



DICE Programme



Parent or carer of a pre-teen or teenager?
Want to know more about our DICE Parenting Programme?
Why not come along to one of our summer drop in sessions!

All sessions Thursday 10am-12pm online.

**6th
August**

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?

**13th
August**

**20th
August**

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.

**27th
August**



For more information or to register your interest,
please contact the Exceed Team at exceed@barnardos.org.uk or 01752 256339