| **Student: Alexis** |
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| **That we should limit social media to one hour per day for adults** |
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**My Teacher’s Observations and Feedback**

| **What was the BEST thing about my speech?** | * Nice work on showing how social media can be harmful and toxic for adults. Good hook. * Good signposting of your arguments. Nice work on showing how people will be unaware of the problems that their family is facing. * Nice work on showing that people might lose their job. * Good work on illustrating health harms of using social media for a long time. * Good work on showing how you can have longer and important time with your family.   5:10 | |
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| **What part of my speech NEEDS IMPROVEMENT?** | * Try to increase your volume. * Try to show how this restriction will work. Show what adults do when they only have one hour per day. * Try to give more realistic scenarios. All adults won’t spend a lot of money on social media. * Try not to use individual examples and personal examples as a substitute for analysis. Try to use more broader examples that are likely to happen for everyone. * Try to minimize random body movements while you speak. | |

| **Student: Ella** |
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| **That we should limit social media to one hour per day for adults** |
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**My Teacher’s Observations and Feedback**

| **What was the BEST thing about my speech?** | * **Nice work on showing that one hour is not enough entertainment for adults.** * **Good work on showing that adults are already responsible and make good decisions about their life.** * **Good work on showing that parents need rest in the form of social media content.** * **Good work on showing when parents are sad - they will also cause kids to feel sad.**   **3:30** | |
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| **What part of my speech NEEDS IMPROVEMENT?** | * **In your rebuttals don’t ask questions. Just answer - showing that parents can choose rationally that kids are more important** * **You don't have to engage with specific examples like losing or finding glasses. Try to deal with bigger impacts like the health harms of over use of the internet and social media.** * **Try to show how social media relieves stress - show why this is the best mechanism and accessible mechanism to relieve stress.** | |

| **Student: Lucas** |
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| **That we should limit social media to one hour per day for adults** |
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**My Teacher’s Observations and Feedback**

| **What was the BEST thing about my speech?** | * Nice work on defining social media and the kind of social media platforms that exist. * Nice work on showing that people are addicted to social media. * Good work on showing that this debate applies only to irresponsible adults as they will only look at social media for less than an hour. * Good work on showing that you will have reduced family time. * Good work on showing you are missing out on real life alternatives on real connections * Good work on an emotive conclusion. * 4:31 | |
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| **What part of my speech NEEDS IMPROVEMENT?** | * Try to make sure your case applies to all adults - not just not-responsible adults. * Minimize the pauses in your speech. * You want to deal with POI head on. * Show rebuttal in a proper structure. * Try to use less casual examples in your speech. * Try to also minimize the use of casual words like “i mean”, “like” or “mommy and daddy”. Substitute it for more former alternatives and minimize fillers. * While your conclusion was emotive - try to make it realistic. | |

| **Student: Luke** |
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| **That we should limit social media to one hour per day for adults** |
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**My Teacher’s Observations and Feedback**

| **What was the BEST thing about my speech?** | * Good work on showing school is less stressful than work and thus adults deserve some time to relax. * Good work on showing how adults react to the stress in life and make bad decisions with their life which will hurt families. * Good work on showing why adults because of their contribution deserve this time. * Good work on showing that adults have the only accessible entertainment in the form of social media as at times their family or kids don’t talk to them.   5:15 | |
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| **What part of my speech NEEDS IMPROVEMENT?** | * We need to start with a hook. * Try to explain why adults will use social media as a better way to relieve stress. * Try to show how content on social media can also inspire or provide energy to adults who are in the situation that you are explaining. * Try to show why adults should have freedom of choice to do what they want. * Don’t rebuttal specific examples. Focus on the broader ideas to refute. | |