



Podcast Terms & Conditions

1. Introduction

Welcome to No Visible Bruises ("Podcast"). By accessing, downloading, or listening to our content, you agree to these Terms & Conditions. If you do not agree, please do not use this Podcast.

2. Disclaimer of Professional Advice

The content of this Podcast is for informational, educational, and storytelling purposes only. It does not constitute legal, medical, therapeutic, or psychological advice and should not be relied upon as such. The content is not a substitute for professional advice, diagnosis, or treatment. If you require medical, legal, or psychological support, please seek assistance from a qualified professional. The Host, its affiliates, and guests make no representations or warranties regarding the accuracy, applicability, or suitability of any content provided.

3. Guest Statements & Accuracy

The Host is not obligated to fact-check guest statements and is not responsible for any inaccuracies, misleading claims, or legal implications arising from the statements made by guests. All views expressed by guests are their own and do not necessarily reflect those of the Host. The Podcast does not assume responsibility for any listener decisions, actions, or consequences based on guest statements. Listener discretion is strongly advised.

4. Intellectual Property & Brand Protection

All Podcast content, including audio, video, text, graphics, and logos, is the exclusive property of No Visible Bruises or its content suppliers and is protected by applicable intellectual property laws. Unauthorised use, reproduction, or distribution of the content is strictly prohibited and may result in legal action.

The name, logo, and branding associated with No Visible Bruises are protected intellectual property of the Host. Misrepresentation, unauthorised modification, or commercial use of these assets may result in legal action.

5. User Conduct & Community Guidelines

The Podcast may allow listeners to post comments, reviews, or other user-generated content. The Host is not responsible for the accuracy, legality, or appropriateness of such content. The Host reserves the right to remove, moderate, or report any content that violates community guidelines, is defamatory, misleading, illegal, or otherwise inappropriate.

Users must not engage in:



- Harassment, threats, or intimidation of any kind.
- Defamation, hate speech, or discriminatory remarks based on race, gender, religion, nationality, disability, or sexual orientation.
- Sharing private, confidential, or personal information of guests, the Host, or other users.
- Encouraging or inciting violence, illegal activity, or self-harm.

The Host reserves the right to:

- Remove any content or comments that violate these guidelines.
- Block or ban users who repeatedly engage in prohibited behaviour.
- Report serious violations to appropriate authorities.
- Take legal action against individuals responsible for defamatory or harmful statements.

All content removal decisions made by the Host are final and not subject to appeal.

6. Limitation of Liability

No Visible Bruises and its affiliates shall not be liable for any direct, indirect, incidental, consequential, or special damages arising from or related to:

- Reliance on any information presented in the Podcast.
- Decisions, actions, or omissions taken by listeners based on Podcast content.
- Emotional distress, psychological impact, or personal consequences resulting from the discussion of sensitive topics.
- Third-party links, content, or recommendations provided in the Podcast.
- Unauthorised reproduction, distribution, or alteration of Podcast content by any individual or third party.

The Podcast is provided “as is” and “as available” without warranties of any kind.

7. Third-Party Links & External Content

The Podcast may contain links to third-party websites, services, or products. These are provided for informational purposes only. The Host does not endorse, verify, or assume responsibility for third-party content, security, privacy policies, or practices. Users access third-party links at their own risk.

8. Liability for Third-Party Guests & Contributors

Guests and contributors to the Podcast are solely responsible for the statements and views they express. The Podcast does not endorse or verify guest statements, and the Host is not liable for any legal claims, damages, or reputational harm resulting from third-party content.



Guests affirm that their participation does not violate any confidentiality obligations or legal restrictions.

9. Advertising & Sponsorship Disclosures

The Podcast may include advertisements, sponsored content, or affiliate links. The Host clearly identifies paid promotions. Listeners acknowledge that endorsements or recommendations are personal opinions and that the Host may receive compensation for featured products or services. Listeners should conduct their own research before making any decisions based on promotional content.

10. Force Majeure

The Host shall not be liable for failure or delay in performance due to events beyond its reasonable control, including but not limited to natural disasters, cyberattacks, technical failures, legal restrictions, or third-party service disruptions.

11. Indemnification

Guests and users agree to indemnify, defend, and hold harmless the Host, its affiliates, employees, and partners from any claims, damages, liabilities, or legal costs arising from their participation, statements, or interactions with the Podcast.

12. No Endorsement Clause for Controversial Topics

The Podcast does not endorse, promote, or validate any statements made by guests or external contributors. Listener discretion is advised.

13. Non-Compete Clause for Guests

Guests agree not to participate in directly competing podcasts within 30 days of their episode release without prior consent from the Host.

14. Editorial Control & Monetisation

The Host retains full editorial discretion over all Podcast content, including the right to:

- Edit or remove content for legal, ethical, or safety reasons.
- Deny guest requests for modifications after publication.
- Introduce or discontinue paid content and modify the Podcast's format.

Guests, sponsors, and third parties cannot demand alterations unless legally required.

15. Copyright Compliance & Takedown Requests



The Podcast complies with copyright laws. If a copyright holder believes content infringes their rights, they may submit a takedown request to hello@carolinestrawson.com. The Host reserves the right to remove or modify content to comply with legal obligations.

16. Governing Law & Dispute Resolution

These Terms & Conditions are governed by and construed in accordance with English law. Disputes shall be resolved as follows:

Good-Faith Negotiation – Parties attempt informal resolution.

Mediation – If unresolved, the dispute goes to a mutually agreed mediator.

Legal Action – If mediation fails, disputes fall under exclusive jurisdiction of the English courts.

For enquiries, contact hello@carolinestrawson.com