

1 MILLION FAMILIES

*Get involved,
get creative*

Design a poster!



or a t-shirt!



or even make a film!

*and help spread the message about
what bullying is and how to stop it*



BullyingUK

Part of **family lives**



**family
lives**

Launching our 1 Million Families – anti-bullying campaign

I was bullied when I was at school and it was a horrible experience. The events which surrounded my bullying were outside of my control, and it made the whole experience feel relentless and unending, as I knew I couldn't change many of the factors on which people chose to focus.

When I was 11 my dad became unwell and he was diagnosed with an illness that was never defined until he died 10 years later. My response to this experience was no different from that of anyone else, I was confused and upset by the uncertainty this home situation brought. It wasn't obvious to me that I was withdrawing from a broader range of social activity and sport, due to this situation; I simply didn't know what I was feeling. Bullying focuses on another person's weakness and circumstance. Be it a difference in appearance, culture, background or emotional vulnerability.



My personal circumstances led to comments and name calling around the absence of my father's involvement during my teenage years, so I chose my subsequent withdrawal from sports teams as I no longer wanted to play if he couldn't attend. In addition, as I got older and had some teenage relationships, I reached a point when I no longer felt that I was emotionally able to have a significant relationship with a girlfriend because of everything that was going on at home; this meant that for the remainder of my time at school I was simply called 'queer' with all of the associated homophobic overtones.

My own experience is no different from the many that we read about through our work with young people in schools, or hear from parents who are very concerned about the emotional wellbeing of their children. Bullying is not something that simply ends or goes away, it is an experience that affects how one feels about oneself, affecting confidence and social choices that any young person may make. It is a consideration as to whether somebody feels able to attend certain venues and parties or whether anxiety around hostility and name calling is sufficient to avoid those situations.

Family Lives deals with hundreds of thousands of instances around bullying each year and this is an issue that is ever growing. The work of our TeenBoundaries project is around sexualised bullying, name calling and gender identity. We know the distress that this causes for the victim and their family, and this is why we are launching our 1 Million Families campaign around this very issue; providing an opportunity for schools to address such a significant, damaging aspect of some of their young people's lives, and making bullying unacceptable by campaigns run by young people themselves.

There will be poster, t-shirt and short film competitions with prizes and celebrity endorsement as to the importance of this campaign. We hope you will encourage young people to get involved in our 1 Million Families campaign to spread the message, and to ensure that they do not experience bullying that can affect their emotional wellbeing and academic achievement, alongside their ability to form positive relationships with their peers. This is an emotive issue which is why this is a personal message – because everything we do at Family Lives comes from our own experience which is why we seek to campaign and influence change.

A handwritten signature in black ink, appearing to read 'Jeremy Todd'.

Jeremy Todd, Chief Executive of Family Lives

1 MILLION FAMILIES

What is the 1 Million Families campaign?

As a leading family charity, we are launching a major campaign to support families around the UK with a number of important issues. We support over 1 Million Families every year and this campaign will focus on some of the issues which families contact us most about: bullying, divorce and separation, parenting teenagers, and emotional and mental wellbeing.

Raising awareness of bullying

Our first campaign topic will focus on bullying, looking at three key areas and what people need to know about them.

How you can get involved in the campaign

We are running three creative competitions as part of our bullying awareness campaign for young people to get involved in helping to spread positive messages about how to deal with bullying, how to help someone being bullied and how bullying affects people.

Poster design competition

Design a poster about one of the main themes of bullying (listed below) and your poster could be printed and sent out to schools across the country, ready for Anti-bullying Week! See the full competition information below for details of how to enter and terms and conditions.

T-shirt design competition

Fancy yourself as a bit of a fashion designer? Then why not come up with an eye-catching t-shirt design based on one of the main themes of bullying (listed below) and your t-shirt could be made and sent out to celebrities who will pop it on, take a pic and post it online! How cool is that? See the full competition information for details of how to enter and terms and conditions.

Short anti-bullying film competition

We all like making movies these days so why not get creative and make a short film about one of our bullying themes and help us to spread the message about bullying. The winning videos will be displayed on our website and promoted throughout Anti-bullying Week. See the full competition information for details of how to enter and terms and conditions.

The three competitions all focus on these three key areas of advice:

1. How to deal with cyberbullying

- don't keep it to yourself, tell a responsible adult
- don't reply to or delete rude or offensive messages or emails, tell your parents so they can help you to stop the bullying

- there are no limits to cyberbullying, it can take place at any time, anywhere so it is important to realise how serious it is

2. How to spot if a friend is being bullied and how to help them

- if you know someone is being called names, or rumours are being spread about them
- if they are spending a lot of time on their own or being left out of groups
- you can help by telling your teacher or parents and letting the person being bullied know that you will go with them to talk to someone about it

3. The effects of bullying

- bullying can affect people for the rest of their life
- it can affect how people make friends, and how well they do at school
- it can cause serious emotional distress, sometimes leading to self-harming, or even thoughts of suicide

Visit www.bullying.co.uk for more information about bullying.

