

# Speaking 4 the Planet

**Bridging the needs of People and Planet:**

**If we don't get the human stuff right, we can't get the  
environmental stuff right.**

**INFORMATION AND SUPPORT PACKAGE**

**GLOBAL 2020**

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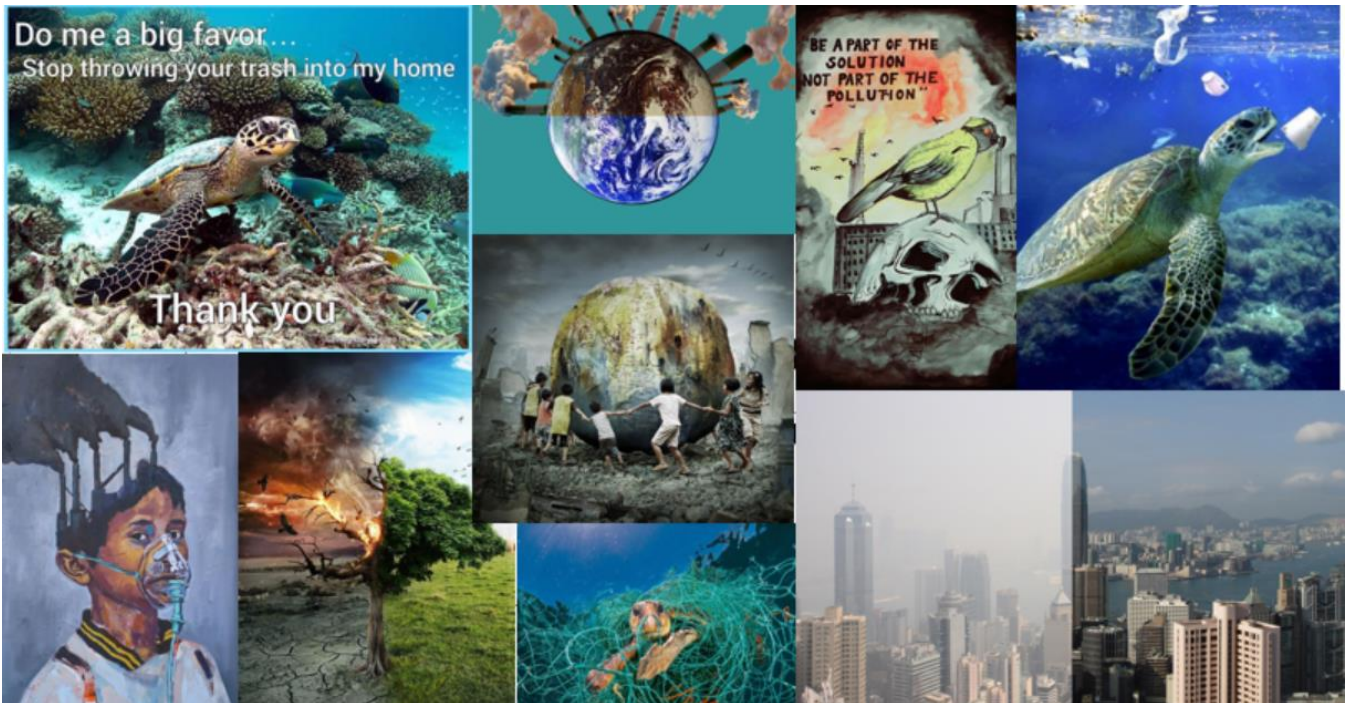
# Speaking 4 the Planet Global 2020

## Summary

Here's a quick summary of the inaugural international 2020 online event. This Information and Support Package provides details about the competition, about the categories, and about how to submit your entry. It also contains the judging criteria and some links to articles relevant to the theme.

1. The topic for the competition is **Bridging the needs of People and Planet: If we don't get the human stuff right, we can't get the environmental stuff right**. Submissions in ALL categories must be based on this topic.
2. **The closing date for all submissions is 30 October 2020 (Australian Eastern Standard Time).**
3. There are two age categories for this event:
  - high school students
  - teacher education students at university.
4. There are four competition categories:
  - Speaking
  - Writing
  - Art
  - Meme.
5. Each country can enter **two** participants in each competition category in each of the age categories.
6. Participants are invited to think widely about the relationship between people and planet. All participants are strongly encouraged to research the topic.
7. Participants are also invited to be quirky, original, divergent in their thinking and presentation.
8. **By submitting the items, participants give permission for them to be placed on the Speaking 4 the Planet website and/or used on the Speaking 4 the Planet YouTube channel.**
9. Please note that no feedback will be given to individual submissions.

