



THE DUKE  
OF EDINBURGH'S  
AWARD

—  
Bronze

# Parents & carers

# Welcome

Your child is embarking on a life-changing adventure – their Bronze DofE. They'll have the chance to help others or the environment, get fitter, learn valuable skills and explore the countryside.

Whatever they choose to do for their DofE, they'll make friends for life, have amazing experiences and enhance their CV and college or university applications.

It's about helping them to be the very best they can be. You play a vital support role in their DofE journey. So, here, you'll find out how the Award levels work, why they are important and what you can do to help your child make the most of this fantastic opportunity.

“

It's easy to fit your DofE in around your schoolwork and other hobbies. It's not difficult. You just have to be organised. I do my homework at lunchtime or at the weekend, so I have enough time to do my DofE.”

**Lavine**

Bronze Award holder

# What's involved

Anyone aged 14 to 24 can take part in three progressive levels of programmes leading to a Bronze, Silver or Gold DofE Award. To achieve their Bronze DofE Award, your child will need to complete their own programme of activities in these four sections:

## Volunteering

Supporting individuals or giving back to the community.

## Physical

Improving in an area of sport, dance or fitness.

## Skills

Developing practical and social skills and personal interests.

## Expedition

Planning, training for and completing an adventurous journey.

Maybe they want to try something new? Or get better at something they already do? Your child's DofE can be whatever they want it to be.

Whether it's gymnastics, DJing or fundraising for a charity, it's a good idea to choose activities they enjoy so they stick at it and get more out of the experience.

They can check out [DofE.org/do](https://www.dofe.org/do) for inspiration on what to do.



# How long does it take?

You can expect each activity to take one hour a week over a set period of time. It's easy for your child to fit them in around their studies and social life. They'll need to participate regularly and be committed to their DofE during this time.

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

<b>Volunteering</b>	<b>3</b> months
<b>Physical</b>	<b>3</b> months
<b>Skills</b>	<b>3</b> months
<b>Expedition</b>	<b>2 days</b> <b>1 night</b>

Plus a further **3 months** in the Volunteering, Physical or Skills section

# What will my child gain?

There's not enough space here to list all the benefits so here's a quick snapshot:

- Open doors to further education or employment.
- Help to make their community a better place to live.
- Get healthier and happier.
- Become more confident and motivated to succeed at school and beyond.
- Learn how to overcome challenges and be more self-sufficient and resilient.
- Develop positive relationships with teachers outside of the classroom.
- Improve their social skills and make new friends.

The DofE has already helped millions of young people to learn, grow and stand out from the crowd in college, university and job applications – now it's your child's turn.

See what top UK employers say about the DofE at [DofE.org/lifezone](https://DofE.org/lifezone).

Who better to tell you about the DofE than other parents and young people who are already involved? Watch Bronze Award holder Carys and her proud dad chat about her DofE journey at [DofE.org/Bronze-parent](https://DofE.org/Bronze-parent).

“

Work-ready attributes are all about communication skills, the ability to work with other people, continuous learning, and giving something back into society.”

**Paula Stannett**

Chief People Officer, Heathrow Airport Ltd. and DofE supporter

# How can I help?

There's lots you can do to support your child on their DofE journey. Here are six things to get you started:

## 1. Keep it personal

Help them to choose activities that excite them, are available locally and suit your budget. You might need to help with transport and buying kit and equipment. Go to [DofE.org/shopping](https://www.dofe.org/shopping) to see how your child's DofE Card can save you money at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

## 2. Check it

Advise them to talk to their DofE Leader about their plans so they don't waste time on activities that won't count or don't fit the right section. You are responsible for ensuring that proper safeguarding checks and procedures are in place wherever your child is doing their DofE activities, particularly if you have directly arranged the activities yourself.

## 3. Prove it

Remind them to gather photos and other evidence of their achievements and to regularly update their eDofE pages online or through the free eDofE app.

## 4. Get it assessed

Help them to find a DofE Assessor to sign off each section unless their Leader has done so – this might be a sports instructor, art teacher or other activity leader (it can't be a family member). As their Bronze DofE comes to an end, prompt them to make sure their Assessors write their reports so they can get their Award signed off.

## 5. Use it

Encourage them to visit the LifeZone at [DofE.org/lifezone](https://www.dofe.org/lifezone) for advice about including their DofE Award in their CV or personal statement.

## 6. Carry on with it

The DofE doesn't end when a Bronze Award is achieved. Encourage your child to do a Silver programme (15+yrs) or Gold (16+yrs). If they need a break, they could do their Gold Award online via DofE Direct when they are 18: [DofE.org/DofE-direct](https://www.dofe.org/dofe-direct).

## How do I stay in the loop?

It's easy to keep on top of everything thanks to our regular e-newsletter, which is full of tips, helpful resources and recommended kit and expedition advice. Plus, you'll get access to exclusive discounts, events and prize draws. Sign up to the newsletter at [DofE.org/preferences](https://www.dofe.org/preferences) and get more information and advice at [DofE.org/do/parents](https://www.dofe.org/do/parents).

So, there you have it. The DofE in a nutshell. Fun, sociable, challenging, active and rewarding.

**Let's get this adventure started...**

