



Young Carers Support in School

Many young people have someone in their home who is disabled, living with a physical or mental illness or have a difficulty with alcohol or drugs, and may need extra support and additional care from their family.

A Young Carer is someone under the age of 18 who may be supporting someone with personal care, physical tasks around the home, or provide emotional support to someone they love.

Share

about your caring
role using this
resource

Connect

with young carers
support at your new
school

Move up

to your new school
with confidence

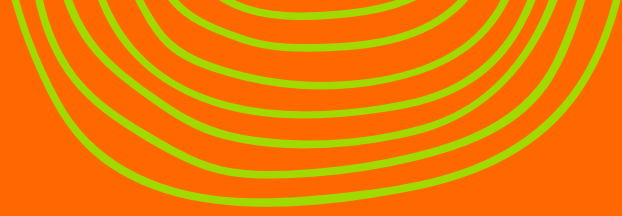
You can complete this resource on your own or with the assistance of a trusted adult. It is designed to help your new school understand your caregiving role, and allow them to work with you – and your family – to make sure you get the right support.

**Talk to someone
you trust at school
if you think you
might be a Young
Carer.**

It is important to
tell your new
school about your
caring role and the
tasks involved.



About Me



My Name is:

I am

years old

New School:

Draw or write about your likes and dislikes:

About my caring role:

Draw or write about your family here:

About the person I care about:

Name:

Relationship to you:

I provide the following support (tick)

Personal Care

Physical Tasks

Emotional Support

Why do they need someone to help look after them?

Examples:

Personal care; helping the person you care for wash, dress, eat, move around, use medication, communicate.

Physical tasks; preparing meals, cleaning family rooms, food shopping.

Emotional support; keeping the person you care for company, keeping an eye on them, checking in with how they are feeling, providing comfort.



Support in school

What support has helped me at my current school?

What support would I find helpful at my new school?

Consider; use of phones, homework support, support groups, staff, Young Carer Champions.

What worries or questions do I have for my new school?



New School Checklist

My form tutor is:

My Young Carers
Champion is:

I understand the following: (tick)

My timetable

Who to talk to if I need support

Where to find information
about groups and clubs

My goals for my new
school...

Signed
(Young Carer)

Date:

This resource has been adapted from
Caring Together's Year 6 Transition Booklet (2022)

www.family-action.org.uk

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