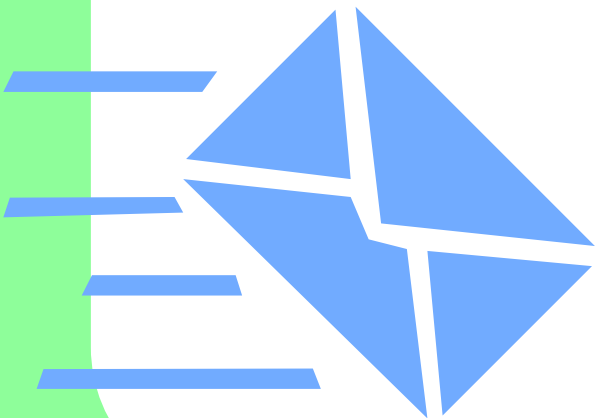


DICE Parenting Programme



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.



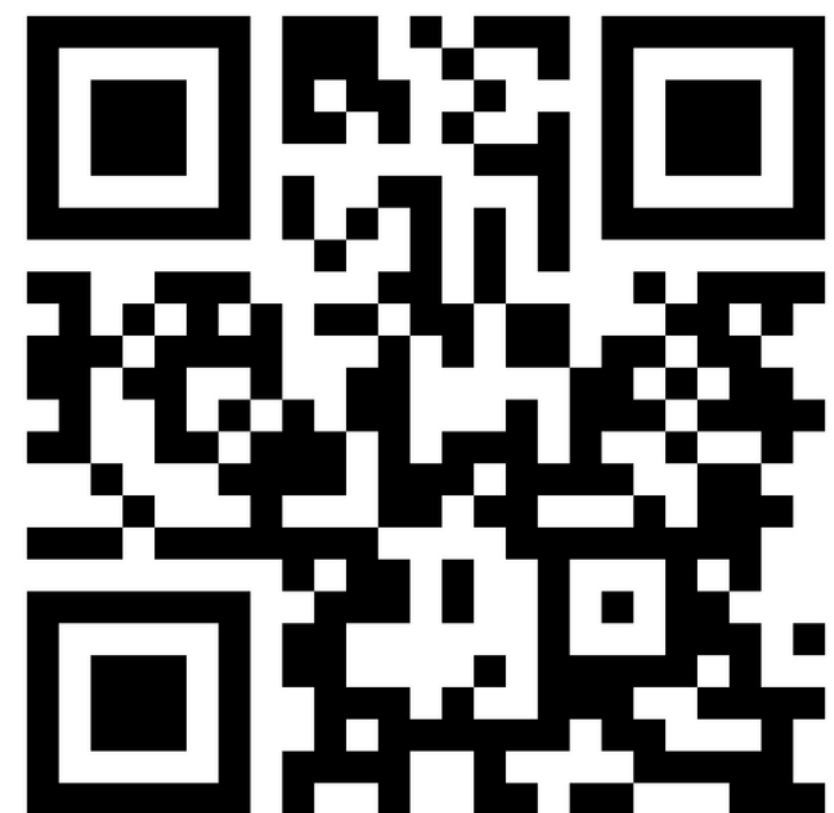
The programme is running on a **regular basis throughout the year, online and face to face.** Contact details overleaf for further information or a referral form.

01752 256339

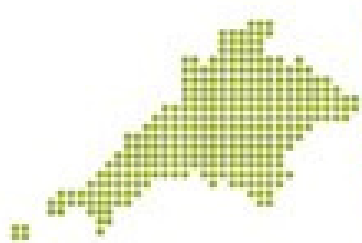
exceed@barnardos.org.uk

[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.



PCC
Office of the Police and
Crime Commissioner
Devon and Cornwall



Barnardo's
Exceed Service



Changing childhoods. Changing lives.



DICE Upcoming Dates



Please note this is a 4-week course, therefore **please ensure you're able to attend all 4 dates listed.**

Online sessions are run on Teams.



Face to face

Green Ark, Devonport

Plymouth

1pm-3pm



Tues 13th Oct



Tues 20th Oct



Tues 27th Oct



Tues 3rd Nov



Face to face

Dell Family Hub,
Highview School, Efford

Plymouth

12.30-2.30pm



Tues 12th Jan '27



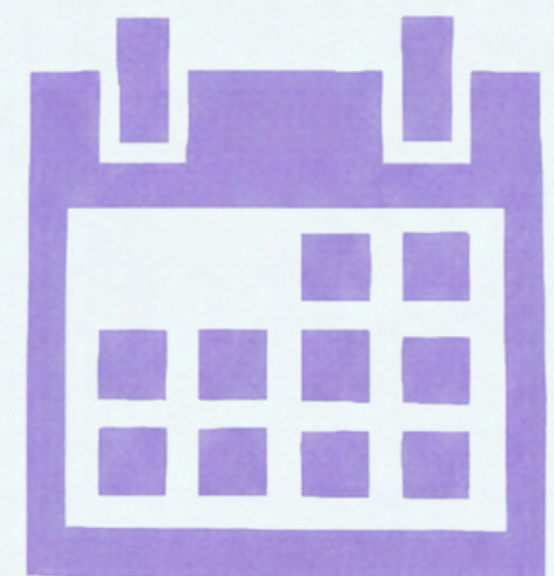
Tues 19th Jan '27



Tues 26th Jan '27



Tues 2nd Feb '27



Online daytime

Microsoft Teams

10am-12pm



Weds 11th Nov



Weds 18th Nov



Weds 25th Nov



Weds 2nd Dec



**New January
2027 dates
coming soon!**



Online evening

Microsoft Teams

5pm-7pm



Mon 9th Nov



Mon 16th Nov



Mon 23rd Nov



Mon 30th Nov



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