**If we don't get the human stuff right,  
we can't get the environmental stuff right.**



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Prepared by Phil Smith and Sarwat Jahan.

With support from



# 1. PURPOSE OF THIS BOOKLET

The Speaking 4 the Planet competitions create opportunities for participants to express their ideas for a better world. Participants are invited to prepare and deliver punchy, quirky, creative and pointed submissions. They should seek to influence the thoughts, emotions and actions of the audience.

This information package is designed to help participants prepare quality entries for the competition. It provides:

- Information on Speaking 4 the Planet and the competition categories
- Links to relevant websites
- Useful articles
- Judging criteria.

The links in the package are a start. All participants are encouraged to research widely and build evidence-based, powerful, personal and global messages.

# 2. COMPETITION CATEGORIES

There are 4 categories in this competition.

**Prepared speech** Participants submit a video of their giving a 3-4minute speech on the competition topic. Below are details on how to submit your video.

Speakers will need to state clearly the problem or issue being addressed. They will also need to make links between problems and solutions. Use techniques of persuasion that can shift the way the audience thinks and feels about the issues. The time limit is important. Please avoid reading your speech.

**Writing** This category requires you to write only 30 words on the topic of the competition. The writing must be prose. Not poetry. Participants submit a Word document with their piece of writing. These are emailed to [phil@speaking4theplanet.org.au](mailto:phil@speaking4theplanet.org.au)

**Artworks** Read the article in the appendices about how art can change the world. Artworks need to be related to the competition topic. Artworks can be paintings or drawings. Paint, charcoal, ink, graphite, pen, etc. may be used. Students are asked to submit three (3) photos of their artworks. Email the photos to [phil@speaking4theplanet.org.au](mailto:phil@speaking4theplanet.org.au)

**Meme** Memes need to be related to the competition topic. Memes need to be short and simple, address the issue, and convey a witty message to the audience. These are emailed to [phil@speaking4theplanet.org.au](mailto:phil@speaking4theplanet.org.au)

Here are some links that can get you started.

The 4 Ingredients of an Effective Meme

<https://www.brianhonigman.com/meme-best-practices/>

A crash course on how to make a meme and win over the internet

<https://www.digitaltrends.com/computing/how-to-make-a-meme/>

What makes a good meme/

<https://www.ubyssey.ca/culture/what-makes-a-good-meme/>

### 3. SUBMISSION DETAILS

Email the following items to [phil@speaking4theplanet.org.au](mailto:phil@speaking4theplanet.org.au):

- Text of speech
- Photos of artwork
- Writing
- Memes.

For the artwork, please submit high res publication-quality images. They must represent the work in its entirety and convey the manner in which the work is to be displayed. Digital image must be submitted in high res JPEG format, 300dpi 2-3MB. JPEG file must be titled in order of last name, first name and title of work. i.e. smart\_jane\_waterlove.jpg

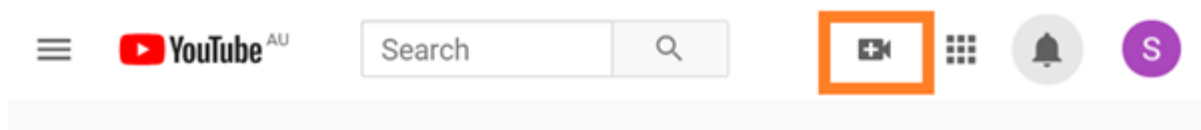
Submit the following item as a YouTube URL Link to [phil@speaking4theplanet.org.au](mailto:phil@speaking4theplanet.org.au)

- Speech

Here's how you submit your speech items as a URL.

First login to YouTube using your Google account/ Gmail account. Create one if you do not already have one.

After logging into YouTube, click on the 'create a video or post' button in the top right corner of the page.



From the drop-down menu, select the 'Upload video' option to be taken to the upload page.

While choosing a privacy setting option, select the option of "Unlisted", that way others can't view it. Once the uploading completed, add a title and a short description of your video.

After finalising the video, send the URL to us: [phil@speaking4theplanet.org.au](mailto:phil@speaking4theplanet.org.au)

Please read the copyright guidelines in Appendix E. Note also the requirements for submitting the video.

## 4. SPEAKING 4 THE PLANET 2020

The topic for the inaugural international Speaking 4 the Planet competition is **Bridging the needs of People and Planet: If we don't get the human stuff right, we can't get the environmental stuff right.**

Participants are invited to think widely about the relationship between human choices, systems, values, priorities, lifestyles, expectations...and the rest of the natural world.

