

# DUDLEY YOUNG CARERS

Resources



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### SCHOOL POLICY EXAMPLE

[School Name] is committed to supporting young carers to access education. This policy aims to ensure young carers at [School Name] are identified and offered appropriate support to access the education to which they are entitled.

**Definition**  
A young carer is a child or young person (under 18 years old) who is helping to look after someone. This may be at home, but could also be a person who lives away from the family home. Most are caring for a parent, but some may be taking responsibility for a sibling, grandparent or other relative. It may also be the case that the young carer is looking after a family friend. In some instances, a young carer may care for more than one person.

The person(s) they look after will have one or more of:  
Physical disability (including sensory disability)  
Learning disability  
Mental health problem  
Chronic illness  
Substance misuse problem

A young carer will take on additional responsibilities to those appropriate to their age and development. A young carer might be providing the main care or share responsibilities with another family member. The caring tasks that a young carer has to deal with can range from:  
Nursing care - giving medication, injections, changing dressings, assisting with mobility etc.  
Personal intimate care - washing, dressing, feeding and helping with toilet requirements.  
Emotional care - being compliant, monitoring the emotional state of the person cared for, listening, being a shoulder to cry on, supporting a parent through depression and trying to cheer them up.  
Domestic care - doing a substantial amount of housework, cooking, shopping, cleaning, laundry etc.  
Financial care - running the household, bill paying, benefit collection etc.  
Child care - taking responsibility for younger siblings in addition to their other caring responsibilities.

At [School Name], we believe that all children and young people have the right to an education, regardless of what is happening at home.

When a young person looks after someone in their family who has a serious illness, disability or substance misuse problem, he or she may need a little extra support to help him or her get the most out of school. Our Young Carers Policy says how we will help any pupil who helps to look after someone at home.

**Our Commitment**  
At [School Name], we are committed to creating a Young Carer Friendly environment where pupils feel safe to talk about their caring role and are supported to succeed in education and beyond.

We will:  
• Promote awareness of Young Carers among staff and pupils  
• Appoint a Young Carer School Champion as the main point of contact  
• Ensure that Young Carers' privacy is respected and information is shared appropriately  
• Work with parents, carers, and external organisations to ensure the best possible support for young carers  
• Make reasonable adjustments to help Young Carers access education

**Support Offered in School**  
Once identified, Young Carers may receive a range of support:  
• Access to a trusted adult (the Young Carer Champion) for advice and support  
• Adjustments such as flexible deadlines, homework support  
• Priority access to pastoral or counselling services  
• Opportunities to join Young Carer support groups, clubs, or activities  
• Liaison with teaching staff to ensure understanding and support with attendance and transitions between school and home  
• Support with attendance and transitions between school and home

**Monitoring and Review**  
The Senior Leadership Team and Young Carer Champion will monitor the effectiveness of the policy and make adjustments as needed. Feedback from Young Carers, families, and staff will inform any changes.

**Named Contacts**  
Young Carer School Champion (Name, Job Title, Contact Details)  
Designated Safeguarding Lead (Name, Contact Details)  
Headteacher (Name, Contact Details)

### PARENT/ FAMILY EMAIL TEMPLATES

**Subject: Supporting Young Carers in Our School**

Dear Parent/Carer,

At [School Name], we're committed to ensuring every child feels supported, valued, and able to achieve their best. Some children and young people take on caring responsibilities at home — they may help look after a parent, sibling, or relative who has an illness, disability, mental health condition, or struggles with substance misuse. These children are known as Young Carers.

Being a Young Carer can be very rewarding, but it can also bring extra pressures that affect school life, friendships, and wellbeing. Here at [School Name], we want to make sure all our Young Carers are recognised and supported.

**Importance of Support**  
Families tell us that once their child is recognised as a Young Carer, they often feel less alone and more understood. Many enjoy taking part in fun activities, trips, and wellbeing sessions that give them a break from their caring role. They also receive extra support in school to help balance their learning and responsibilities at home, while building confidence and forming new friendships with other Young Carers who truly understand their experiences.

