

DICE Parenting Programme



DICE is a **4 week free universal support** for **parents/carers of pre-teens and teens** who are worried about parenting in the modern world, with the risks and challenges this presents.

DICE provides families with **information, advice and support** to help them provide a **safe and protective environment** for their child or young person.



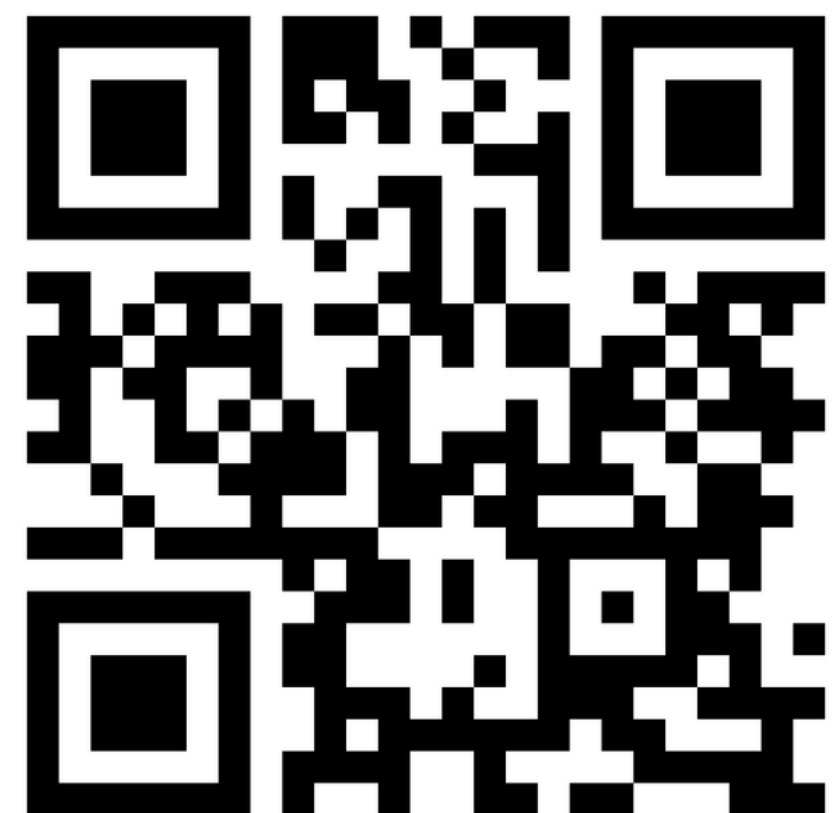
The programme is running on a **regular basis throughout the year, online and face to face.** Contact details overleaf for further information or a referral form.

01752 256339

exceed@barnardos.org.uk

[Online referral form](#)

www.barnardosexceed.org.uk



You can email us to be sent a referral form, or follow the link/scan the QR code for our online referral form.

Session 01: Introduction and the life of a teenager

The teenage brain, why teenagers might take risks and the pressures they face in the modern world.

Session 02: The exploitation of children and young people

Grooming - what is it, how does it happen, where and by whom? How can we spot the signs?

Session 03: Digital dangers

Social media, nudes and the complexities of the online world. How can we be better digital parents/carers?

Session 04: a safe place to share ideas about parenting

Parenting top tips - practical advice and information about communicating effectively, support networks and working together.

The Barnardo's Exceed service is open 9am - 5pm Mondays to Fridays (not including bank holidays). We aim to get in contact with you within 1 working day after receiving your enquiry.

For all enquiries, further information or a referral form please contact - exceed@barnardos.org.uk