 for the best piece overall.
* There will be 6 additional prizes of €50 for the best videos in each of the following categories:
* Best video in terms of creativity
* Evidence of teamwork
* Knowledge and understanding of topic of positive mental health
* Best original video
* Best video with positive message that can help other young people
* Special adjudicators award

Note it is possible to win prizes in more than one category.

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.

1. Each of the winning entrants’ videos will be shared on Wexford Mental Health Association’s Social Media outlets and website. Each application form must be accompanied by Social Media Consent forms for all persons in the video.