We want to ensure children, young people and adults understand what cyberbullying is, how serious it is and ways to tackle it, as well as knowing how you can help someone who is being bullied and the devastating impact bullying can have on someone, affecting them not just while they are being bullied, but often for years later. You can find full details on how you can enter these competitions at the end of this document.

What else can you do to help?

- add our LiveChat widget to your website so that children being bullied can talk to someone online and get support (see below)
- show your support during Anti-Bullying Week by adding our Bullying UK Twibbon and donating to our campaign
- pledge to ensure your school has a strong anti-bullying policy
- hold a non-uniform day and raise money for Bullying UK, part of Family Lives (pupils could donate £1 and get a Bullying UK wristband to take part)
- run a bullying awareness workshop in your school (see information below).

If you would like more information about any of the suggestions above or have other ideas about ways you could get involved, please contact us at rachel@familylives.org.uk

How to add our LiveChat widget to your website

Our LiveChat widget can be easily embedded on your website to give anyone visiting your site access to our online chat service to talk to our trained Family Support Workers to help anyone experiencing bullying. You can find out more information about the widget here www.familylives.org.uk/content/add-family-lives-support-your-website or send an email to carolinew@familylives.org.uk

Bullying awareness workshops

Family Lives run workshops about sexual bullying and positive gender relationships, called TeenBoundaries. Sexual bullying is any behaviour which degrades someone, singles someone out by the use of sexual language, gestures, violence and victimisation related to appearance. Sexual bullying is also pressure to act promiscuously and to act inappropriately at school. These behaviours happen inside and outside school, in social groups and via the internet or mobile phones. Our workshops can be delivered in off-timetable days, over PSHE/Citizenship lessons in lunchtimes and afterschool. Get in touch with shirleyp@familylives.org.uk for more information.

Some tips on making a short film

Make your short film to raise awareness of the effects of bullying by following our simple guide

1. Get Googling

- Visit www.bullying.co.uk for information about bullying
- Discuss it among your friends for ideas

2 Get writing

- It's got to be under five minutes.
- You need a start, middle and end. What's the story?
- What characters are in it? What motivates them?
- Write down the actions that they do
- Keep it simple, remember you're making it for your friends so what style do they and you like.

3. Get filming!

Think about each shot. Draw a rough picture of what you think it will look like using the template storyboard attached. Think about the camera angles and the locations.

Tick off the list

- Script
- Storyboard
- Rehearse
- Camera
- Locations found and permission given
- Props
- Make-up

4. Do some editing

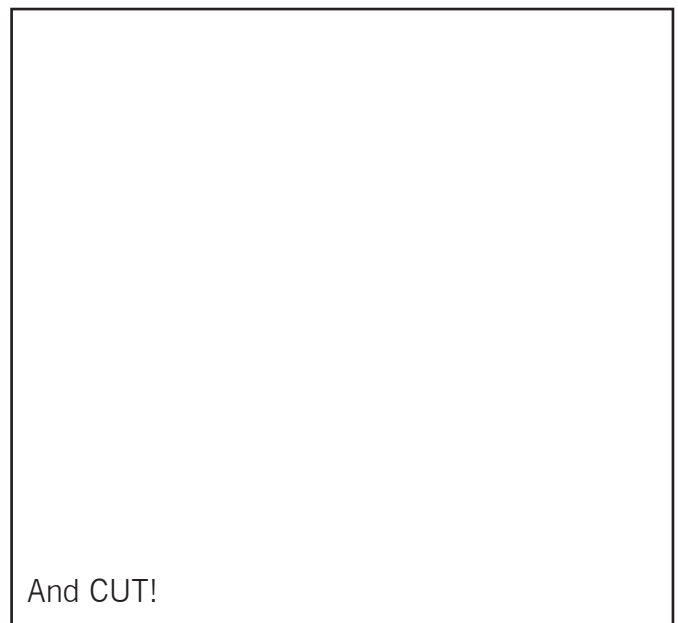
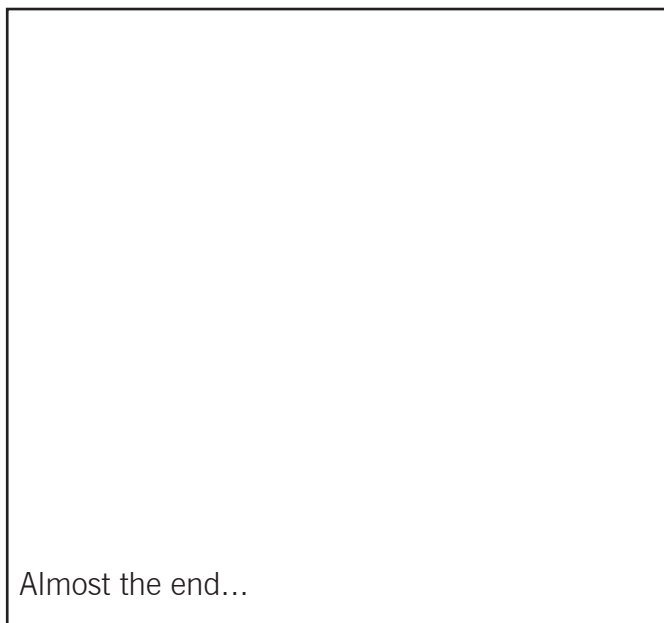
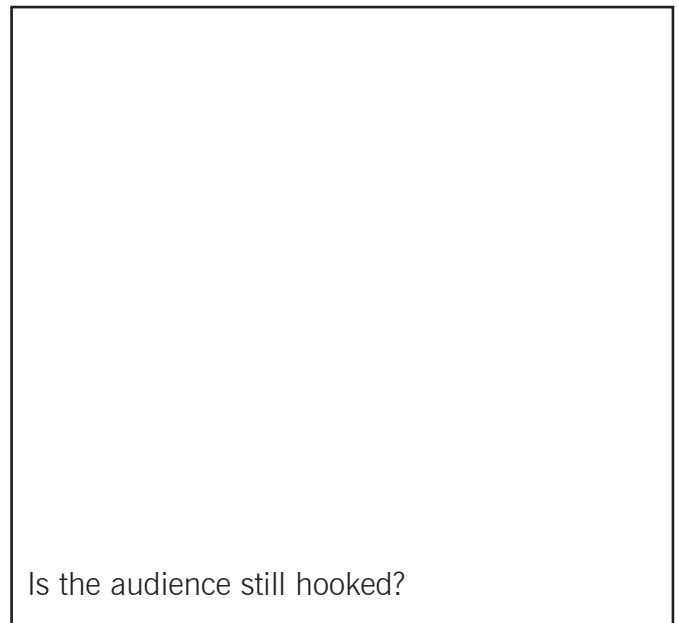
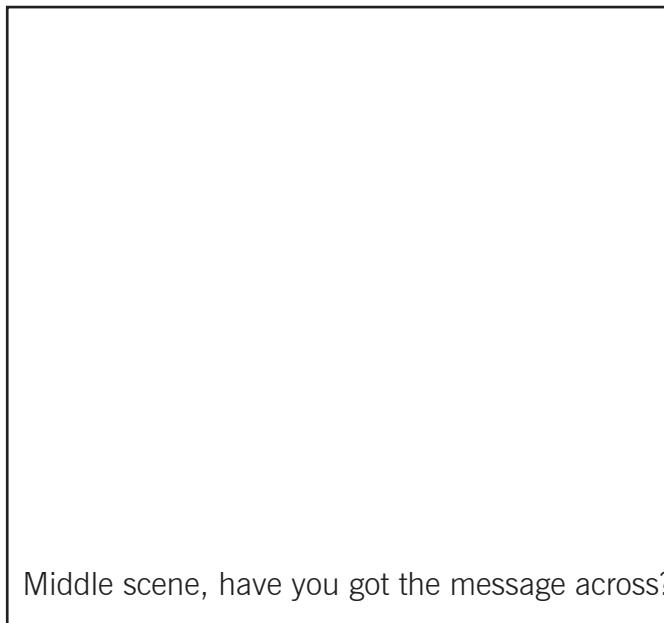
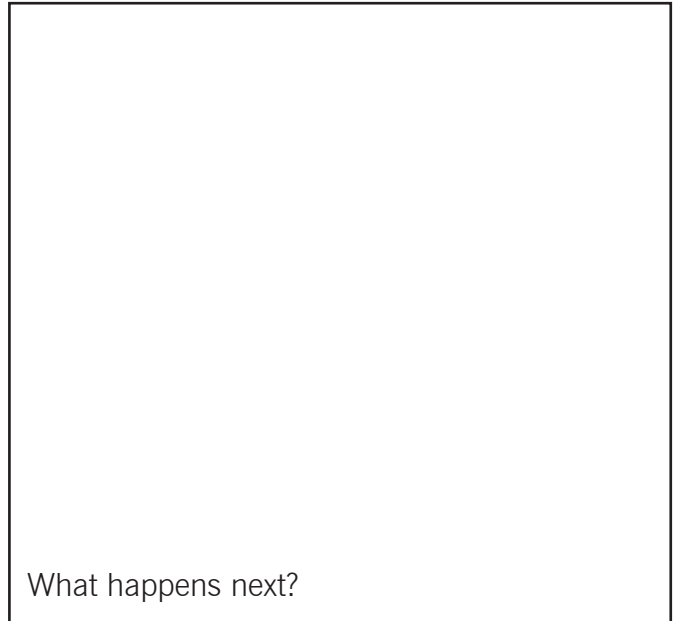
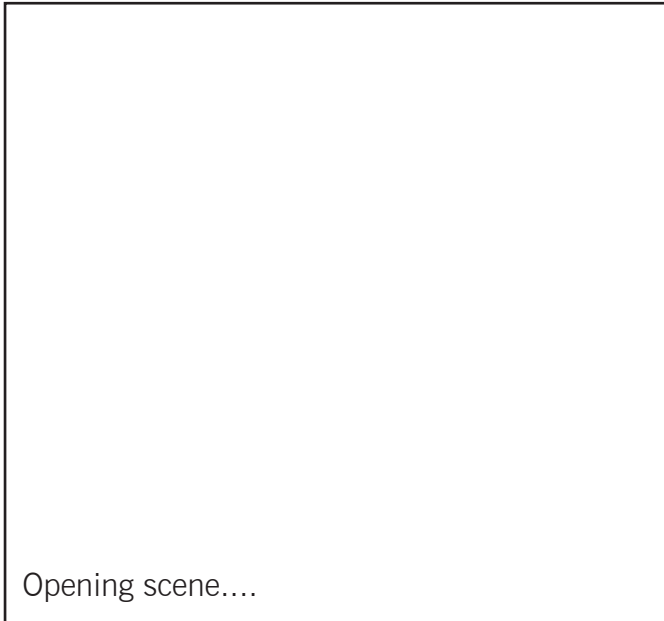
- Use free software – Movie Maker for PCs and iMovie for Macs
- Add music – why not make it your own (make sure you have permission to use music)
- If you plan your shots and film them in order, you might not even need to edit much.
- When you're shooting, film for 10 seconds before and after your shot has ended, this will help with edit.