Sustainability is about relationship. With each other; with things; with the past, present and future; with ideas; with challenges and differences and conflicts; with trees and soils and water and air and other species and with the rest of nature. Peace matters. Cooperation and collaboration matter. Social justice and equity matter. Tolerance and acceptance matter. Clean air, healthy foods, clean water, healthy soils all matter. Biodiversity matters. A healthy planet is a pre-requisite for healthy humanity; healthy people and societies and human relationships are pre-requisites for a healthy planet. People and planet are inextricably linked.

Throughout history, human societies have not been consistent or good at maintaining harmonious relationships: wars and conflict have been a key element of human history...and they continue today. Nor have modern, 'civilised' peoples and systems – in the main – taken the bigger, longer view about the importance of not fouling our own nests: water is polluted, biodiversity loss is accelerating, soils are losing quality, air is being polluted, climate is changing.

It's not good enough to say, "But I didn't know". At no other time in history has it been easier to investigate and enquire and find out. We have to know what our governments are doing. We have to know the impacts of our choices on the planet and other communities around the world. We have to know our part in damaging the environment and the potential we have for healing it.

Ignorance and complacency are complicity in the destruction of our home planet and all the species on it.



## 5. SUSTAINABLE DEVELOPMENT GOALS

The Sustainable Development Goals (SDGs) are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. Please consider these SDGs as you think about and prepare your submission on bridging people and planet.

These 17 Goals build on the successes of the [Millennium Development Goals](#) while including new areas such as climate change, economic inequality, innovation, sustainable consumption, peace and justice, among other priorities. The goals are interconnected – often the key to success on one will involve tackling issues more commonly associated with another.

### **What is UNDP's role?**

The SDGs came into effect in January 2016, and they will continue to guide UNDP policy and funding until 2030. As the lead UN development agency, the United Nations Development Programme is uniquely placed to help implement the Goals through our work in some 170 countries and territories.

Our strategic plan focuses on key areas including poverty alleviation, democratic governance and peacebuilding, climate change and disaster risk, and economic inequality. UNDP provides support to governments to integrate the SDGs into their national development plans and policies. This work is already underway, as we support many countries in accelerating progress already achieved under the Millennium Development Goals.

Our track record working across multiple goals provides us with a valuable experience and proven policy expertise to ensure we all reach the targets set out in the SDGs by 2030. But we cannot do this alone.

Achieving the SDGs requires the partnership of governments, private sector, civil society and citizens alike to make sure we leave a better planet for future generations.

<http://www.undp.org/content/undp/en/home/sustainable-development-goals.html>

## 6. RESOURCES

Participants will find articles, examples, stories, and ideas in their own countries. These can be useful in putting together your speech or artwork or writing or meme. Below are a couple drawn mostly from the Australian context.

### **Weakening environmental protections**

As Australia's primary environmental legislation undergoes a once-in-a-decade review, businesses and the government have spoken of the need to cut environmental bureaucracy (so-called "green tape") and speed up approvals. However, health experts insist that environmental protections must be strengthened.

Why? Because the stark reality is that our health is fundamentally dependent on the health of the natural world - for clean air, water and soils, food security, protection against infectious diseases and a stable climate. Nature is also the source of over half of all medicines we rely on.

<https://www.canberratimes.com.au/story/6777567/now-is-not-the-time-to-weaken-our-environmental-protections/#gsc.tab=0>

### **Is COVID-19 our biggest threat?**

When eventually the coronavirus crisis begins to recede and we return to an approximation of normality – no matter how socially distanced or how much handwashing it involves – we can expect some kind of international initiative to prevent, or at least limit, the spread of future lethal viruses. As a species we are pretty good at learning from recent experience. It's what's known as the availability heuristic – the tendency to estimate the likelihood of an event based on our ability to recall examples.

But as the moral philosopher [Toby Ord](#) argues in his new book, *[The Precipice](#)*, we are much less adept at anticipating potential catastrophes that have no precedent in living memory. "Even when experts estimate a significant probability for an unprecedented event," he writes, "we have great difficulty believing it until we see it."

<https://www.theguardian.com/science/2020/apr/26/what-if-covid-19-isnt-our-biggest-threat>

### **Coal power and health**

The coal and unconventional gas industries are expanding massively in Australia driving climate change and harming our health. This short film explores the health impacts associated with this expansion.

