



Welcome to the Multicultural Perspectives Public Speaking Competition! This is a very simple guide to what adjudicators will be looking for in the competition, along with some tips to make sure you're prepared and impromptu speeches are as brilliant and fun and engaging as can be. It's important to remember that the things which work in some speeches won't always work in others, so there's no formula for writing the perfect speech. Still, hopefully this advice will give you a better idea of what makes a good multicultural speech, and if you need more ideas we've got links to lots of videos at the end of these hints.

Prepared speeches – manner

Your 'manner' is what you look and sound like when you give the speech, as opposed to what you actually say. Here are some tips about what great manner looks like.

- Try to sound natural, conversational, and relaxed.
- Don't have big wacky hand gestures, put on a fake English accent to sound smart, or do anything that feels cutesy or like you're over-acting. In fact, don't act at all! Try to come across really down-to-earth.
- Still, don't be afraid to have your own individual style. Some kids come across more serious than others, some are more humorous. Whatever suits you is fine.
- You mustn't use props, and definitely don't act out scenes or sing no matter how good at it you are – it's awkward!
- You should look at the audience as much as possible, but that doesn't mean you should learn your speech off by heart. If you learn your speech too well you can sound like a robot, or like you're giving a speech for the hundredth time and you're bored with it. Putting everyone to sleep isn't a great plan, so learn your speech a bit and glance at your palm cards to remind you what to say.
- Good speakers will occasionally stumble or say 'um'. The odd 'um' in a speech is way better than listening to a speech that is over-rehearsed or read out word for word. Think of the competition as a learning exercise – it's fine for learners to stumble from time to time.
- Your body language should be natural and easy, which means have a few hand gestures (but not heaps of crazy rehearsed ones), stand comfortably, and if it comes naturally take the occasional step. Good speakers never act out their speeches.
- Finally, your voice needs to be relaxed and expressive without being exaggerated. Really the only thing you should worry about with your voice is just to make sure you're super loud so that everyone in the hall can hear you.

Prepared speeches – topics

Before you start to write your prepared speech, you have to pick one of these topics. The topic is basically the name or the heading for your prepared speech. You can use the topics to inspire you, or if you already know what you're going to focus on the you should be able to find something on this list that is a good heading for pretty much anything you might want to say.

2024 Years 3 and 4 topics

Mind your language
The Olympic Games
Peace
My culture and me
Multiculturalism on our screens
Racism – it stops with me!
Voyages
If kids ruled the world ...
Australian stories
My multicultural school

2024 Years 5 and 6 topics

Mind your language
January 26?
Welcome to country
Privilege
Representation
My neighbourhood
Learning from the past
Our voices
Conflict
Live together play together



Prepared speeches – matter

Your ‘matter’ is the stuff you actually say in the speech. We really should just call it ‘stuff you say’ but that doesn’t start with ‘m’. Here are some tips about the kinds of things to write about.

- First of all, every prepared speech in the competition must have multicultural content, and must be on one of the set topics. If you don’t have a message around the idea of multiculturalism or if you show that you really don’t get what multiculturalism is you can’t progress through the competition.
- On top of that, the best speeches usually have a strong point of view and a clear direction. That means you need to have a purpose and a message in mind before you start writing.
- Good speeches are unique and striking. Try to be original and catch the audience’s attention by presenting them with something they haven’t heard before.
- The best speeches are balanced. That means a balance between personal stuff and broader big-picture stuff, between emotional stuff and cold hard facts, and between being funny and being serious. If your speech is all about you it won’t be very interesting, but if it’s not about you at all that will be dull too. A simple tip is to begin with a personal story and then broaden out to look at an issue in the community or the country, but remember that this won’t work for every speech.

Prepared speeches – method

‘Method’ means the structure of your speech. Here are a few tips about how to organise what you’re saying and make sure your speech flows well.

- Your speech should have an introduction, middle, and conclusion (obviously!)
- Good intros are unique and give the audience a sense of your message without being boringly explicit. “My name is_____ and today I’m here to talk about_____” is a very dull beginning. You might try beginning with a question, a little story, or for more serious speeches, a bold and striking statement.
- Good middles normally have 2 or 3 separate parts or ideas which you put together so that your speech flows. Maybe it will flow by moving from talking on a personal scale to a look at a global issue, or from a look at the past to where we are heading in the future. You should give each part or idea a reasonable amount of time. A simple list of every idea you can think of is not a good way to structure this middle section, even if it makes you look smart for knowing heaps!
- Good endings are memorable, effective and original. You should avoid silly clichés like “I hope you have enjoyed listening to my speech”. You should also avoid thanking the audience – instead, finish with something strong and memorable and then walk away.
- The best tip for the ending is to tell the audience what you want them to do with all the information you’ve given them. Be a bit bossy and tell them to do this or that to fix the problems you might have been talking about, or to make sure they don’t miss out on the fun stuff you’ve mentioned.
- Finally, it’s important to time the speech properly. All the different speaking times are at below. For any speech, you should aim to be wrapping up the middle section when the warning bell rings, and you should be finishing off the ending when you reach the speaking time (they’ll ring two bells at that point). Never reach the continuous bell – the adjudicators aren’t allowed to listen to a single word you say once that bell starts!

