



2020 Montana Farm Bureau Foundation Youth Speech Contest

One of our Foundation's most important goals is to help with agricultural education and the leadership development of Montana's youth. This speech contest fits that goal and we are offering great prizes to make this an exciting opportunity.



Students in the 7th, 8th or 9th grade have the opportunity to win \$400!

**To be held during the 2020 FFA State Convention
March 25-28, 2020 in Great Falls.**

Youth Speech Contest

- Open to students in the 7th, 8th and 9th grade
- Prepared speech needs to be between 2.5 - 4 minutes in length.
- **Registration and a copy of your speech must be received by the Montana Farm Bureau Federation office by March 23, 2020.** Those will be judged and the top 20 contestants will be invited to compete during the event.

Speech topic: As any farmer or rancher can tell you, farm life can be demanding and stressful. It's even tougher now with trade wars, natural disasters, depressed commodity prices, labor shortages and many other issues weighing heavily on the farm economy. Given these challenges, more and more farmers today are experiencing stress and mental health issues, either directly or by having a friend or family member in distress. No one is immune. How can we address mental health concerns among rural Montanans and improve access to healthcare and mental health education resources?

Students can use any research they feel is appropriate in the preparation of their speech. We've provided a couple of resources to get contestants started.

- American Farm Bureau Rural Resilience - <https://www.fb.org/programs/rural-resilience/>
- QPR (Question. Persuade. Refer.) Institute - <https://qprinstitute.com/>
- Ask In Earnest - <http://www.askinearnest.org/>

Prizes: 1st place = \$400.00, 2nd = \$300.00, 3rd = \$200.00, 4th = \$100 and 5th = \$50.

For more information or to be send information on the speech contest next spring, contact Scott Kulbeck at scottk@mfbf.org or 406-587-3153.

MFB Foundation Youth Speech Contest

Please sign me up!

Name: _____ School: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Grade Level: _____