[https://www.youtube.com/watch?v=y5DIDUB\\_RyA](https://www.youtube.com/watch?v=y5DIDUB_RyA)

### **Environment and peace are cross-cutting and relevant in all areas of conservation, sustainable development and security**

The theme is constituted on the understanding that building more effective environmental governance and policy can reduce conflict and ensure security from local to global levels. By reducing conflict and conflict potential and by strengthening environmental security we lay the ground for enduring social and environmental sustainability.

As an international expert and volunteer driven network, the theme provides a platform for practitioners all around the world to share information, collaborate and innovate across the field. We bring together leading scientific and local knowledge, aimed at addressing social conflicts around conservation, resource use and activities that damage environments and ecosystems.

<https://www.iucn.org/commissions/commission-environmental-economic-and-social-policy/our-work/environment-and-peace>

### **Building Peace through Environmental Conservation**

In recent decades debates about the relationship between the environment and peace have focused on how environmental problems like resource scarcity and climate change are likely to create or exacerbate conflict. The emerging discussion that links rising temperatures caused by climate change to increased incidences of [conflict](#) illustrates this tendency.

The alternative theory of ecological diplomacy, on the other hand, focuses on facilitating peace through environment initiatives. Though one might argue that diplomatic mechanisms like the international climate change negotiation process, illustrated at last year's COP15 meeting, have not accomplished anything more than the promotion of good will between countries.

<https://ourworld.unu.edu/en/building-peace-through-environmental-conservation>

### **Health, economic stability and nature are interconnected**

The unfolding COVID-19 pandemic is having undeniable human and economic impacts. To date, the virus has caused [more than 119,000 confirmed deaths worldwide](#), millions of job losses and stock markets to dive. This pandemic is also a stark reminder of our dysfunctional relationship with nature. The current economic system has put great pressure on the natural environment, and the unfolding pandemic has shone a light on the domino effect that is triggered when one element in this interconnected system is destabilised.

Intact nature provides a buffer between humans and disease, and emerging diseases are often the results of [encroachment into natural ecosystems and changes in human activity](#). In the Amazon, for example, [deforestation increases the rates of malaria](#), since deforested land is the ideal habitat for mosquitoes. Deforested land has also been linked to outbreaks of [Ebola and Lyme disease](#), as humans come into contact with previously untouched wildlife.

<https://www.weforum.org/agenda/2020/04/covid-19-nature-deforestation-recovery/>

### **Understanding Human Consequences**

Since before recorded history, environmental changes have affected things people value. In consequence, people have migrated or changed their ways of living as polar ice advanced and retreated, endured crop failures or altered their crops when temperature and rainfall patterns changed, and made numerous other adjustments in individual and collective behavior. Until very recently, people have responded to global phenomena as if they were local, have not organized their responses as government policies, and have not been able to respond by

deliberately altering the course of the global changes themselves. Things are different now from what they have been for millennia.

This chapter examines the range of human consequences of, and responses to, global environmental change. We begin by developing the concept of human consequences and showing why, to understand them, it is critical to understand the variety of human responses to global change. We then offer a framework for thinking about human responses and discuss the pivotal role of conflict. The next section examines three cases that illustrate many of the major factors influencing the human consequences of global change. The following sections describe the human systems that are affected by or respond to global change, and how they interrelate. We conclude by offering some general principles for research and some research implications.

<https://www.nap.edu/read/1792/chapter/6>

### **The Highest Impact Choices You Can Make for the Environment**

Facing climate change can seem overwhelming, but the choices we each make have a huge impact. Supporting clean power over fossil fuels is not only great for the planet, it's also great for your bottom line. Check out this graphic on the best actions you can take.

<https://relaypower.com/the-highest-impact-choices-you-can-make-for-the-environment/>

### **Human impacts on the environment**

Humans impact the physical environment in many ways: overpopulation, pollution, burning fossil fuels, and deforestation. Changes like these have triggered climate change, soil erosion, poor air quality, and undrinkable water. These negative impacts can affect human behavior and can prompt mass migrations or battles over clean water.

[https://www.nationalgeographic.org/topics/resource-library-human-impacts-environment/?q=&page=1&per\\_page=25](https://www.nationalgeographic.org/topics/resource-library-human-impacts-environment/?q=&page=1&per_page=25)

### **10 ways humans impact the environment**

Take a look at 10 ways humans have left a footprint that has forever changed the environment and the planet.

We as humans have become dependent on luxuries such as cars, houses, and even our cell phones. But what does our love for manufactured metallic and plastic goods do to the environment?

