



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.

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.

You can complete this resource with the assistance of a trusted adult.

This will 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.

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

For more information contact
Leeds Young Carers Support Service

leedsyoungcarers@family-action.org.uk



About Me

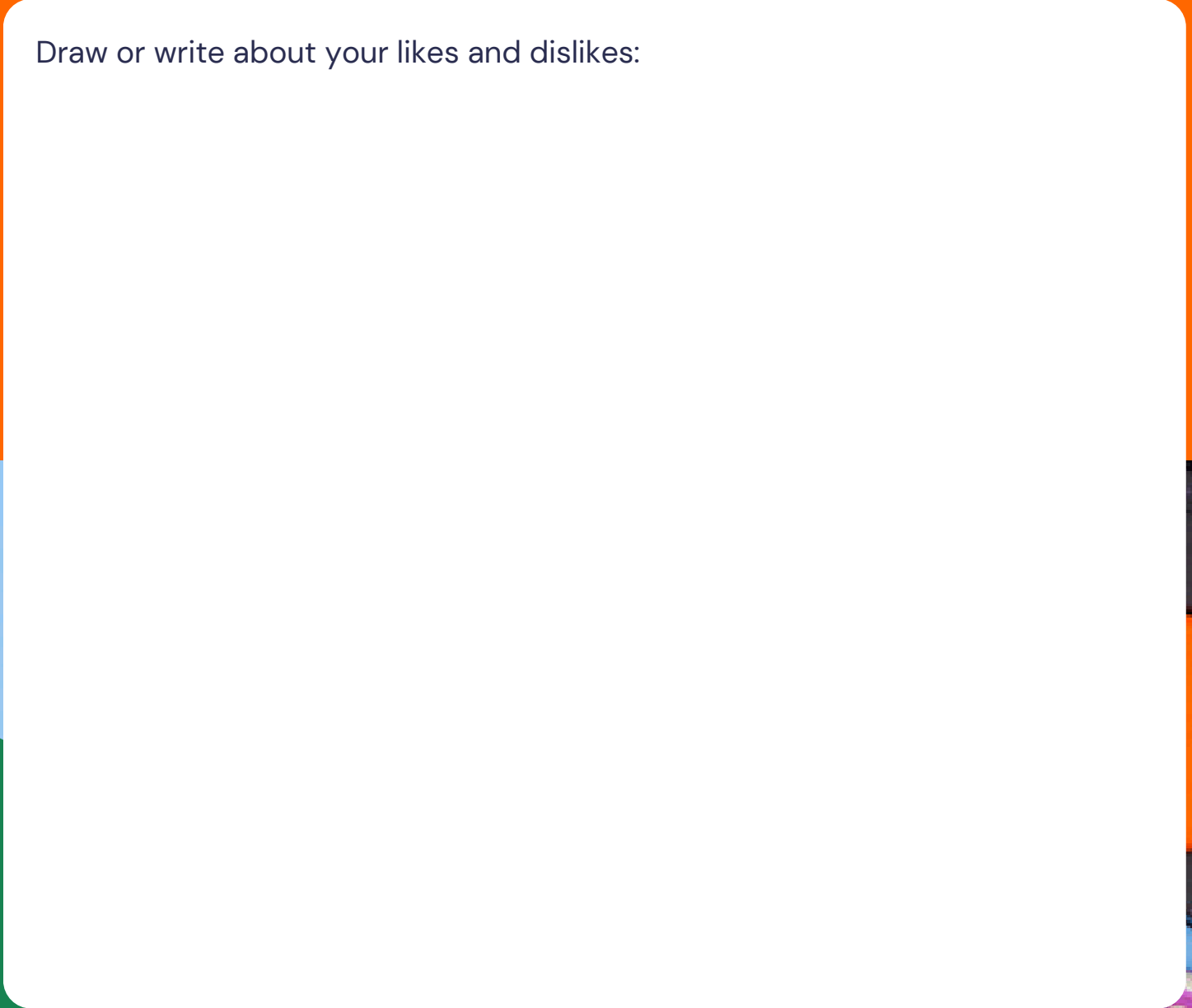
My Name is:

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

Registered as a Charity in England & Wales no: 264713.