**Support in School**  
Our school has a Young Carer School Champion, (Name of Champion), who is here to listen, offer guidance, and make sure Young Carers get the help they need in school. They can provide a safe space to talk, practical support with learning, and help to balance schoolwork and caring responsibilities.

If you think your child might be a Young Carer, or if you'd like to find out more about how we can support them, please contact [Name of Champion] via [email address / phone number].

who provide specialist support, activities, and we can help families access practical help, to take a break and have fun. If you have any questions, please speak to our Young Carer School Champion and help you through the process. We recognise and support they deserve.

**forward carers**

### Are You A Young Carer?

Does a family member have a disability? Special Need? or need extra help from you?

Is there someone at home that you worry about?

Do you help to look after a Parent or Sibling?

Do you have extra responsibilities around the home? EG - Looking after a sibling, cooking meals etc?

Would you like to make some new friends that have a similar role to you?

Would you like to have support because of caring?

Would you like to attend FREE Youth Club?

**We Care**  
The Young Carers Champion

### GROUP ACTIVITY IDEAS

Session Name	Theme & Duration	Session Plan
Managing Stress	Taking a Breather Duration: 20 minutes	1. Welcome & Check-in (5 mins) Start by making each pupil to share one word that describes their week so far. Encourage calm and honesty — reassure them that this is a safe space where they can talk or just listen. 2. Main Activity - "Five Finger Breathing" (10 mins) Ask everyone to hold up one hand. As they slowly trace their finger up and down each finger on the other hand, breathe in as they go up and out as they go down. Repeat for both hands. Then, on a small piece of paper, pupils can write one calming activity they enjoy (listening to music, drawing, walking, etc.) and keep it in their planner. Purpose: Introduces a quick stress-management technique that pupils can use anywhere, anytime. 3. Reflection & Close (5 mins) Ask: "What's one thing you'll do this week to help yourself feel calmer?" Thank everyone and remind them that even small moments of calm matter.
Friendship & Support	You're Not Alone Duration: 20 minutes	1. Welcome & Check-in (5 mins) Go around the group asking each pupil to name someone or something that made them smile recently. 2. Main Activity - "Circle of Support" (10 mins) Give each pupil a blank sheet with a circle drawn in the middle. Write their name in the centre. In the surrounding space, write or draw people who help them — family, friends, teachers, pets, etc. Encourage them to notice how many sources of support they have. If time allows, ask them to share one example. Purpose: Helps pupils recognise their personal support network and realise they're not alone in their caring role. 3. Reflection & Close (5 mins) Ask: "What could you do this week to show kindness or ask for help when you need it?" End with a positive comment for each pupil, reinforcing belonging and trust.
My Hopes for the Future	Dream Big! Duration: 20 minutes	1. Welcome & Check-in (5 mins) Invite pupils to share one thing they've enjoyed doing recently, either at home or school. 2. Main Activity - "Future Me" Postcards (10 mins) Give each pupil a blank postcard or small piece of paper. Ask them to write or draw something they're proud of right now, one goal or dream for the future, and a message of encouragement to their future self. They can keep the card as motivation or you can return it to them later in the term. Purpose: Encourages self-esteem, ambition, and reflection — helping Young Carers focus on their strengths and aspirations. 3. Reflection & Close (5 mins) Ask: "What's one small step you can take towards your goal?" End with a short positive affirmation together, such as: "We are strong, caring, and capable!"

**forward carers**

If there are other resources that you require, please email  
samantha.robak@forwardcarers.org.uk



# LETTER TO SCHOOL PARENTS

## IS YOUR CHILD A YOUNG CARER?

### **Support for children and young people who help care for someone at home**

A Young Carer is a child or young person under 18 who helps to care for someone at home who has an illness, disability, mental health condition, or substance dependency.

#### **This caring might involve:**

- Helping with household tasks such as cooking, cleaning, or shopping.
- Supporting a brother, sister, or parent with daily routines.
- Providing emotional support when someone feels unwell, anxious or sad.
- Translating, organising medication, or helping with appointments.

Some children don't realise they are Young Carers — they are simply helping their family.

But being a Young Carer can sometimes affect how a child feels, learns or socialises.

At our school, we recognise the important role Young Carers play and want to make sure they are supported to succeed, both in school and in life.