<https://interestingengineering.com/10-ways-humans-impact-the-environment>

### **Extinction and livelihood**

One million plants and animals on the brink of extinction, threatening economies and livelihoods. A landmark UN biodiversity report details that an unprecedented 1 million plants, insects and animal species are currently at risk of extinction. Many species will disappear within decades, a decline which could threaten economies and livelihoods across the world, according to the report released on May 6, 2019. The most exhaustive look yet at the decline in biodiversity and the first inter-governmental global assessment – says people are to blame.

Sustainability is all about relationships! In a sustainable world, people have healthy relationships with each other, with nature, with stuff, with the past and present and future, with ideas and with change. And with the air, they breathe!

<https://www.youtube.com/watch?v=0bhILqZ23sU>

### **Our Planet is on the brink. Here's how we save it. (January 2018)**

As world leaders gather in Davos this week to discuss how to better shape our future through strengthened cooperation, it's imperative to also focus on how to prevent the health of our planet from failing. This is not "doom and gloom" – the risk is real.

The main theme of this year's World Economic Forum Annual Meeting is the role of technology in solving the world's biggest problems. We are already embarking on a new phase of the technological revolution that will fundamentally change the way we live, work, relate to one another and interact with the external world. The speed, breadth and depth of current breakthroughs have no historical precedent and is disrupting almost every sector in every country.

<https://www.weforum.org/agenda/2018/01/it-s-time-to-bring-our-planet-back-from-the-brink-together-now/>

### **A planet on the brink (Nov 2019)**

<https://www.facebook.com/watch/?v=2759762014061952>

Global temperatures are expected to rise over 3°C, resulting in mass extinctions and large parts of the planet becoming uninhabitable unless we take urgent #ClimateAction now to stop the climate emergency.

### **'Tip of the iceberg': is our destruction of nature responsible for COVID-19?**

As habitat and biodiversity loss increase globally, the coronavirus outbreak may be just the beginning of mass pandemics.

[https://www.theguardian.com/environment/2020/mar/18/tip-of-the-iceberg-is-our-destruction-of-nature-responsible-for-covid-19-aoe?CMP=Share AndroidApp News Feed](https://www.theguardian.com/environment/2020/mar/18/tip-of-the-iceberg-is-our-destruction-of-nature-responsible-for-covid-19-aoe?CMP=Share_AndroidApp_News_Feed)

### **A message of thanks to COVID-19**

[https://www.youtube.com/watch?v=sgm9E\\_cmVWA](https://www.youtube.com/watch?v=sgm9E_cmVWA)

Thank you coronavirus to make us stop and think about the daily hustle-bustle that we were drowning in, and all the ways that we are polluting the planet. The earth is in crisis and thanks to you for making us understand that it is the time we should stop, evaluate and work on us within.

## Appendix A

### Judging Criteria

### Prepared Speech

Please add comments in the spaces provided.

Within time allocated (3-4 mins) - Yes/No

Name	Fair	Good	Excellent
School			
Link to competition topic			
<ul style="list-style-type: none"> <li>• Originality of Idea</li> <li>• How the idea is developed</li> <li>• Encourages audience to think or act.</li> </ul>			
<b>Content:</b> clear communication of problem and solution that the idea is trying to address			
Choice of style, persuasive techniques and body language appropriate to the speech			



## Judging Criteria      Writing

Please add comments in the spaces provided.

**30 words:** Yes/No

Name	Fair	Good	Excellent
School			
Link to competition topic			
<b>Purpose</b>  Is the purpose of the writing clear?			
<b>Impact</b>  Does the piece move the mind or imagination of the reader and prompt a response?			

## Judging Criteria      Artworks

Please add comments in the spaces provided.

Name	Fair	Good	Excellent
School			
Link to competition topic			
<b>Concept</b> <ul style="list-style-type: none"> <li>• Visually engaging</li> <li>• Imaginative qualities evident</li> <li>• Theme confidently investigated.</li> </ul>			
<b>Material Practice</b> <ul style="list-style-type: none"> <li>• Technically accomplished</li> <li>• Skilful interpretation via a selected medium.</li> </ul>			
<b>Resolution</b> <ul style="list-style-type: none"> <li>• Successfully resolved</li> <li>• Clear communication of ideas</li> <li>• Creativity evident in finished artwork.</li> </ul>			

## Judging Criteria      Meme

Please add comments in the spaces provided.

