**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 **Wednesday 1st February 2023**. The event will take place on **Wednesday 8th February 2023** in The Riverside Park 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.

1. **TIMING**

Participants are strongly recommended to remain within the time limits of a 5-minute presentation followed by a 2-minute Q&A session.

1. **PRESENTATION**

Maximum wall display space is 2M high x 2M wide and a table of 61cm x 61cm may be used.

1. **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.

1. **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 voucher per team

Two x runners-up prizes - €100 voucher per team

(Adjudicator’s awards. - Two x €50 voucher 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.