

## School Census and Young Carers – how can you help?

In the months leading to the School Census data collection, it's important to think about what you and your school can do for young carers. We asked our young carers how to find and support children and young people like them in school.

### How do I find young carers?

- If you know someone in a child's family has a disability, illness, mental health condition or substance dependency, be curious about who takes care of them and other members of the household.
- Look out for students who look anxious or worried, young carers might seem disconnected because they have a lot on their minds.
- Young carers might seem quieter, or louder, than usual. Caring affects every young person differently but changes like this are a good reason to check in.
- Consider those who you are concerned about because of their presentation, this could include personal hygiene or clothing, they might also be arriving late, or not completing homework because they have other daily priorities.

### What do I say?

- Our young carers advise starting a friendly conversation with someone you think might be a young carer. Some openers might be:  
 "How has your day been?"  
 "What did you do at the weekend?"
- If you know someone in the family requires care, ask how they're doing and how the child or young person is getting on.

### How do I help?

- Let the young carer know they can trust you and talk to you when they feel ready.
- Create a space free from judgement.
- Make it clear that you're there to help.
- Creating a young carer's club at your school is a great way to open up conversations, raise awareness, and let young carers know they're not alone.
- **Recording the young carers you identify on the school census is important in demonstrating the need for and improving support, resources, and rights for young carers locally and nationally.**
- Our young carers said "don't make caring our whole personality." Take an interest in who they are outside of their caring role.