

In primary, they gave me someone to talk to if I had any problems - I didn't end up going but just knowing they were there helped

EMOTIONAL SUPPORT

I like it that my school keeps it private that I'm a young carer and they don't make it obvious that I'm one when they're talking about young carers

YOUNG CARERS LEAD



Letting me know who my Young Carers Lead in my new school was going to be really helped when I changed schools

My tutor always checks if I'm OK first thing in the morning. This helped me attend because he made me look forward to going and feel safe before the rest of the day



Sometimes I have to miss school because of things at home. My school still let me go on the Alton Towers trip for good attendance though, which meant a lot

My teacher checked if I'd had breakfast. Sometimes it's hard to have time for breakfast though. When I said no, she gave me a hot chocolate - it was so nice!

WHAT HELPS YOUNG CARERS AT SCHOOL/COLLEGE...
TO ATTEND?
TO LEARN AND DO OUR BEST?
TO JOIN OUT OF SCHOOL ACTIVITIES?
WITH OUR HEALTH AND WELL-BEING?
TO GET OUR VOICE HEARD?

There are special people at my school to help us young carers

My college teacher would let me get everything off my chest; any worries and struggles and it helped me be in college and focus as she understood

My school gave me compassionate leave when I had a bereavement and were understanding



YOUNG CARERS

PROVIDING SPACE

My school gave me time out of lessons for one-to-ones with young carers workers and gave teachers the heads up about this



I can go to a sensory room to help me calm down

Homework club and story time gives me space to catch up on work and have a quiet time



I find lunchtimes really noisy and stressful. My head of sixth form lets me go to her office for some quiet time in between lessons

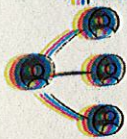
If I look sad they let me stay in for break and give me things to do



School did my referral to a young carers organisation and other support outside school



My teacher let me do homework at school when I explained it was stressful doing it at home



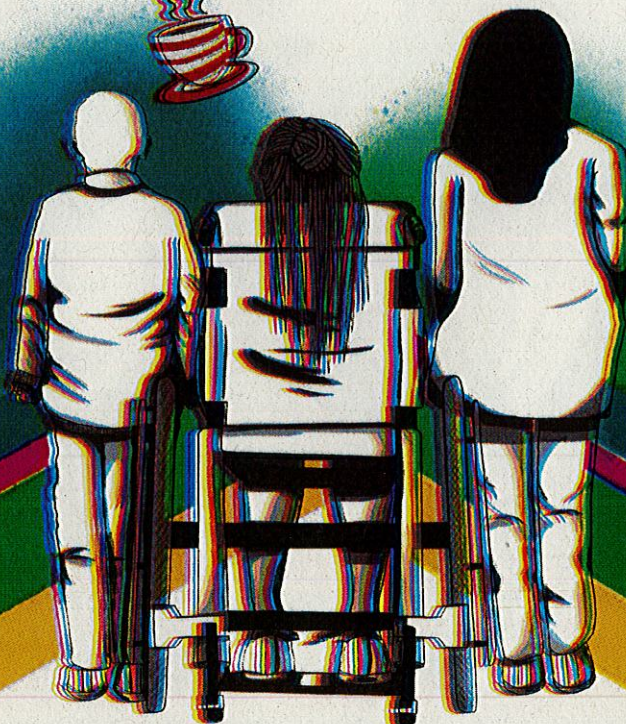
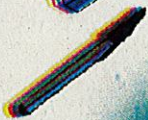
My college gave me financial help to pay for books

SUPPORT WITH LEARNING

My college tutor understood my situation and let me do remote learning or late hand ins. It helped me get my grades

During A Levels, life was hard. School asked me what would help and then let me board for a few days so I could do work and have a break from caring

My school always has spare ingredients or back-up things we can cook. It really helps as sometimes it's hard to buy ingredients when things are going on at home



BE THE CHANGE!