#### **What Support Is Available in School**

Our school has a Young Carers Champion — a trusted member of staff who supports pupils with caring responsibilities. We can provide a friendly listening ear, arrange extra time for homework if needed. We can also offer a quiet place to relax during the school day and will invite pupils to join our Young Carers Group, where they can meet others and take part in fun, wellbeing-focused activities.

*All conversations are handled sensitively and confidentially.*

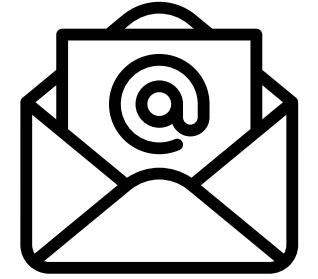
**If you think your child might be a Young Carer, please contact our Young Carers Champion at school. You don't need to complete a formal referral — just get in touch for an informal chat.**

#### **Your Young Carers Champion Is:**

We also have links to outside agencies such as Dudley Young Carers. If you would like to be referred for their service please talk to the above contact and a referral can be put forward.



# PARENT/ FAMILY EMAIL TEMPLATES



**Subject: Supporting Young Carers in Our School**

Dear Parent/Carer,

At [School Name], we're committed to ensuring every child feels supported, valued, and able to achieve their best. Some children and young people take on caring responsibilities at home — they may help look after a parent, sibling, or relative who has an illness, disability, mental health condition, or struggles with substance misuse. These children are known as Young Carers.

Being a Young Carer can be very rewarding, but it can also bring extra pressures that affect school life, friendships, and wellbeing. Here at [School Name], we want to make sure all our Young Carers are recognised and supported.

## **Importance of Support**

Families tell us that once their child is recognised as a Young Carer, they often feel less alone and more understood. Many enjoy taking part in fun activities, trips, and wellbeing sessions that give them a break from their caring role. They also receive extra support in school to help balance their learning and responsibilities at home, while building confidence and forming new friendships with other Young Carers who truly understand their experiences.

## **Support in School**

Our school has a Young Carer School Champion, [Name of Champion], who is here to listen, offer guidance, and make sure Young Carers get the help they need in school. They can provide a safe space to talk, practical support with learning, and help to balance schoolwork and caring responsibilities.

If you think your child might be a Young Carer, or if you'd like to find out more about how we can help, please get in touch with [Name of Champion] via [email address / phone number]. Conversations will be handled sensitively and in confidence.

## **Support Outside School**

We also work closely with Dudley Young Carers, who provide specialist support, activities, and advice for Young Carers across the borough. They can help families access practical help, wellbeing activities, and opportunities for children to take a break and have fun.

If you think your child might benefit from their support, please speak to our Young Carer School Champion, who can make a referral on your behalf and help you through the process.

Together, we can make sure Young Carers get the recognition and support they deserve.

Warm regards,

[Young Carer Champion's Name]

[School Name]



# SCHOOL NEWSLETTER TEMPLATES

## Could your child be a Young Carer?



At [School Name], we know that some children help to care for a family member who has an illness, disability, mental health condition, or struggles with substance misuse. These amazing children are known as Young Carers.

Being a Young Carer can be rewarding, but it can also be challenging at times. We want to make sure all our Young Carers are recognised, supported, and have someone to talk to.

If you think your child may be a Young Carer, please let us know. Our Young Carer School Champion, [Name], is here for a friendly, confidential chat and can help arrange extra support in school or through local services.

You can contact [Name] via [email address / phone number].

Let's work together to make sure every Young Carer feels understood and supported.

## Is your child caring for someone at home?



Some children help to look after a family member who is ill, disabled, or struggling with their mental health. They are called Young Carers.

We want to make sure all Young Carers at [School Name] get the support they deserve. If this sounds like your child, please contact our Young Carer School Champion, [Name], at [email address / phone number].

All conversations are confidential and will help us support your child's wellbeing and learning.

## Recognising Young Carers in Our School



At [School Name], we're proud to be a Young Carer Friendly School. We know that some of our pupils help care for someone at home who is unwell, has a disability, or needs extra support day-to-day. These pupils often show incredible compassion and resilience — and we want to make sure they're recognised and supported.