Name	Fair	Good	Excellent
School			
Relevant to competition topic			
<b>Synthesis:</b> <ul style="list-style-type: none"> <li>Choice of images</li> <li>Choice of words</li> <li>Visually engaging</li> </ul>			
<b>Creativity:</b> <ul style="list-style-type: none"> <li>Exhibits quirky, humorous content</li> <li>Shows originality</li> <li>Invites reflections</li> </ul>			
<b>Analysis</b> <ul style="list-style-type: none"> <li>Easy to understand</li> <li>Imaginative qualities evident</li> <li>Providing a creative and reflective response to source</li> </ul>			
Ethical Source Use			

Successfully cites			
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## Appendix B

### Public Speaking Tips

De Bono, one of the world's most renowned critical and creative thinkers, says, 'There's the car, and there's how you drive it.' For the Speaking 4 the Planet competition, we can say, 'There's the speech and there's how you deliver it.'

Content and delivery matter. Evidence and expression matter. Argument and performance matter. Good public speakers are convincing with the power of their material and the manner in which they present it.

This competition encourages you to research your material thoroughly. If you have good ideas relevant to the topic, research them – see what you can find. High quality content matters. And when you have put the words together, practice them. Ask others to listen to you. Get feedback on the written and spoken words. Refine what you say and how you say it.

Please remember that reading a speech aloud is not giving a speech. You may want to use cue cards. If you do, treat them only as prompts – don't have the whole speech written on them!

In opening the Armidale Speaking 4 the Planet event in 2016, Dr Ian Tiley, the Administrator of the newly amalgamated councils, said, 'Good speeches are succinct and original, and they contain viewpoints substantiated with evidence.' He also observed that good speakers are prepared even though they might be nervous. It's good to be nervous because nerves can keep you focused.

Here are some hints on improving public speaking.

#### 10 Tips for Improving Public Speaking

##### 1. Nervousness Is Normal. Practice and Prepare!

All people feel some physiological reactions like pounding hearts and trembling hands. Do not associate these feelings with the sense that you will perform poorly or make a fool of yourself.

Some nerves are good. The adrenaline rush that makes you sweat also makes you more alert and ready to give your best performance.

The best way to overcome anxiety is to prepare, prepare, and prepare some more. Take the time to go over your notes several times. Once you have become comfortable with the material, practice—a lot. Videotape yourself, or get a friend to critique your performance.

## **2. Know Your Audience. Your Speech Is About Them, Not You.**

Before you begin to craft your message, consider who the message is intended for. Learn as much about your listeners as you can. This will help you determine your choice of words, level of information, organization pattern, and motivational statement

## **3. Organize Your Material in the Most Effective Manner to Attain Your Purpose.**

Create the framework for your speech. Write down the topic, general purpose, specific purpose, central idea, and main points. Make sure to grab the audience's attention in the first 30 seconds.

## **4. Watch for Feedback and Adapt to It.**

Keep the focus on the audience. Gauge their reactions, adjust your message, and stay flexible. Delivering a canned speech will guarantee that you lose the attention of or confuse even the most devoted listeners.

## **5. Let Your Personality Come Through.**

Be yourself, don't become a talking head—in any type of communication. You will establish better credibility if your personality shines through, and your audience will trust what you have to say if they can see you as a real person.

## **6. Use Humour, Tell Stories, and Use Effective Language.**

Inject a funny anecdote in your presentation, and you will certainly grab your audience's attention. Audiences generally like a personal touch in a speech. A story can provide that.

## **7. Don't Read Unless You Have to. Work from an Outline.**

Reading from a script or slide fractures the interpersonal connection. By maintaining eye contact with the audience, you keep the focus on yourself and your message. A brief outline can serve to jog your memory and keep you on task.

#### **8. Use Your Voice and Hands Effectively. Omit Nervous Gestures.**

Nonverbal communication carries most of the message. Good delivery does not call attention to itself but instead conveys the speaker's ideas clearly and without distraction.

#### **9. Grab Attention at the Beginning, and Close with a Dynamic End.**

Do you enjoy hearing a speech start with "Today I'm going to talk to you about X"? Most people don't. Instead, use a startling statistic, an interesting anecdote, or concise quotation. Conclude your speech with a summary and a strong statement that your audience is sure to remember.

#### **10. Use Audio-visual Aids Wisely.**

Too many can break the direct connection to the audience, so use them sparingly. They should enhance or clarify your content, or capture and maintain your audience's attention.

#### **Practice Does Not Make Perfect**

Good communication is never perfect, and nobody expects you to be perfect. However, putting in the requisite time to prepare will help you deliver a better speech. You may not be able to shake your nerves entirely, but you can learn to minimize them.

<http://www.extension.harvard.edu/professional-development/blog/10-tips-improving-your-public-speaking-skills>

This link also provides some useful advice on public speaking:

<https://www.toastmasters.org/Resources/Public-Speaking-Tips>

## Appendix C

### The communication habits that can undermine women's power

I spent years working on my confidence, and knew the ins and outs of assertive communication. I was all about girl power. Apologise for taking up space? Not this lady.

