

WEST SUSSEX YOUNG CARERS FAMILY SERVICE

Young Carers top ten tips for schools

- Recognise that our responsibility as carers can affect our education and schoolwork
- Find out about us, what we need and how we are not like other students
- Take time to find out about individual problems at home. Sometimes we're too embarrassed to tell you ourselves
- Don't automatically punish us if we're late. Sometimes we can't help being late because we're helping out at home
- Provide more support such as lunchtime drop-ins or homework clubs
- Be flexible – give us more time and help to do homework or coursework
- Include information about young carers and disability issues in PHSE lessons
- Let us phone parents if we need to find out if they are OK
- Make sure there is a clear and up to date community notice board which has support information for us and where else we can get help in the community
- Ensure teachers are offered training on young carers and disability issues both at university and on inset days.

Source: The Children's Society Young Carers Festival