If your child helps to care for someone at home, please reach out to our Young Carer School Champion, [Name]. They can offer a listening ear, practical support, and link your family with further help through Dudley Young Carers.

You can contact [Name] on [email address / phone number]. Even a short chat can make a big difference.



# DISCUSSING SUPPORT

Many families are proud of their children's resilience, and rightly so. But when a young person takes on caring responsibilities, it can have a lasting impact on their wellbeing, education, and future opportunities.

This guide helps school staff initiate supportive and respectful conversations with families where a Young Carer may be present. It outlines how to approach these discussions in a way that builds trust, acknowledges family strengths, and ensures the child's needs are understood and supported.

## 1. Understand the Family Context

- Families may be reluctant to share details about personal or health matters.
- Some parents may not see their child as a "Young Carer" – they may view the support as part of normal family life.
- Others may feel worried about how professionals will respond – especially if they fear judgement, stigma, or unwanted interventions.

Tip: Acknowledge these concerns. Let parents know you are there to help, not to judge.

## 2. Use Sensitive and Respectful Language

What to say:

- "We know that some children support someone at home who's unwell, disabled or facing challenges with mental health or substance use."
- "We want to make sure all our pupils are supported to thrive in school – that includes Young Carers."
- "You've clearly raised a very caring and responsible young person. We're here to help ensure their education and wellbeing are not affected by their caring role."

What to avoid:

- Terms like "burden" or "too much responsibility" unless the parent uses them first.
- Making assumptions about family circumstances or capacity.

## 3. Create a Safe Space for Dialogue

- Choose a private and relaxed setting – not a corridor or busy classroom.
- Invite the parent/carer to a conversation rather than insisting.
- Be honest about why you're raising the subject (e.g. concerns about attendance, tiredness, or concentration).

Suggested approach:

"We've noticed [child's name] seems a bit tired/distracted lately. We also know some children take on caring responsibilities at home. We just wanted to check in with you to see if there's anything we can support with."

## 4. Reassure and Build Trust

Let families know that:

- The school's aim is to support the whole family.
- Being a Young Carer is not a cause for shame – it shows strength, empathy, and maturity.
- Support can be tailored and discreet, with no obligation to accept formal services.

You could say:

"There are local services that support Young Carers and their families – they offer things like peer groups, wellbeing sessions, and help in school. We can introduce you if that feels right for you and [child's name]."

## 5. Provide Clear Information About Support

Share or signpost to:

- Your school's Young Carers policy or named Young Carers lead.
- Local Young Carers service (e.g. Dudley Young Carers).
- Available support in school – e.g. homework passes, lunchtime clubs, mentoring.
- National resources such as [Carers Trust](#) and [Young Carers Alliance](#).

## 6. Follow Up and Keep the Door Open

Even if a parent isn't ready to talk now:

- Let them know you're available in future.
- Make sure the child knows who they can talk to in school.
- Keep lines of communication open and respectful.

**Every conversation counts. Every Young Carer deserves support.**



# YOUNG CARERS RIGHTS

In England, there are three main laws that recognise young carers and set out your rights: The Children Act 1989, The Care Act 2014 and the Health and Care Act 2022.

These include the right for every young carer to have a needs assessment to work out what support they need. The Government has also given local councils clear guidance on what they have to do to support young carers.

## The Children Act 1989

This act says what councils should do to help children and their families who may need extra help. It says they must:

- work with communities so that young carers are recognised.
- carry out young carers' needs assessments. They must do this if a young person appears to need help or if the young carer or their family ask to be assessed.
- make sure that young carers and their families have the information they need and can access advice and support.

## The Care Act 2014

This Act says councils must:

- carry out assessments for older young carers (for example, young carers aged 16 and 17) to consider what their needs will be and what support will be required when they turn 18.
- make sure that young carers are not left with caring tasks that are too much for someone their age to deal with.
- identify children in the household and find out if they are young carers and what help they might need.

## The Health and Care Act 2022

This Act says that the NHS should work together with councils to:

- identify young carers and make sure they have access to help and advice.
- consult young carers about the needs of the person they look after.
- consult young carers about changes in policies that affect them and their family or how health and social care services are delivered.

