

# Young Carers Action Checklist for teachers

## Do I know a pupil/student who is...

- Struggling academically for no apparent reason or is often absent without reason or is withdrawn, quiet, unusually mature?

## Could they be looking after someone at home?

- Young carers take on adult responsibilities because a family member has a **disability, illness, mental health difficulty** or a problem with **alcohol or other drugs**.

## Age is no barrier - carers can be very young, even as young as 7 years. They may:

- Do most or all of the household tasks, including shopping
- Look after younger brothers or sisters
- Stay in a lot to be there for someone

## Up to 75% of young carers may not be known to their school

- Young carers and their families may keep their situation secret. Some young carers act out their frustration and anger at school, although most try to blend in.

## Most young carers are

- Isolated
- Bullied
- Stressed and/or tired

## Winchester Young Carers can

- Provide clear, age-appropriate information suitable for young people
- Contribute towards assemblies and PSHE lessons
- Work with individual young carers you refer but only after you have sought agreement from the young carer/parent



One telephone call.

No extra paperwork!

Our support is led by the individual's needs and choices:

- 1-to-1 support/mentoring
- Activities during holidays
- Young carers clubs
- Support for parents and families

You can help young carers to have opportunities. They deserve to be children as well as carers. Contact:

Winchester Young Carers  
Address

Tel 01962 ...    [office@wycp.org.uk](mailto:office@wycp.org.uk)    [www.wycp.org.uk](http://www.wycp.org.uk)