5. Get sharing!

- Share the YouTube link of your film on your Facebook, Twitter, Blog, Tumblr... anywhere!
- Tweet @bullyinguk and link on Facebook.com/BullyingUK
- Don't forget to send the link to us: competitions@familylives.org.uk (See the full competition guidelines for other ways to submit your entry).

Closing date: 15 October 2013!

Bullying UK Short Film Storyboard



Bullying UK Poster Competition Rules

1. Who can enter this competition

The competition is open to all UK residents (including residents of the Channel Islands and the Isle of Man). You must be aged between 6 and 18 years on the closing date **30 September 2013** in order to enter.

Family Lives reserves the right to request proof of age for entrants as well as parent's or guardian's consent. Only one entry per person must be submitted. No joint entries will be allowed.

2. What you need to do to enter this competition

To enter the competition, you will need to complete the tasks listed in section 5 of these terms and conditions. You may wish to use a computer or you can draw freehand. If drawing freehand, pieces of paper must not be bigger than standard A4 size and must be portrait not landscape.

If you use a computer programme to design your entry, the design must still be all your own work and must be A4 size, in portrait not landscape. Materials such as clip-art, photographs or pictures from the Internet are not allowed and will disqualify you. We will accept designs in the following file formats: jpeg, pdf, eps. Please ensure your file is 300 dpi and that you save it in the highest quality possible. You may be asked to submit the original design file if your design is chosen as a winning entry. If entrants submit more than one entry we will judge the first entry received and disregard the others. The design drawing must be the entrant's own original work, not defame, nor breach any copyright.

All submissions must include: name, date of birth, address including postcode and telephone number and email address of the entrant and their parent or guardian. Entrants should ask their parent/carers for permission to enter this competition. Submission details can either be included in your email with your submission or, if drawn free hand, please include full details (see above) on a separate sheet of paper in clearly legible writing.

All entrants and their parent/guardian must enter the competition by post to:

Bullying UK Poster Competition
Family Lives
CAN Mezzanine, 49-51 East Road, London N1 6AH

Or send via email to competitions@familylives.org.uk with 'Poster competition' in the subject box.

3. When you need to send your entry to this competition

Entries must be RECEIVED by no later than 17:00 (5PM) on **30 September 2013**. Late or illegible entries will be disqualified. Family Lives cannot take any responsibility for any technical failure or malfunction, including but not limited to any affecting postal services, which may result in any entry being lost or not properly registered or recorded.

4. Consent to enter the competition

By submitting an entry for the competition, entrant's parent/guardian are deemed to have given consent for the entry to be published free of charge by Family Lives, in all media, including television, print and internet, for all purposes as it wishes. Family Lives may wish to display entries in a website gallery as they come in throughout the competition entry window. Family Lives will own all copyrights to the design of the ultimate poster. Entrants may be required to sign additional documentation produced by Family Lives to evidence the assignment of copyright.

5. Competition categories and entry criteria

All entries will be judged in the first instance by members of Family Lives. This first judging panel will decide which entries should be put forward to the second stage judging. The first judging round will select the 10 best entries in each of the following categories:

Category 1: Entrants aged 6 - 11

Category 2: Entrants aged 12-18

The second judging stage will look at the 10 best entries in each age category and be carried out by a panel of Family Lives and external judges. This panel will consider the 10 best entries for each age

category, then choose three winners for each category. In each of the different stages, the criteria will be:

- creative - the designs must be striking and original.
- usable - the designs must be able to work as a poster.
- relevant - the designs will have relevant meaning to Bullying UK, part of Family Lives bullying campaign.
- the poster should capture one of the three key messages set out on pages 3 and 4.

Do's

- design must include the words 'Bullying UK'
- design must include the slogan '**Spot it and stop it!**'
- design must include a white space at the bottom of the poster (4cm in height by 21cm width) for us to add in relevant logos and information

Don'ts

- do not use any swear words or rude words on your poster.

6. Competition prizes

1st Prize:

- Your poster being displayed in schools and available to download on the Family Lives website.
- Bullying UK t-shirt
- Bullying UK wristband

The winning posters will:

- Be sent to a number of schools in the UK
- Be displayed and available to download via our website
- Be featured on our social media accounts

Runners Up

6 Runners up (ie three in each age category) to receive Bullying UK t-shirt and wristband.

The top 10 in each age category to receive a Bullying UK wristband.

7. Explanation of prizes

The prizes will be as stated. The prizes cannot be transferred and there is no cash alternative. In the event of any of the winners being unable to be contacted, after reasonable attempts have been made or if any is found to be in breach of the rules or fails to take up their prize for any reason, including illness, unavailability, licensing difficulties, Family Lives reserves the right to offer the prize to a runner-up in the relevant category but it is not obliged to do so.

8. Final decision

Family Lives' and the judges' decision as to the winners is final. No correspondence relating to the competition will be entered into.

9. Notifying competition winners

The winners will be notified within 30 days of the close of the competition by either post /telephone/ email, as per the contact details provided in their entry.

10. Post-competition publicity

Entrants may be requested to take part in post-competition publicity for Family Lives.

11. Competition cancellation or rule changes

Family Lives reserves the right to cancel the competition or change any of these rules (including the judging panel) at any stage, if deemed necessary in its opinion, or if circumstances arise outside of its control.

12. Use of personal details

Family Lives will only ever use personal details for the purposes of administering this competition, and will not publish them or provide them to anyone without permission. You can read more about Family Lives Privacy Policy at: <http://familylives.org.uk/privacy>

13. Consent from parents or guardian

The parent/guardian of an entrant is deemed to have accepted these terms and conditions when consenting to the application of the relevant entrant.

14. Terms and conditions

These terms and conditions are governed by the laws of England and Wales.

So get designing and good luck!

Bullying UK T-shirt Design Competition Rules

1. Who can enter this competition

The competition is open to all UK residents (including residents of the Channel Islands and the Isle of Man). You must be aged between 6 and 18 years on the closing date **30 September 2013** in order to enter.

Family Lives reserves the right to request proof of age for entrants as well as parent's or guardian's consent. Only one entry per person must be submitted. No joint entries will be allowed.

2. What you need to do to enter this competition

To enter the competition, you will need to complete the tasks listed in section 5 of these terms and conditions. You may wish to use a computer or you can draw freehand. If drawing freehand, pieces of paper must not be bigger than standard A4 size and must be portrait not landscape. Use the whole of the A4 paper for your t-shirt design (you don't need to draw the shape of the t-shirt, just what will appear on the front)

If you use a computer programme to design your entry, the design must still be all your own work and must be A4 portrait not landscape. Materials such as clip-art, photographs or pictures from the Internet are not allowed and will disqualify you. Remember, this is your chance to show off your art skills. We will accept designs in the following file formats: jpeg, pdf, eps. Please ensure your file is 300 dpi and that you save it in the highest quality possible. You may be asked to submit the original design file if your design is chosen as a winning entry. If entrants submit more than one entry we will judge the first entry received and disregard the others. The design drawing must be the entrant's own original work, not defame, nor breach any copyright.

All submissions must include: name, date of birth, address including postcode and telephone number and email address of the entrant and their parent or guardian. Entrants should ask their parent/carers for permission to enter this competition. Submission details can either be included in your email with your submission or, if drawn free hand, please include full details (see above) on a separate sheet of paper in clearly legible writing.

All entrants and their parent/guardian must enter the competition by post to:

Bullying UK T-shirt Competition
Family Lives
CAN Mezzanine, 49-51 East Road, London N1 6AH

Or send via email to competitions@familylives.org.uk with 'T-shirt competition' in the subject box.

3. When you need to send your entry to this competition

Entries must be RECEIVED by no later than 17:00 (5PM) on **30 September 2013**. Late or illegible entries will be disqualified. Family Lives cannot take any responsibility for any technical failure or malfunction, including but not limited to any affecting postal services, which may result in any entry being lost or not properly registered or recorded.

4. Consent to enter the competition

By submitting an entry for the competition, entrant's parent/guardian are deemed to have given consent for the entry to be published free of charge by Family Lives, in all media, including television, print and internet, for all purposes as it wishes. Family Lives may wish to display entries in a website gallery as they come in throughout the competition entry window. Family Lives will own all copyrights to the design of the ultimate t-shirt. Entrants may be required to sign additional documentation produced by Family Lives to evidence the assignment of copyright.

5. Competition categories and entry criteria

All entries will be judged in the first instance by members of Family Lives. This first judging panel will decide which entries should be put forward to the second stage judging. The first judging round will select the 10 best entries in each of the following categories:

Category 1: Entrants aged 6 - 11

Category 2: Entrants aged 12-18

The second judging stage will look at the 10 best entries in each age category and be carried out by a panel of Family Lives and external judges. This panel will consider the 10 best entries for each age category, then choose three winners for each category. In each of the different stages, the criteria will be:

- creative - the designs must be striking and original.
- usable - the designs must be able to work as a poster.
- relevant - the designs will have relevant meaning to Bullying UK, part of Family Lives bullying campaign.
- the poster should capture one of the three key messages set out on pages 3 and 4.

Do's

- design must include the words 'Bullying UK'
- design must include the slogan '**Spot it and stop it!**'

Don'ts

- do not use any swear words or rude words on your poster.

6. Competition prizes

1st Prize in each category:

- Your t-shirt design will be produced and sent out to celebrities to wear, we'll also send you one
- Bullying UK posters
- Bullying UK wristband

Runners Up

6 Runners up (ie three in each age category) to receive Bullying UK t-shirt and wristband.

The top 10 in each age category to receive a Bullying UK wristband.

7. Explanation of prizes

The prizes will be as stated. The prizes cannot be transferred and there is no cash alternative. In the event of any of the winners being unable to be contacted, after reasonable attempts have been made or if any is found to be in breach of the rules or fails to take up their prize for any reason, including illness, unavailability, licensing difficulties, Family Lives reserves the right to offer the prize to a runner-up in the relevant category but it is not obliged to do so.

8. Final decision

Family Lives' and the judges' decision as to the winners is final. No correspondence relating to the competition will be entered into.

9. Notifying competition winners

The winners will be notified within 30 days of the close of the competition by either post /telephone/email, as per the contact details provided in their entry.

10. Post-competition publicity

Entrants may be requested to take part in post-competition publicity for Family Lives.

11. Competition cancellation or rule changes

Family Lives reserves the right to cancel the competition or change any of these rules (including the judging panel) at any stage, if deemed necessary in its opinion, or if circumstances arise outside of its control.

12. Use of personal details

Family Lives will only ever use personal details for the purposes of administering this competition, and will not publish them or provide them to anyone without permission. You can read more about Family Lives Privacy Policy at: <http://familylives.org.uk/privacy>

13. Consent from parents or guardian

The parent/guardian of an applicant is deemed to have accepted these terms and conditions when consenting to the application of the relevant entrant.

14. Terms and conditions

These terms and conditions are governed by the laws of England and Wales.

Bullying UK Short Film Competition Rules

1. Terms and Conditions

By submitting your film entry (your "Entry") to the Bullying UK, part of Family Lives competition (the "Competition") you shall be deemed to have accepted all of these Terms and Conditions in full. If you do not accept the Terms and Conditions in full, you must not submit an Entry to the Competition.

2. Who can enter this competition

The competition is open to all UK residents (including residents of the Channel Islands and the Isle of Man). You must be aged between 6 and 18 years on the closing date (**15 October 2013**) in order to enter. Family Lives reserves the right to request proof of age for entrants as well as parent's or guardian's consent.

Cast and crew members can only be involved in one competition entry. All cast members must be between the ages of 6 and 18.

3. What you need to do to enter this competition

To enter the competition, you will need to complete the tasks listed in section 6 of these terms and conditions. You may be asked to submit the original file if your film is chosen as a winning entry. If entrants submit more than one entry we will judge the first entry received and disregard the others. The short film must be the entrant's own original work, not defame, nor breach any copyright.

All submissions must include: name, date of birth, address including postcode and telephone number and email address of the entrants and their parent or guardian. Entrants should ask their parent/carers for permission to enter this competition.

Submission details can either be included in your email with your submission or, if sent on DVD, please include full details (see above) on a separate sheet of paper in clearly legible writing.

All entrants and their parent/guardian must enter the competition by post to:

Bullying UK Short Film Competition
Family Lives
CAN Mezzanine, 49-51 East Road, London N1 6AH

Or send via email to competitions@familylives.org.uk with 'Short Film competition' in the subject box using a file sharing platform (such as <https://www.yousendit.com/> or Dropbox) to share your film with us.

Finished films can be submitted on DVD or you can upload it in your account and share your masterpiece on YouTube, Facebook, Twitter and other websites (by sending us a link in your entry email).

4. Closing date

Entries must be RECEIVED by no later than 17:00 (5PM) on **15 October 2013**. Late or very poor quality (such as poor sound quality) entries will be disqualified. Family Lives cannot take any responsibility for any technical failure or malfunction, including but not limited to any affecting postal services, which may result in any entry being lost or not properly registered or recorded. Entries received after the Closing Date will not be considered.

5. Consent to enter the competition

By submitting an entry for the competition, entrants and their parent/guardian are deemed to have given consent to be filmed and for the entry to be published free of charge by Family Lives, in all media, including television, print and internet, for all purposes as it wishes. Family Lives may wish to display entries in a website video gallery as they come in throughout the competition entry window. Family Lives will own all copyrights to the short film. Entrants may be required to sign additional documentation produced by Family Lives to evidence the assignment of copyright.

6. Competition categories and entry criteria

All entries will be judged in the first instance by members of Family Lives. This first judging panel will decide which entries should be put forward to the second stage judging. The first judging round will select the 10 best entries in each of the following categories:

Category 1: Entrants aged 6-11

Category 2: Entrants aged 12-18

The second judging stage will look at the 10 best entries in each age category and be carried out by a panel of Family Lives and external judges. This panel will consider the 10 best entries for each age category, then choose three winners for each topic category.

In each of the different stages, the criteria will be:

- creative - the short film must be striking and original.
- usable - the short film must be able to work to spread the message about bullying.
- relevant - the short film will have relevant meaning to Bullying UK, part of Family Lives bullying campaign.
- the short film should capture one of the three key messages set out on pages 3 and 4.

Do's

- the short film must include the words 'Bullying UK'
- the short film must include the slogan '**Spot it and stop it!**'
- ensure your film is no longer than 5 minutes
- your film can be in any genre – we really want to see what you come up with – so feel free to use drama, comedy, history, documentary, animation, or whatever your imagination comes up with.
- only use music that you have the rights to use
- complies with Ofcom's Broadcasting Code (in particular your film must be suitable for transmission before 9pm)
- is in English

Don'ts

- do not use any swear words or rude words in your short film

7. Third Party Rights

Family Lives reserves the right to reject any Entries that infringe the copyright, moral right, performing rights, rights of privacy, trade mark or other proprietary right, (the "Intellectual Property") of others, are defamatory or for any other reason. In particular:

- It is your responsibility to ensure that any images in your Entry have been taken with the permission of the subject and do not infringe the copyright of any third party.

8. Content of Entries

Family Lives reserves the right to reject any Entry that it considers to contain unduly prominent or inappropriate sexual behaviour, language, nudity, obscenity, violence, commercial reference or any Entry that Family Lives, in its absolute discretion, considers to be harassing, threatening or in any other way unsuitable for the Competition.

9. License

In consideration of Family Lives permitting you to submit your Entry and enter the Competition, you grant to Family Lives, from the date of submission of your Entry in perpetuity, an exclusive, worldwide, royalty-free, sub-licensable right and licence to:

- use, host, reproduce, edit, publish, distribute, transmit, display, copy, alter, store, re-format, broadcast and/or otherwise communicate and/or make available to the public and otherwise make use of the Entry or part thereof in any and all media now known or hereafter devised, including but not limited to cinemas, linear television, television video on demand, multimedia distribution systems, the internet, internet TV, and mobile/handheld devices;
- use any trademarks, service marks or trade names (e.g. brand names, logos) incorporated in your Entry;
- use the name and likeness of any individuals represented in your Entry; and
- use your name in any publicity pertaining to the Competition.

In addition, you agree to waive all so-called "moral rights" to your Entry.