It also says that if a young carer looks after an adult who is in hospital, then hospitals (including inpatient mental health services) should consult the young carer before they discharge the adult from hospital.

# DYC REFERRAL INFORMATION

## Why Identify and Refer?

Many children and young people provide care for a family member with a disability, illness, mental health condition or substance dependency. These are Young Carers, and their role can impact their education, wellbeing, and development.

As a trusted adult, you are in a key position to identify Young Carers and help them access the support they deserve.

## Step 1: Highlight the Service to the Family

Before making a referral, it is essential to:

- Talk to the parent or carer about your intention to refer.
- Explain what Dudley Young Carers offers – such as wellbeing activities, group sessions, one-to-one support, and days out.
- Reassure them that the service is safe, confidential, and designed to support the child and family.
- Celebrate the Young Carer's role as a strength, not a problem.

“There’s a local service for Young Carers – they offer support, activities and someone to talk to. We think your child could benefit from this.”

## Step 2: Gain Consent from the Family

Before referring:

- Make sure the parent/carer gives clear verbal or written consent.
- Explain that their contact details will be shared with the Dudley Young Carers team.
- Let them know a member of staff will be in touch directly.

Consent is vital. We cannot accept referrals without it.

## Step 3: Make a Referral via the Website

Go to:

[www.carerfriendlydudley.org.uk](http://www.carerfriendlydudley.org.uk)

Then:

1. Select “Refer a Young Carer”
2. Complete the online referral form with as much detail as possible
3. Ensure contact details for the parent/carer are accurate
4. Submit the form

## Step 4: What Happens Next?

A member of the Dudley Young Carers team will:

- Contact the family within a few working days via email
- Introduce our service and explain next steps
- Invite the family to join our WhatsApp updates group for regular info and event invites

## Quick Recap – Your Role as a School:

- Identify pupils who may be Young Carers
- Speak to the family and explain the service
- Gain consent to refer
- Complete the online form at [carerfriendlydudley.org.uk](http://carerfriendlydudley.org.uk)
- Stay in touch with the family and encourage engagement

## Need Help?

For advice or support with a referral, contact Sam via email - [samantha.robak@forwardcarers.org.uk](mailto:samantha.robak@forwardcarers.org.uk)

## Our Schools Young Carers Action Plan

Goals	Easy (This Week)	Medium (3-12 Months)	Long-Term (12+ Months)
<b>Awareness</b>			
<b>Encourage</b>			
<b>Identify</b>			
<b>Organise</b>			
<b>Understand</b>			

# SCHOOL POLICY EXAMPLE

[School Name] is committed to supporting young carers to access education. This policy aims to ensure young carers at [School Name] are identified and offered appropriate support to access the education to which they are entitled.

## Definition

A young carer is a child or young person (under 18 years old) who is helping to look after someone. This may be at home, but could also be a person who lives away from the family home. Most are caring for a parent, but some may be taking responsibility for a sibling, grandparent or other relative. It may also be the case that the young carer is looking after a family friend.

In some instances, a young carer may care for more than one person.

The person(s) they look after will have one or more of:

- Physical disability (including sensory disability)
- Learning disability
- Mental health problem
- Chronic illness
- Substance misuse problem

A young carer will take on additional responsibilities to those appropriate to their age and development. A young carer might be providing the main care or share responsibilities with another family member. The caring tasks that a young carer has to deal with can range from:

- Nursing care - giving medication, injections, changing dressings, assisting with mobility etc.
- Personal intimate care - washing, dressing, feeding and helping with toilet requirements.
- Emotional care - being compliant, monitoring the emotional state of the person cared for, listening, being a shoulder to cry on, supporting a parent through depression and trying to cheer them up.
- Domestic care - doing a substantial amount of housework, cooking, shopping, cleaning, laundry etc.
- Financial care - running the household, bill paying, benefit collection etc.
- Child care - taking responsibility for younger siblings in addition to their other caring responsibilities.

At [School Name], we believe that all children and young people have the right to an education, regardless of what is happening at home.

