Barnardo's Exceed – DICE Program Overview

Session 1 – Teenage Life

This session covers the following:
- Group Agreement to ensure that everyone feels safe, respected and listed to.
- Introductions, explain contents of this session
- Group Icebreaker
- Explanation of the DICE: that it was created by professionals alongside parents and carers/
- Being a parent of a teenager or pre-teen, explanation of the teenage brain
- How stress effects individuals emotionally and physically
- Strategies for managing stress that can work with teenagers
- Teenage memories – reflections from participants on their own experiences of being teenagers
- Changes teenagers go through biologically and neurologically.
- Challenges facing modern teenagers.
- Discussion around running away and going missing
- Guide to Active Listening

Session 2 – Grooming Line and Myths & Misunderstandings

This session covers the following:
- What is Child Grooming and the grooming line (Targeting, Friendship, Loving Relationship and Abusive Relationship)
- Targeting stage
- Friendship and forming
- Loving Relationship
- Abusive Relationship
- Scenarios
- Push and Pull Factors
- Definition of Child Sexual Exploitation
- Spotting the signs of exploitation
- The words of children

Session 3 – Digital Dangers

This session covers the following:
- "Can't Live Without It" The internet and its role in modern society
- Social Media and Apps
- Social Networking – how social media is currently used and what the benefits and dangers of it are.
- Chatrooms and Online Grooming in depth
- Information about Groomers
- Digital Dangers and Child Sexual Exploitation

- Sexting and the Law
- Safety Online

Session 4 – Parenting Styles and Nine Wasy to Improve Parent-Teen Relationships

This session covers the following:
- The role parents and carers play in caring for at risk children
- Positive Parent – child relationships and developing children's self esteem
- Developing outer self-esteem praise
- Developing inner self esteem
- Effective Parenting styles
- Learning to communicate with teenagers
- Support Networks