

Other resources available:

Dice:



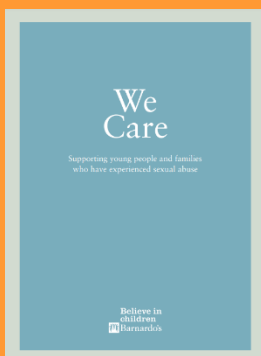
What is DICE?

Dice is a four week parenting support programme delivered over **two and a half hours**. Topics include:

- **Thinking about the life of a teenager.**
Why teenagers might take risks and pressures they face in the modern world.
- **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?
- **Digital dangers.**
Social media, sexting and nude selfies. How can we be better digital parents /carers?
- **Parenting top tips.**
Practical advice and information about the support available.

If you are interested in DICE or want more information please visit [Barnardo's Parenting Support Programmes. \(barnardos-parenting.org.uk\)](https://www.barnardos.org.uk/parenting-support-programmes) or contact:
Safer Futures
0161 707 0222
dice@barnardos.org.uk

We Care:



This booklet has been produced to help people who have been affected by child sexual abuse that has taken place in or around the family, including situations where children may no longer live with their family. It is also intended for those who are trying to provide the right help and support to children and their parents/carers where this has happened.

Finding out that sexual abuse has happened is a very difficult situation to be faced with and it can leave people with many unanswered questions and unresolved issues. Working with families affected by this, we have been able to gather together information about some of the most common questions and situations that have been raised with us over the years.

When caring for a child or young person who has experienced sexual abuse, you may need to understand more about trauma and the impact this can have on attachments and child development. This booklet also gives information about responding to children and young people who have experienced sexual abuse and about therapeutic parenting strategies.

You may not find the answers to all of your questions in this booklet. Each person and each family situation is different; we all have unique thoughts, feelings and reactions. Whilst our differences are important, we believe that we have more in common, and that hearing about the experiences of families who have faced sexual abuse may bring you the sense that you are not alone. We hope that by sharing the information and experiences learned from the families we have worked with, we can help you manage the difficulties with increased strength, and help you get the support you may need.

This booklet has been produced in partnership with parents, carers and young people who have used our service for support.

This booklet has been produced with hope.

If you are interested in receiving a copy of 'We Care' please contact:
saferfutures@barnardos.org.uk