



How Parents Can Help

A DofE guiding principle is that young people take responsibility for choosing their own programme, but you can still offer them your support and guidance to help them through their programme.

1: It's personal... Help ensure that the activity choices they find are exciting, but realistic for your budget, transport and local facilities.

2: Get the evidence... Remind him or her to keep gathering their evidence, e.g. photographs/certificates, and uploading it to eDofE.

3: Help find an Assessor... Every young person needs to find an Assessor to sign off each DofE section. The Assessor can be anyone who knows about or organises the activity. It might be the gym or sports instructor, art teacher, club or volunteering event organiser and so on. It **cannot** be a family member.

4: Prove it... As their programme comes to an end you can remind them to make sure their Assessors write their reports so that they can complete the section.

5: Use it... Ensure they include their DofE involvement and achievements in their CV or personal statement.