

# LIFE- CHANGING STUFF



**YOUTH  
WITHOUT  
LIMITS**

Information  
for parents  
and carers

# THE JOURNEY STARTS HERE

By taking on their Duke of Edinburgh's Award (DofE), the young person in your life has made a life-changing decision. One that will help them to build lifelong belief in themselves – and you can play a vital part.

Whatever their ability, interest or background, DofE is the chance for any young person to take on their own challenges, follow their own passions, discover new skills and make a difference in their community. What's more, achieving a DofE Award can help make their applications to colleges, universities and employers really stand out.

If your young person has already completed Bronze you'll know just how powerful a DofE programme can be, and Silver takes everything to the next level. It's longer, harder – but it's even more rewarding.

Time and again, we've seen that when young people build belief in themselves, there are no limits to what they can achieve. Thank you for supporting your young person on their DofE adventure.

**"Through the DofE, I've found somewhere I belong." Hannah, 18**

## STAY IN THE KNOW

Our regular newsletter for parents and carers is full of tips, helpful resources, recommended kit and expedition advice. Plus, you'll get access to exclusive discounts, events, and prize draws.

**Sign up at [DofE.org/preferences](https://www.dofe.org/preferences).**



# WHAT YOU NEED TO KNOW

**The DofE is open to any young person aged 14-24. The Awards are progressively more demanding in terms of commitment, with Bronze being the entry level Award and Gold the highest.**

## **The sections**

To achieve their Silver DofE Award, each young person needs to choose and complete their own programme of activities in these four sections.

### **VOLUNTEERING**

Make a difference in their community by helping individuals or organisations.

### **PHYSICAL**

Improve in an area of sport, dance, or fitness.

### **SKILLS**

Develop and discover practical and social skills and interests.

### **EXPEDITION**

Plan, train for, and complete an adventurous journey.

The activities within each section are up to each participant – so every programme really is unique and personal. From photography to wheelchair basketball, fundraising for a charity to mentoring a sports team, they can try something totally new or aim to get better at something they already love. The possibilities are endless.

## **The timescales**

Doing DofE takes commitment, but it's easy for young people to fit DofE around their studies and social life. Participants should expect each activity to take one hour a week for a set period of time.

## **The impact**

Since starting in 1956, millions of young people have built lifelong belief in themselves through DofE. From having fun with friends, to physical fitness and wellbeing, to essential skills for work and life, here are just a few of the benefits of doing DofE for young people:

- Earn a recognised mark of achievement that's great for CVs, university and job applications
- Try something new and become more confident in all areas of life
- Develop resilience and learn how to overcome challenges
- Get fitter, happier, and healthier
- Play an active role in helping their local community
- Improve social skills, make new friends, and have fun.

**Find out more about DofE at [DofE.org/do](https://www.dofe.org/do).**

# FOUR THINGS FOR PARENTS & CARERS

**From Bronze right through to Gold, parents and carers can play a vital supporting role in any young person's DofE adventure.**

## 1. Be supportive

Doing your DofE is a commitment. To make sure your young person has the best chance of achieving their Award, encourage them to choose activities that excite them, are available locally, and suit your budget. They will also likely need help with transport and sourcing kit and equipment. As their DofE comes to an end, encourage them to ensure they have their Assessors' reports, so they can get their Award signed off.

## 2. Be saving

Every DofE participant gets a DofE Card that gives you great discounts at leading outdoor shops such as GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso. You can help make sure they're getting the best possible deals by visiting [DofE.org/shopping](https://DofE.org/shopping).

## 3. Be sure

Make sure they check their plans with their DofE Leader so that everything counts and fits in the right sections. Remind them to update their eDofE pages online, or through the DofE app, using photos and other evidence of progress.

You may also need to help them find an Assessor to sign off sections, such as a sports coach, art teacher or activity leader (not a family member).

## 4. Be safe

It's important to know that if they are under 18, you are responsible for ensuring that proper safeguarding checks and procedures are in place wherever they are doing their DofE activities, particularly if you have arranged the activities yourself.

When using eDofE, young people should never share their username or password and ensure that anything they post is useful and polite. If you have any safeguarding concerns around bullying or harassment, or are subject to anything sexual or racially offensive, you should report it to your young person's school or youth organisation. You can find additional support at: [Childline.org.uk](https://Childline.org.uk) or [NSPCC.org.uk](https://NSPCC.org.uk)

Further safeguarding information is on our website [DofE.org/keeping-young-people-safe](https://DofE.org/keeping-young-people-safe).

## Find out more

Information about the benefits of participation, as well as safeguarding and supervision is at [DofE.org/do/parents/](https://DofE.org/do/parents/). There's also a section on how we measure impact, by inviting young people to answer optional questions at the beginning, middle and end of their programme, which you may wish to discuss with them.