

Things for staff to be aware of in the classroom

A Young Carer is a child who provides care for someone in, or outside, of the family home for someone who may be physically or mentally ill, disabled or misusing drugs.

It is likely there will be young carers in your classroom, who you may or may not be aware of. They can often be a hidden population. Every Young Carer's situation and experience will be different.

How will you identify and support with...



ASPIRATIONS

Young Carers may develop skills that are useful for future life choices including empathy and caring skills. However, they may also find it harder to plan for their future aspirations and goals.



POSITIVE LEARNING EXPERIENCES

Some young people may experience challenges related to concentration, attendance, academic progress and missed learning opportunities.



MANAGING DAILY ROUTINES

Young Carers tend to be more independent, but may need more flexibility and help with homework, school demands and organisation.



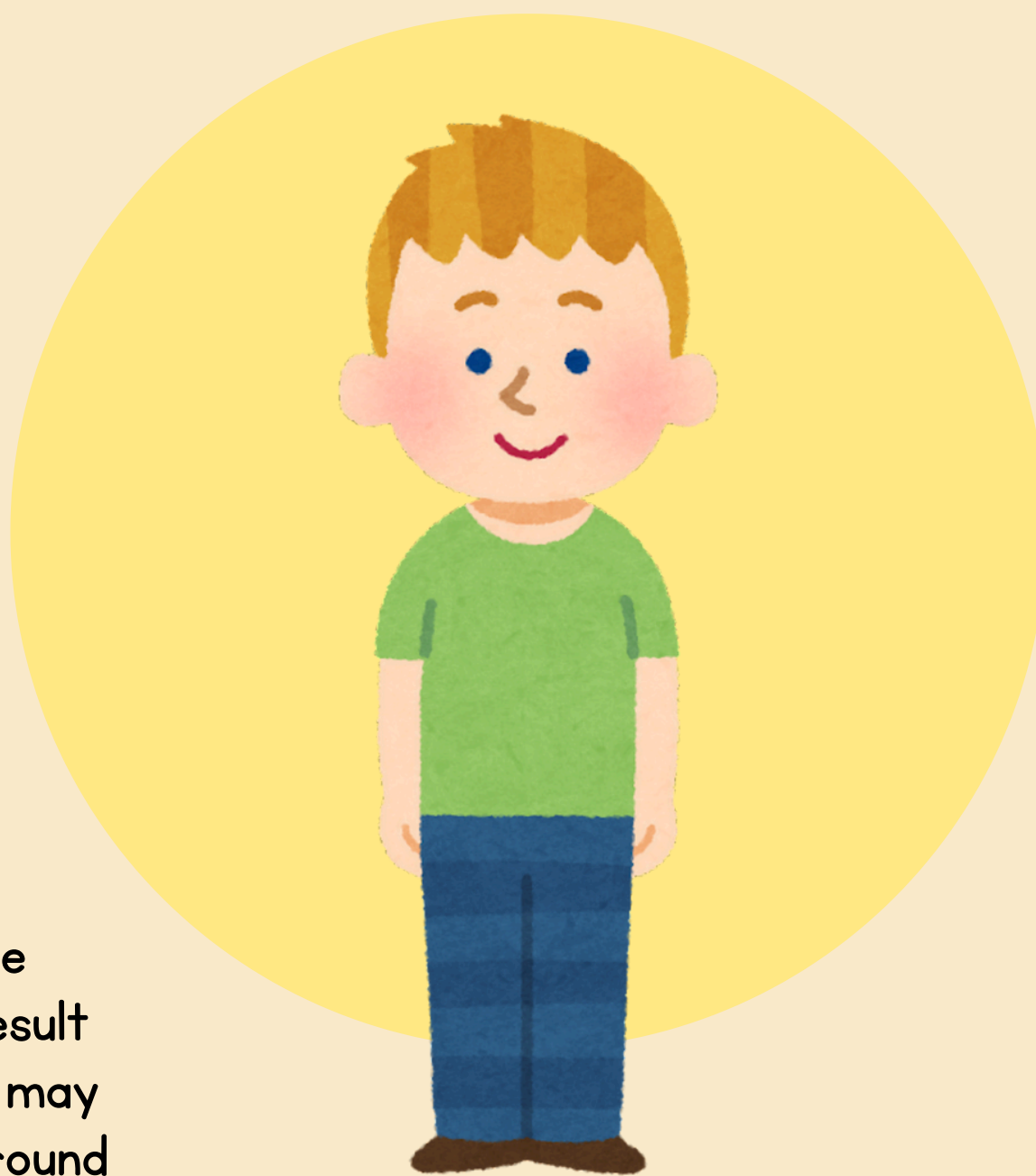
FRIENDSHIPS

Young Carers may experience bullying, lack of peer understanding and have reduced opportunities for socialising and extra-curricular activities.



IDENTITY

Young Carers may experience increased self-worth as a result of their role. However, they may also experience challenges around differentiating their roles between home and school and their identity aside from being a carer.



PHYSICAL HEALTH

Young Carers may find it harder to maintain a healthy lifestyle, and have issues with sleep, diet and opportunities for exercise.



EMOTIONAL WELL-BEING

They may experience additional worries related to the pressures and demands of the caring role, higher rates of self-harm, lower emotional well-being, and challenges managing their emotions. They may need additional opportunities for relaxation or play.

FOR MORE INFORMATION: