TruthSpeaks365 - Video Application Instructions

Step-by-Step Directions

FIRST → Before moving on please complete step 1 of the application process, fill out this form - CLICK HERE.

Video Application Directions

→ I talk this out in Video 5 → CLICK HERE

Step 1: The Hook (30 seconds – 1 minute)

- Begin with a high-energy, engaging hook to grab the audience's attention.
- Include a call and response, movement, or another dynamic technique.
- Make sure to introduce yourself within the hook.
- Must be no less than 30 seconds and no more than 1 minute.

Step 2: The Presentation (Please note in the video I say this Step needs to be exactly 5 minutes, I have corrected this - Step 2 can be no less than 4 minutes not more than 5 minutes.)

- Choose one area of *resilience* that you could speak about confidently (e.g., self-worth, boundaries, body image, relationships, grades, sports, etc.).
- Share your personal experience with this area. **Do not** pick something you don't have lived experience in.
- Break the presentation into three parts:
    1. **Introduction** of the topic – ideally through a game, dialogue, or activity (e.g., "Put a Finger Down" game).
    2. **Personal Story** – describe the challenge you faced and how you overcame it. Relate it to that age group.
    3. **Tangible Strategy** – give students a concrete takeaway or activity to help them with the same issue (e.g., a perspective shift exercise).

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Step 3: The Closing (30 seconds – 1 minute)

- End with inspiration, motivation, or a clear call to action.
- Keep it between 30 seconds and 1 minute.

Important Notes:

- Present as if you're in front of a live group of **9th–12th graders**.
- Stay fully in character — perform it like it's the real deal.
- Make it actionable, tangible, and relatable.

Submission Instructions:

- Submit via email to: **Erin@ErinPompa.com**
- Subject line: **Truth Speaks 365 Submission**
- First, fill out the **Google Form CLICK HERE.**
- Deadline: **Two weeks after watching this final video and completing the form**.

TruthSpeaks 365 Application Video Rubric

Category	Excellent (4)	Good (3)	Needs Improvement (2)	Incomplete (1)	Notes
Step 1: The Hook	High-energy, dynamic intro with name; uses call & response, movement; 30 sec–1 min	On time and engaging; needs stronger	Lacks energy, unclear, or missing dynamic elements	Missing, under 30 sec, over 1 min, or no speaker intro	

		technique or energy		
Step 2A: Resilience Topic	Lived experience, personal, deeply relevant to youth	Based on experience, but lacks full depth or clarity	Surface-level or unclear connection to personal story	Not clearly about resilience or feels forced
Step 2B: Topic Intro	Creative intro using game, activity, or dialogue; connects well with students	Some interaction, but not fully dynamic	Explained plainly, minimal interaction	No clear topic introduction
Step 2C: Personal Story	Vulnerable, age-appropriate, clearly shows challenge and growth	Story shared but may lack clarity or strong connection	Vague or weak story, limited connection to topic	No personal story included
Step 2D: Strategy	Tangible, creative strategy students can use immediately	Present but lacks clarity or creativity	Vague or hard to apply	No strategy or takeaway given
Step 3: The Closing	Motivating, inspirational, clear call to action; stays within 30 sec–1 min	Effective wrap-up but lacks strong impact	Abrupt, unclear, or outside time limits	No clear ending

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Youth Presentation Style	Tone is conversational, relatable, and engaging for 9–12th graders; feels like a live performance	Mostly youth-focused but a bit formal or overly scripted	Tone is disconnected or not age-appropriate	Not suitable for high school audience
Core Values Alignment	Fully reflects TruthSpeaks 365: dynamic, personal, excellent, and approachable	Shows most core values; one may be weaker	Few values present; lacks clarity or energy	Missing all key values