



Welcome to DICE - Dice is a supportive, non-judgemental 4 week programme for parents and carers who are concerned that their child (approx. age 9-14) might be 'at risk' and therefore, possibly vulnerable to exploitation. The course will focus on strategies and information to help support parents/carers in keeping their child safer from harm, as they approach and go through adolescence. We encourage parents/carers to attend the programme as a pair if possible (please note this can be any two adults who have a protective responsibility for the child).

Child exploitation occurs when a young person is groomed into a relationship or friendship with a person or a group of people who have some form of power over them. They might be groomed into a sexual relationship, or they might be coerced into criminal behaviours. Any child can be a victim of exploitation, and they can be targeted in a number of ways, both online and offline. Many children are unaware that they are being exploited, and many parents/carers are unsure of the signs to look out for or ways in which they can protect their children from this form of abuse.

Following on from the success of our DICE programme in Bradford, we are pleased to be launching a series of free courses throughout West Sussex.

What is DICE?

Dice is a four week parenting programme delivered over two hour workshop sessions by two trained Barnardo's project leaders. Each session will be relaxed and informal, with a variety of activities, discussions and videos. There will be a maximum of 12 parents/carers, providing an ideal opportunity to meet others in similar situations and to share and learn in a caring, non-judgmental, confidential and safe setting. The course includes refreshments, plus tea/coffee breaks.



Topics include:

- Introductions and thinking about the life of a teenager, including brain development and the impact of this on risky teen behaviours
- The exploitation of children and young people, including the cycle of grooming and recognising signs of unhealthy relationships
- Digital dangers - keeping safer on the internet, smartphones and other devices, in partnership with Veritas (Cyber Security Specialist)
- Positive parenting top tips and details of support available in the locality moving forwards

Courses available to book NOW in Crawley include: Crawley Library Tuesday Evenings 6:30-8:30pm starting soon on the 30th April 2019, including 7th, 14th, 21st May (Free Parking)

Crawley Library Tuesday Mornings 9:30am-11:30am starts June 18th 2019, 25th, 2nd July and 9th July 2019

Courses available to book NOW in Horsham: The Millennium Hall, Roffey Thursday Evenings 6:30pm-8:30pm starting Thursday 2nd May 2019, including 9, 16 & 23 May

Courses available to book NOW in Worthing include: Shorely Scrumptious Café Thursday evenings 6:30-9:30pm starting Thursday 20 June, including 27 June, 4 & 11 July

How to book a place on the DICE Course

Please complete the referral form attached and email to: DiceReferral@barnardos.org.uk or telephone 01293 610691 to discuss a place on the course

To find out further information email: sally.hawes@barnardos.org.uk or call 078 975 694

