Do you have children between the age of **11-18 years**?

Are you wanting to become more aware of online dangers, up to date apps, tips on how to parent a teenager, understanding their emotions & how their brain works? ***Then DICE is the perfect programme for you!***

We can support and offer guidance for anyone who would like to know more about the risks of exploitation and how we can help to safeguard our young people.

The **FREE** DICE Programme is one area of our work and is a programme of support around the following –

**About This Event**

***Session 01 – Introductions & talking about the life of a teenager***

This session will cover; The Teenage Brain, Why teenagers might take risks & the pressures they are facing in the modern world.

***Session 02 – The Exploitation of children & young people***

This session will cover; Grooming – What it is? How does it happen? Where & by whom? How can we spot the sings? Active listening techniques, advice & guidance on these techniques, how we can approach conversations/situations, managing stress & pull factors.

***Session 03 – Digital Dangers***

This session will cover; Social Media, current apps & their ages/what they do/what to keep an eye on. Sexting, sending nude selfies & how we can be better digital parents/carers.

***Session 04 – A space to share ideas about parenting***

This session will cover; Parenting top tips, practical advice & information about the support available to all parents. Communicating effectivly with our young people, how life is parenting a teenager, support networks, working together, importance of reaching out & sharing information.

A screen shot of a phone

Description automatically generatedA qr code with black and yellow squares

Description automatically generatedA qr code on a white background

Description automatically generatedEventBrite Link - <https://www.eventbrite.co.uk/e/910636316737?aff=oddtdtcreator>

Google Form QR Code Eventbrite QR Code