

The Facts

It is likely that you will have at least 1 or 2 young carers in every class in every year group in your school (Young carers Alliance, 2023)

Young carers have double the rate of persistent absence compared to their peers, averaging 27 days missed per academic year (MYTIME, 2022)

Young carers are twice as likely to leave primary school below age-related expectations (MYTIME, 2022)

At least a third of young carers said their caring role resulted in them either 'always' or 'usually' feeling 'worried', 'lonely' or 'stressed' (Carers Trust, 2022)



52% said they 'do not often' or 'never' get help from school or college to balance their work with their caring responsibilities (Carers Trust, 2022)

Young carers are significantly more likely to be bullied (Carers Trust, 2016)



Contact us

To find out more about Carers Support Centre's Young Carers in Schools program, please contact:

☎ 0117 958 9904

✉ vickih@carersbsg.org.uk

Young Carers provides a range of other services to support carers aged 8-18 years old, including one to one support, support groups, activities and caring breaks.

To find out more please send us an email or visit our website.

✉ youngc@carersbsg.org.uk

🌐 www.carersbsg.org.uk/young-carers/young-carers-in-schools

@YoungCarersBSG



Young carers is a part of Carers Support Centre, which offers services to carers of all ages.



YOUNG CARERS IN SCHOOLS

Young carers have a lot of responsibilities outside of school, and they need your support and understanding to ensure they can learn and achieve in school



Who is a young carer?

A young carer is a child or young person aged between 8-18 who provides regular ongoing support and care to a family member who is disabled, has a long-term illness, mental health issues or is affected by substance misuse.

Young carers' experience in school

The pressure of juggling caring and education can impact carers in many ways.

Young carers report being:

- Late or absent from school
- Bullied
- Isolated and alone
- Penalised by school policies
- Unable to keep up with homework
- Frequently worried or stressed

Some of the young carers we've worked with shared their experiences in a video, which you can watch by scanning this QR code.



How you can help young carers



Keeping Children Safe In Education's statutory guidance states that *"all school and college and staff should be alert to the potential need of early help for a child who ...is a young carer"*.

Since spring 2023, schools have been asked to report the number of young carers in the school census. However, often schools are not aware of which pupils are young carers. Some young carers and their families may not realise they are carers or may be anxious about talking about their caring role.

By signing up to our Young Carers in Schools Programme (YCiS), we can support your school by:

- Training staff on how to identify and support the needs of young carers
- Presenting awareness assemblies
- Developing a young carers policy
- Supporting you with starting a young carers group
- Helping you achieve an accredited award from Carers Trust and Children's Society

Impact of the Young Carers in Schools programme

115 schools who received a Young Carers in Schools award were asked about the impact of the programme (Coram, 2019).

94% of schools said staff were more likely to know what to do if they identified a young carer.

94% had a better understanding of the support required for young carers.

73% of schools reported young carers' classroom engagement had improved.

63% reported improvements in young carers' achievements

83% of young carers demonstrated an increase in confidence

85% of young carers demonstrated increased wellbeing

94% of schools would recommend the programme to other schools

61% reported that young carers were more able to engage in extracurricular activities (Coram, 2017)