

Coronavirus (COVID-19)

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Lifestyle 2020

How many days does it take for you to get bored in the summer holidays? Well, why not do something more exciting, spend time with your mates and maybe bag yourself a fantastic prize?



Our popular Lifestyle Challenge competition is back and better than ever for 2020!

The challenge is open to all 8 – 18 year olds who are resident in York or North Yorkshire. Your mission, should you choose to accept it: get together with your up to six of your mates – either virtually or in person (adhering to social distancing guidance) – think up a digital project between you and then **do it!**

Your project could benefit your street, your community or your environment. It's entirely up to you. It just needs to make a difference in your community.

Your project needs to be based on one of the five following categories;

- **Volunteer Hero** – Chose a charity that means something to you and support them. This can be through fundraising or volunteering in the work they do. We would particularly like to see you support charities who have helped our communities get through the Covid-19 pandemic.
- **Community Challenge** – You could identify some vulnerable or isolated people within your community and help them. Perhaps you could raise awareness and understanding of mental health in the community, or do something that creates a feel good factor in your community and reduces anti-social behaviour.
- **Crime Buster Challenge** – Design and deliver a project which prevents or reduce crime in your community. Maybe you could create a video which raises awareness of fraud and cybercrime or online exploitation. Perhaps there are certain groups in your community who are susceptible to certain crime types and you could help to protect them against being targeted?
- **Care & Respect Challenge** – Perhaps you could design and deliver a project which educates people about bullying or the harm and damage hate crime can cause.
- **Educating Others Challenge** – Your project could help educate and prevent children and adults getting involved in drug and alcohol abuse, county lines, or how to stay safe online, how to care for their mental health or the issues around missing young people and exploitation.

After that, it's pretty simple. When you've chosen your category and decided on your project, plan out your activity (which needs to last across the summer holidays), carry out your project and then **tell us all about it!**

In previous years, teams have carried out beach cleans, collected food for local food banks and carried out sponsored scooter rides. But, in light of the recent Coronavirus pandemic and the current guidelines that are in place around social distancing, you may have to have a think about how to deliver your project safely and consider some different approaches.

So, if you can carry out your project in the community safely, while adhering to social distancing guidance – that's great! If not, then remember you can always join together on line and deliver an innovative new way to help the more

vulnerable among us! Maybe you could design a digital poster to raise awareness about an issue, hold an online quiz to create a feel good factor or raise funds for a local charity, make a video or TikTok dance to highlight an issue and educate people? The possibilities are endless!

As well as doing something fun and worthwhile, you'll also be in with a chance of winning a fantastic adventure holiday for you and your friends.

Getting started

You can get started and register straight away.

1. Get your team together, and find someone over 18 to act as your Adult Adviser
2. Register online via the form – link is below
3. Get cracking on your project!
4. Keep us up to date with how you are getting on by emailing updates to the Lifestyle email address – lifestyle@northyorkshire.pnn.police.uk

Judging & awards

Our panel of expert judges will pore over each and every project submitted and pick the winners! All of the projects will be carefully assessed by a team of judges who look at various criteria, including the positive impact of the project on the community and the ability of each team to work together and overcome obstacles.

Dates for your diary

- 31 July – Registration closes
- 17 July – Summer holidays begin!
- 9 September – Back to school
- 30 September – Last day for submission
- Beginning of October – Judging of projects begins
- 20 November – Award ceremony at North Yorkshire Police Headquarters in Northallerton

Teams will not be able to register after midnight on 31 July – existing teams can still amend their team details by the online process

Register now!

[Register or amend your Lifestyle team online](#)

How to submit your work

You will need to email examples of your project through to the Lifestyle email address – lifestyle@northyorkshire.pnn.police.uk.

This could be as a Word document or Powerpoint presentation which includes lots of information and pictures of the work you have carried out. Remember to send through as much information about your challenge as you can and if you have completed a digital challenge, remember to include the links to your work – so the link to any videos you have made, or to the TikTok video you produced, or send us an example of your digital poster.

Make sure its clearly marked with your team name and ensure it's sent by submission deadline on the 30th September!

Here to help

You can contact the North Yorkshire Police Youth Team by telephone or email with any questions. Call 101 or email us at lifestyle@northyorkshire.pnn.police.uk

Last year's Lifestyle

Click [here](#) to read all about last years winners and their great projects.

The rules

1. Lifestyle is open to young people who live in the North Yorkshire Police area or attend school in the county.
2. Every entrant must be aged between 8 and 18 years old on 31 August 2020.
3. Teams can be made up of 1-6 people (which includes the adult advisor) You do not have to be at the same school. Teams cannot be made up entirely of young people whose parents/guardians work for North Yorkshire Police.
4. Only work carried out between 19 July 2020 and 9 September 2020 will be taken into consideration during the judging process.

5. If after registration, a member of the team leaves, the team can carry on providing there are at least 1 member left. The Lifestyle Office must be told of any changes and new member details. A person can only be a member of one team at a time.
6. All Lifestyle Challenge project submission work must be sent by email to lifestyle@northyorkshire.pnn.police.uk. Those received after 30 September 2019 will not be eligible for judging.
7. Any prize is for the team members only and is not transferable or negotiable.
8. For the activity holiday the team members will need to be accompanied / supervised by an adult throughout their stay.
9. The decision of the Lifestyle Project Coordinator and the judges is final. No discussion or correspondence will be entered into.

The Lifestyle organisers may release personal details of participants and details of their projects only for the purpose of publicity. Such publicity might include photographs and/or video film of team members. If you do not wish your personal details to be used in this way, please contact the Lifestyle Office at lifestyle@northyorkshire.pnn.police.uk

We look forward to seeing your fantastic projects – thank you!