Division / speech	Warning bell	Speaking time	Continuous bell
Years 3 and 4 prepared	2 minutes	3 minutes	4 minutes
Years 3 and 4 impromptu	30 seconds	1 minute	1 ½ minutes
Years 5 and 6 prepared	3 minutes	4 minutes	5 minutes
Years 5 and 6 impromptu	1 ½ minutes	2 minutes	2 ½ minutes



Impromptu speeches – the basics

So, you're going to go to a local final, deliver the prepared speech you've written using all the tips we've given you, but you're not done yet! Once the prepared speeches are over you also need to give an impromptu speech. They'll take you to a quiet room, lead you to a desk where some random topic is written down, and you'll have just 5 minutes to write a short speech on that topic. Eeeek! (it's not that bad we promise!)

- You're not allowed to have any plans or notes written down beforehand, so you'll only have blank paper and palm cards to work on in your 5 minutes.
- Everyone will get the same impromptu topic, and it will be really general so that there are lots of different things your speech could end up being about.

Some examples of impromptu topics to try out:

Accidents happen
Boredom
How exciting!

Growing up
Trouble!
Jealousy

Shake it off!
Help
Luck

- Last year's state finals topics were 'Impossible!' for Years 3 and 4 and 'Under pressure for Years 5 and 6. Parts of newspaper headlines or song titles often make great impromptu topics for practice.
- Your impromptu speech shouldn't be about multiculturalism. The best impromptu speeches are very different from the prepared speeches that the adjudicators have already heard. It's a bad idea to use anything from your own or anyone else's prepared speech, so it's best to avoid multiculturalism.
- The rules of what makes a good impromptu speech are exactly the same as for the prepared section. This means a beginning, middle and end are still a must.
- The most important thing is to pick one clear thing to talk about. You don't want your speech to just be a long list of random stuff, so don't just rattle off everything that comes into your head when you see the topic!
- It's even better if the one, clear, thing you pick to talk about is a bit original and different to everybody else.
- If you start rambling just to make the bells that probably won't work, but if you're under time that might be a problem too!
- Remember – the adjudicators are going to give equal weight to the prepared and impromptu speeches so you should practice both!

Impromptu speeches – the most important tip!

- The best tip we can give you for writing an impromptu speech is to start by asking "What's an important message for people to hear about this thing?"
- Say we gave you 'Bad behaviour' as a topic. Well, defining what 'Bad behaviour' means and what the likely punishments are isn't really a message at all – it's just stuff about the topic.
- 'Bad Behaviour should be avoided because it's bad' isn't really an important message for people to hear because, well, they pretty much know that already (we hope!)
- 'Sporting heroes should watch how they behave because their bad behaviour influences the kids who look up to them' is an important message for people to hear, so a speech about that will be great to listen to and mean something – it'll work really well.
- So would a speech about 'Sometimes you behave badly for the right reasons' or 'Teachers who punish bad behaviour too harshly only make things worse.'
- Once you've got your message planned, write a speech that drives that one message home without any definitions or different possible messages or 'Another-thing-about-the-topic-is...es and you'll have a great impromptu!



NSW Public Speaking

The Multicultural Perspectives Public Speaking Competition

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Extra videos and advice

In case you want some more advice on public speaking, and in particular your impromptu speeches, we've created these videos that might be worth a watch!



Click the icon to the left to check out videos of the state finals. They're a really useful way to see the kinds of choices the best speakers make in their impromptu speeches.

<https://vimeo.com/showcase/3601163>

Next, this video is a quick chat about how to survive impromptu and then how to start writing better and better ones using some simple plans.

<https://vimeo.com/460048048>

There's a whole lesson plan here with some great ideas to help you with your impromptu speaking skills!

<https://sites.google.com/education.nsw.gov.au/tau-cc-impressive-impromptus>

Finally, this is a conversation with a national champion about how she writes her prepared speeches. It's super-advanced but there's some really good advice in there so maybe check it out with a grown-up! <https://digital.artsunit.nsw.edu.au/art-bites/high-school-debating-6-debate-club>

Researching multiculturalism

To help you explore your ideas for the competition, the Multicultural Education Team from the NSW Department of Education have put together some great 1-page fact sheets on different aspects of multiculturalism in Australia and around the world. They're easy to read and they have loads of links so that you can explore a bit more if you're interested. The fact sheets cover anti-racism, cultural diversity, language diversity and people who are refugees. They're included as the next 4 pages here, so check them out, but make sure you also talk to people from different backgrounds and try to understand multiculturalism that way as well!

