



Barnardo's Exceed Service

DICE

A 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



01752 256339



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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