If your Entry is selected for the shortlist, you undertake to execute, or ensure the execution of, whatever further documents Family Lives requires from time to time for the purpose of giving Family Lives the full benefit of this licence. For the avoidance of doubt, Family Lives shall not be obliged to use any or all of the content licensed to it under this Licence.

10. Warranties

All entrants and their parent/guardian represent, warrant and agree that:

- a) You have full power and authority to agree to these Terms and Conditions.
- b) Your Entry is your own work and you own the copyright for it.
- c) You have the necessary rights, licences, consents, permissions, authority or approvals to grant to the Campaign the rights set out in the above Licence.
- d) Your entry does not infringe the Intellectual Property of any third party.
- e) You are entitled to grant to Family Lives the rights set out in the above licence;
- f) No Entry (or part thereof) submitted by you will: (i) be defamatory, abusive or offensive; (ii) constitute a misuse of any confidential information of a third party; (iii) advertise, promote or endorse any products or services; (iv) adversely affect the reputation of Family Lives; (v) be false or misleading or omit information that should be disclosed by you ; (vi) contain software viruses or any other computer code, files or programs designed to affect the functionality of any computer software or hardware or telecommunications equipment or (vii) encourage illegal activities;
 - g) Any necessary consent, waiver, clearance, licence or approval required for Family Lives to make use of your Entry as set out in the above licence has been obtained and that any fees or payments relating thereto have been paid;
 - h) Family Lives' use of your Entry according to the Licence shall not infringe the Intellectual Property of any third party.
 - i) If you become aware that any part of your Entry infringes the Intellectual Property of any third party, you shall notify the Family Lives in writing and the Family Lives shall be entitled to modify or disqualify your Entry, as it deems fit;
 - j) You have not entered into, nor will you enter into, any agreement or arrangement which could conflict with your obligations to Family Lives under these Terms and Conditions and;
 - k) You grant Family Lives the exclusive right to, and sole discretion whether to, take actions to enforce its Intellectual Property in your Entry against threatened or actual infringements.

11. Competition prizes

The prize consists of:

1st Prize:

- Your film will be featured on Family Lives website, YouTube channel and promoted on social media, particularly during Anti-Bullying Week.
- All members of the cast and crew will receive a Bullying UK t-shirt and wristband.

Runners Up

6 Runners up (ie three in each age category) to receive Bullying UK t-shirt and wristband.

The top 10 in each age category to receive a Bullying UK wristband.

12. Explanation of prizes

The prizes will be as stated. The prizes cannot be transferred and there is no cash alternative. In the event of any of the winners being unable to be contacted, after reasonable attempts have been made or if any is found to be in breach of the rules or fails to take up their prize for any reason, including illness, unavailability, licensing difficulties, Family Lives reserves the right to offer the prize to a runner-up in the relevant category but it is not obliged to do so.

13. Final decision

Family Lives' and the judges' decision as to the winners is final. No correspondence relating to the competition will be entered into.

14. Notifying competition winners

The winners will be notified within 30 days of the close of the competition by either post /telephone/email, as per the contact details provided in their entry.

15. Indemnity

You shall indemnify and hold the Family Lives harmless from and against all losses, costs, expenses (including without limitation, reasonably incurred legal costs, fees and expenses) actions, proceedings, claims, demands and damages of any nature whatsoever arising from your participation in the Competition and the use by Family Lives of its rights over your Entry, as contemplated under the License.

16. Responsibility for Entries

Family Lives does not take responsibility for any loss or damage to an Entry or such Entry's delivery materials. You will be sending your delivery materials at your own risk. Proof of submission of Entry shall not be proof of receipt. Family Lives does not accept responsibility for the return of any entries, including those consisting of artistic or other material. All taxes, insurances, transfer costs, spending money and any other expenses incurred in entering the Competition or afterwards, in the case of a prize winner, are the sole responsibility of the entrant.

17. Post-competition publicity

Entrants may be requested to take part in post-competition publicity for Family Lives.

18. Competition cancellation or rule changes

Family Lives reserves the right to cancel the competition or change any of these rules (including the judging panel) at any stage, if deemed necessary in its opinion, or if circumstances arise outside of its control.

19. Use of personal details

Family Lives will only ever use personal details for the purposes of administering this competition, and will not publish them or provide them to anyone without permission. You can read more about Family Lives Privacy Policy at: <http://familylives.org.uk/privacy>

You grant the Campaign the right to use your name in any publicity pertaining to the Competition.

20. Consent from parents or guardian

The parent/guardian of an applicant is deemed to have accepted these terms and conditions when consenting to the application of the relevant entrant.

21. Terms and conditions

These terms and conditions are governed by the laws of England and Wales.