Wow that's a lot! One last thing...

OK, maybe when we said this would be a very simple guide we were exaggerating a bit! Still, don't let all of that put you off – there's really no wrong way to go about writing your speeches.

While there's no formula for writing the perfect speech, most good speeches have a purpose, are sincere, are balanced, and are original and striking. We know there's a lot to think about here but remember – you'll have lots more public speaking opportunities as you continue through school, so make sure you focus on giving it your best and just enjoying the competition and learning as much as possible rather than on winning. The adjudicator will be happy to give you feedback at the end of the final, so make sure you stick around and ask questions and pick up as many tips on how to improve as you can. Thanks again for entering and working so hard on your speech, and best of luck!



Anti-racism

What is racism?

Racism or racial discrimination occurs when a person is treated less favourably than another person in a similar situation because of their race, colour, descent, national or ethnic origin or immigrant status. Racism often stems from the inaccurate belief that one race or ethnicity is superior to others. It can present in many different ways including name-calling, racist jokes, website comments, intimidation and verbal abuse.

What does the law say about Racial Discrimination?

The Racial Discrimination Act 1975 was Australia's first anti-discrimination law. This law protects everyone in Australia from discrimination on the basis of race, colour, descent or ethnic origin.

Why is it important to learn about racism?

Unfortunately, even with laws in place racism still happens. Racism can happen anywhere – at school, online, at home, on the street, at the supermarket, in the playground and at sporting events. Racial discrimination is not only against the law, it is hurtful and harmful and can have a long-lasting damaging impact on those who experience or witness it. The NSW Department of Education's Anti-racism Policy commits teachers, parents and members of the community to the elimination of racism in our schools.

What are the impacts of racism?

Someone experiencing racism may:

- feel anxious and/or unsafe all the time
- have trouble concentrating
- develop low self-esteem
- have difficulties participating in social situations
- feel helpless, isolated and/or excluded
- feel angry and frustrated
- may not speak their first language for fear of being teased
- find it difficult to make friends with people from different backgrounds.

In some serious instances, racism can lead to violent behaviour.

Who is responsible for countering racism?

Everyone is responsible for countering racism in our society. We all have the power to do something about racism either by speaking out against racism or by helping someone who is experiencing it. When you see or know about racism being directed towards someone else and you do nothing, you are a bystander. However, bystanders can play an important role in helping to stop racism. When they do, they become Upstanders.

Additional Resources

- [Australian Human Rights Commission - Let's talk about racism](#)
- [Responding to racism](#)
- [Bystander action](#)
- [Racism. No Way!](#)
- [NSW Department of Education - Anti-racism Education](#)



Cultural diversity

Australian society is made up of people from a broad spectrum of cultural, religious, linguistic and ethnic groups. All of these groups play an equally important role in making Australia a vibrant and inclusive country.

Why is cultural diversity important?

Culturally diverse schools, workplaces and communities provide people with opportunities to learn from, form friendships, work, and interact with people from cultural backgrounds different to their own. Through these interactions our lives are enriched as we are able to better understand, respect and value others' experiences, ways of thinking and beliefs.

How did Australia become so culturally diverse?

Australia has always been culturally diverse. [Cultural and linguistic diversity](#) was common and a part of life for Aboriginal and Torres Strait Islander people, the first Australians traditional owners of the land we call Australia. Over time, Australia's diversity has been broadened, as a result of British settlement and the migration of people from around the world. Learn more about Australia's migration history:

- [National Museum of Australia](#)
- [Racism. No Way –Timeline of key events](#)

Australian policies and multiculturalism

Australia's policies around multiculturalism have changed significantly over time. In December 1901, the Immigration Restriction Act 1901, commonly known as The White Australia Policy, was passed. It restricted the number of non-British immigrants entering Australia. Learn more at: [Immigration Restriction Act](#).

Over time policies around immigration have become more inclusive and embracing of Australia's diversity. Today, [Multicultural Australia: Australia's multicultural statement](#) supports equal opportunity for all Australians. Learn more about the [changes to policies](#) in Australia.

Celebrating cultural diversity

Every year in March, people across Australia celebrate [Harmony Week](#), which includes Harmony Day on March 21. Harmony Week is a celebration of Australia's cultural diversity and promotes the core values of inclusion, respect and belonging. Harmony Day is on the same day as the United Nations [International Day for the Elimination of Racial Discrimination](#). Traditionally on Harmony Day people are encouraged to wear the colour orange. The reason for this is that the colour orange represents meaningful conversations, freedom of ideas and mutual respect. Learn more about Harmony Day and how it is celebrated across Australia:

- [Calendar for cultural diversity](#)
- [Planning Harmony Week](#)



Language diversity

Australia is not only a culturally and religiously diverse country, but a linguistically diverse nation as well. Linguistic diversity refers to the variety of languages used within a particular place. Did you know that there are approximately 7,168 [languages spoken in the world](#) today? This number is constantly changing as we learn more about the languages of the world. Just like animals and plants, languages can also become extinct. Some languages, such as English, are spoken by billions of people worldwide, whilst other languages have become [endangered](#) with less than a thousand people using them today.

Why are languages important?

Language is important in our daily lives. In addition to it being used as a means of communication, language also plays a large role in developing our own personal identity and our sense of belonging to groups, communities or cultures. Imagine what it would be like travelling to a different country where you didn't know the language and the people there didn't speak your language, either. What challenges would you face? Would it be easy to fit in?

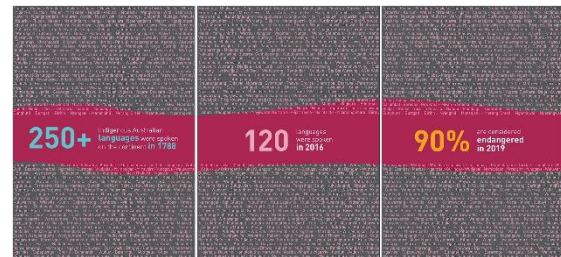
Languages in Australia

According to the 2021 Census, there were over 300 different languages spoken in homes across Australia with the most commonly used languages being Mandarin, Arabic, Cantonese, Vietnamese and Italian. Learn more at the [Australian Bureau of Statistics](#).

Did you know that in NSW public schools more than 37% of students have a language background or speak a language other than English? The most common languages are Indian languages (such as Hindi, Urdu and Tamil), Chinese languages (such as Mandarin and Cantonese) and Arabic. Learn more at [Centre for Educational Statistics and Evaluation – Language diversity in NSW schools](#).

Indigenous Australian Languages

Before Europeans settled in Australia there were over 250 Indigenous Australian language groups spread across the country. Unfortunately, since European settlement, over half of Indigenous Australian languages have become endangered or extinct.



(Australian Institute for Aboriginal & Torres Strait Islander Studies)

What happened to cause these languages to disappear? Is there anything that can be done to ensure Indigenous languages survive into the future? To learn more, visit the following sites:

- [Australian Institute of Aboriginal and Torres Strait Islander Studies – living languages](#)
- [ABC – Behind the news](#)
- [ABC – Behind the news: Indigenous languages](#)
- [Gambay – Indigenous languages map](#)



People from refugee backgrounds

Who is a refugee?

The 1951 Refugee Convention defines a refugee as 'someone who is unable or unwilling to return to their country of origin owing to well-founded fear of being persecuted for reasons of race, religion, nationality, political opinion or membership of a particular social group'.

How many refugees are there in the world?

According to the [United Nations High Commission for Refugees \(UNHCR\)](#), there were around 108 million displaced people around the world in 2022. Of these, 35.3 million were identified as refugees, and approximately 14.5 million were children.

Where do refugees come from?

Refugees come from many different countries, displaced by ongoing conflicts or new conflicts. In 2022, most refugees were from the Syrian Arab Republic, Ukraine and Afghanistan. People have also been forced to flee due to ongoing or escalating conflict in the Middle East, the Democratic Republic of the Congo, South Sudan and Myanmar. Refugees may also have been displaced by climate related disasters, such as drought in Somalia or rising sea-levels in Tuvalu. Visit the [UNHCR Global trends](#) to learn more.

What rights do refugees have?

[The 1951 Refugee Convention relating to the status of refugees](#) and its 1967 Protocol provides an international framework for the protection of refugees. The Convention outlines the rights that refugees have as well as their obligations towards their host country. Some of these rights include the right to work, housing, education and freedom of religion.

Who can help refugees?

There are many different agencies and organisations that help refugees with settlement, access to counselling services, education and healthcare. The [UNHCR](#) is the global organisation which supports and protects refugees and their rights. Australia also has many organisations that support and look after refugees. These include [Migrant Resource Centres](#) and [Settlement Services International \(SSI\)](#).

Additional Resources

- [Roads to Refuge](#)
- [BTN: Refugee Journey](#)
- [BTN: Young Refugee](#)
- [BTN: Refugee Support](#)