

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 you can find, and support, young carers 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.
- Check in with children who are arriving late, not completing homework or appear unkept – they might have other daily priorities.
- 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.

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 has a disability or illness, ask how they're doing and if the young carer is doing okay.

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.