But then I read Tara Mohr's book *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create and Lead*. Mohr argues that women constantly diminish their power with speech habits that make us appear apologetic, surprised or even uncertain about what we're saying. This means our ideas and opinions are unappreciated and not valued.

Studying Mohr's list of culprits, I realised I was guilty of letting more than one of them slip into my words. It was a humbling and disconcerting discovery. If Mohr was right, I'd been seriously undermining myself with the language I used. This did not gel with the confident, educated feminist image I thought I had cultivated. Yet it seems that a lot of women are walking around feeling powerful on the inside but presenting an entirely different picture to the outside world with how we communicate. So if you're like me, and in need of some speech-tweaking, here are some habits to ditch.

#### Just

My emails open with "I'm just checking in", which Mohr says is a no-no: " 'Just' shrinks your power." I always thought it was a polite way to start an electronic conversation, but apparently this, and lines such as "I just wanted to add" and "I just think", aren't helping. "It's time to say goodbye to the 'justs'," she says.

#### Actually

Using the word "actually" to announce you have a question or want to add to a discussion suggests this is a surprise both to you and anyone about to hear it. "I actually have something to add" or "I actually have a question" haven't been doing us any favours when it comes to being heard. "Drop the 'actually'," says Mohr. "Of course you want to add something. Of course, you have questions. There's nothing surprising about it."



## **Time limits**

"I wanted to add something quickly" is a line I used in my last team meeting, which would have disappointed Mohr. If you find yourself assuring people that you won't take up much of their time, with phrases such as "This won't take long" or "Can I talk to you for just a minute?", the inference is that you aren't worth the time for people to stop and listen to you.

## **Uptalking**

According to Mohr, many women diminish their power by raising their pitch at the end of their sentences, with the result that a statement sounds like a question. It makes us sound like we're questioning our own ideas and we risk not being taken seriously. This verbal tic means many females don't present very convincingly in important workplace discussions and job interviews.

Amanda Blesing, a Melbourne expert on women's leadership, says these language choices aren't necessarily bad in social settings. Women like to feel connected to others, and using passive language can help us do this, as well as increase our chances of being liked. "Everybody wants to be liked," Blesing says. "As women, we don't want to offend. We're brought up to be good and nice, and to not rock the boat."

But she recommends women undertake a verbal audit with professional situations. "We need to take ourselves seriously. Language and words are tools, and we can use them to our advantage. They can be powerful, or they can undermine us." Both Mohr and Blesing say awareness of speech habits is the first step in overhauling how we speak. Blesing recommends listening to a recording of your speech to discover what needs to change, while Mohr suggests working through one habit at a time, to avoid becoming overwhelmed.

Once I caught on to my excessive "justs" and uptalking, it was all I could do not to hear the bad habits, which made them easier to weed out. Do I sound more powerful? I'm waiting for my next team meeting to put the girl power in me to the test.

## **Breaking the habit**

- Slow down and pause, conveying confidence and authority.

- Remove shrinkers like "just" and "actually" before sending emails to make your statements appear stronger.
- Use eye contact to show kindness, while keeping your power.

**Karina Lane**

November 2017

<http://www.smh.com.au/lifestyle/health-and-wellbeing/how-bad-speech-habits-are-diminishing-womens-power-20171110-gzip27.html>

## Appendix D

### Art can Change the World

Art does not stand apart from the society in which it is created. Art emerges directly from the time and culture, the priorities and expectations, the challenges and opportunities, and the changes and experiences of the surrounding society. It mirrors these things for that society – sometimes in supportive ways, sometimes in critical ways. Art invites – and occasionally forces – reflection about values, beauty, directions, lifestyles and achievements. Minds and hearts are touched by art. Change may follow as a result.

Art has the capacity to uplift and provoke. Art is an expression of passion. We live and breathe inside art, whether it's an item of clothing, a dance, the design of an old steam engine, or a well-composed photograph. Art is a frontier of free expression – about what's happening in our world and what needs to happen. Art crosses linguistic and cultural boundaries because it can speak to the soul and inspire change.

Artists question everything. They help us visit places unknown. Artists rather than politicians lead some of the most important discussions about the state of the world. As an example, cartoonists poke fun and simultaneously point in new directions. Artists challenge us to re-evaluate and reinterpret social, historical and political events. They invite us to reshape society.

Here's what a few artists have said about the role of art in society.

