



# Barnardo's Exceed Service DICE

A **free** 4-week Online Parenting Support Programme

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

Supports families to understand the risks young people face in modern society.

4 week online 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.

The programme is running on a regular basis throughout the year. Please ensure you contact Exceed to request a referral form and a space or you can use the QR Code below which will take you to our referral via google forms.

[exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)



01752 256339



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[www.barnardosexceed.org.uk](http://www.barnardosexceed.org.uk)



## **Session 01 Introduction and talk about 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 it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

## **Session 03 Digital Dangers**

Social media, sexting and nude selfies 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 the support available. Communicating effectively, life parenting a teenager, 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](mailto:exceed@barnardos.org.uk)**