The artist records history for future generations, art reaches out & touches people around the world, it can lift people when they are down or create controversy, art is a very important part of society. Pearl Rogers, Australia

Artists see things in a totally different way; they challenge the boundaries of rules, society and imagination yet also keep us in touch with the past. Linda Hoey, UK

Art takes us out of ourselves. It allows us to address the big questions in life. It makes us think of ourselves and mortality. Alice Helwig, Canada

Art has always embodied the relationship between humans and the natural environment. Artists address concerns about the way we interact with nature. In the 21st century – as in

other times – art can and must play a role in focusing humanity on social and environmental issues and on dealing with the sustainability problems of our time. It can and must encourage discussion about community concerns, how we relate with the planet and each other, and possible solutions to sustainability problems.

Art is a compulsory subject in Australian schools. It plays an important role in deepening students' engagement with learning. Through engaging in productive art lessons children develop high order skills of analysis, synthesis and evaluation as well as critical thinking, problem-solving and decision making. Art also enhances literacy and numeracy skills in children. Art allows children to grasp and appreciate not only their culture but other cultures and traditions. It exposes children to different societies and beliefs. Children learn to respect and appreciate diversity and become more tolerant of different cultures, all through art.

Phil Smith

#### **A TEDx talk by Katerina Gregos**

<https://www.youtube.com/watch?v=UPk56BR1Cmk>

Katerina Gregos is convinced that contemporary art has an important role to play in society, as one of the last frontiers of free expression. Today, artists and cultural practitioners, rather than politicians, are leading some of the key discussions about the state of the world. Contemporary artists challenge each and every one of us to reinterpret social and political events, and crack cemented opinions as well as dominant narratives propagated by the media and those in power. As an internationally respected curator, Katerina has curated a number of exhibitions dedicated to exploring the relationship between art, politics, democracy, the new global production circuits, and human rights. Let yourself be inspired by Katerina's talk at TEDxGhent 2014, and find out what contemporary art can contribute to society.

#### **The Role of Art in Modern Society**

<https://www.youtube.com/watch?v=ZS4FKbQUuw>

## Appendix E

### Film Copyright Guidelines

Films produced for the Speaking 4 the Planet must be original work as not to infringe the copyright of another person.

It is important that all schools entering Speaking 4 the Planet abide by copyright law when using existing, non-original music in their films.

With this in mind, please note the copyright guidelines below for using music when preparing your film.

If you are using copyright protected music please note the following:

1. You must make sure that any music you use comes from a legal source. This can be a commercially purchased CD or a legal online provider. If you're not sure if you are using a legal online provider, check the Pro-Music website: <http://www.pro-music.org/legal-music-services-australasia.php>
2. If you are choosing a song from a movie or musical (including Disney) you must make sure that your film is not portraying any themes, characterisations, theatrical elements or storyline from that movie or musical. This includes using similar costuming that is used in the movie or musical.
3. If you need to adapt the music for any purpose (i.e. to fit into time constraints) then it is important to note the following:

You cannot:

1. Mix/remix: For example, restructure or combine the music with other sounds to create a new version or alter a sound recording so that it is different to the original by adding, removing or using elements of the existing sound recording
2. Sample: For example, take a portion of the sound recording or musical work and reuse it in a new context
3. Segue: For example, blend the end of a song with the beginning of another, which includes cross fading

4. Debase: For example, alter the meaning or quality of the song or subject it to derogatory treatment
5. Arrange: For example, change the structure, instrumentation, melodic content or lyrics of the music

**Please note:** If you want to do any of the above, you must seek permission from the record company label to do so. The relevant record label will be noted on the back of the CD or in the album details on a legal digital download next to the copyright protection mark (i.e. the © notice). If you are unsure of who the record label is, you can contact ARIA ([www.aria.com.au](http://www.aria.com.au)).

If you plan on using your film outside of the Speaking 4 the Planet screening – for example putting it on your school Facebook page or website – and it contains copyright music, you must seek permission from the copyright owner to use their work. This is usually a publisher and APRA AMCOS can assist you in getting in touch with them if you email [mechres@apra.com.au](mailto:mechres@apra.com.au)

If you need to seek further permission for any of your music, please ensure you do so with ample time available to you. Permissions are not always granted which means you may be required to use a different work or copyright-free music.

If you want to use non-copyright protected music, you will be able to find information on Creative Commons music use online here:

<http://smartcopying.edu.au/open-education/open-education-resources/where-to-find-cc-licensed-material/where-to-find-cc-licensed-music>

If you have any questions, please contact the Copyright Division of the DoE Legal Services Department or the Educational Licensing Department at APRA AMCOS on 02 9935 7900.