When a young person looks after someone in their family who has a serious illness, disability or substance misuse problem, he or she may need a little extra support to help him or her get the most out of school. Our Young Carers Policy says how we will help any pupil who helps to look after someone at home.

## Our Commitment

At [School Name], we are committed to creating a Young Carer Friendly environment where pupils feel safe to talk about their caring role and are supported to succeed in education and beyond.

We will:

- Promote awareness of Young Carers among staff and pupils.
- Appoint a Young Carer School Champion as the main point of contact for Young Carers and families.
- Ensure that Young Carers' privacy is respected and information is handled sensitively.
- Work with parents, carers, and external organisations to coordinate support.
- Make reasonable adjustments to help Young Carers achieve their potential.

## Support Offered in School

Once identified, Young Carers may receive a range of support, depending on their individual needs. This may include:

- Access to a trusted adult (the Young Carer Champion) for regular check-ins.
- Adjustments such as flexible deadlines, homework support, or quiet spaces for rest.
- Priority access to pastoral or counselling services.
- Opportunities to join Young Carer support groups, clubs, or peer networks.
- Liaison with teaching staff to ensure understanding and reasonable adjustments.
- Support with attendance and transitions between school phases.

## Monitoring and Review

The Senior Leadership Team and Young Carer Champion will review this policy every two years, or sooner if legislation or guidance changes.

Feedback from Young Carers, families, and staff will inform updates to ensure it remains effective.

## Named Contacts

Young Carer School Champion: [Name, Job Title, Contact Details]

Designated Safeguarding Lead: [Name, Contact Details]

Headteacher: [Name, Contact Details]



# YOUNG CARER STAFF CHECKLIST

This checklist helps teachers and school staff recognise possible signs that a pupil may be a Young Carer and take appropriate action. If you notice several of these indicators, please share your concern with the Young Carer School Champion or Designated Safeguarding Lead (DSL).

## 1. Pupil Behaviour and Emotional Wellbeing

- Appears tired, anxious, withdrawn, or depressed.
- Displays sudden changes in mood or behaviour.
- Seems distracted, worried, or preoccupied during lessons.
- Expresses guilt, stress, or frustration about home life.
- Shows maturity beyond their years or tries to take on adult responsibilities.

## 2. Attendance and Punctuality

- Frequently late for school or leaves early.
- Has irregular or poor attendance without clear explanation.
- Misses school after a family illness, hospital stay, or crisis.
- Regularly misses homework or deadlines due to home responsibilities.

## 3. Academic Performance

- Sudden drop in attainment or inconsistent progress.
- Difficulty concentrating or completing tasks.
- Struggles to participate in group work or extended activities.
- Often appears tired or disengaged in lessons.

### Remember:

- Not all Young Carers will show every sign.
- Identification should always be followed by support, not stigma.
- Early recognition can make a lasting difference to a child's wellbeing and achievement.

## 4. Social Relationships

- Finds it hard to make or maintain friendships.
- Avoids talking about home life or becomes defensive when asked.
- Rarely takes part in after-school clubs, trips, or social events.
- Seems isolated or prefers the company of adults.

## 5. Physical Appearance and Health

- Often looks unkempt, tired, or wears clothes that aren't clean or suitable for the weather.
- Appears hungry or forgets lunch frequently.
- Reports back pain, headaches, or exhaustion.
- May visit the medical room frequently but not wish to explain why.

## 6. Communication and Disclosure

- Mentions caring tasks such as helping with medication, cooking, cleaning, or personal care.
- Talks about family illness, disability, or mental health difficulties.
- Expresses worry about a family member's wellbeing or finances.
- Asks teachers for help with issues that seem adult in nature (e.g. housing, bills, appointments).

## 7. Staff Action Checklist

If you suspect a pupil may be a Young Carer:

1. Record your observations — keep factual, confidential notes.
2. Have a sensitive conversation — approach the pupil privately and listen without judgement.
3. Inform the Young Carer School Champion or DSL.
4. Discuss support options — e.g. homework flexibility, pastoral support, or time to rest.
5. Champion referral — the Young Carer Champion can assess next steps and, with consent, make a referral to Dudley Young Carers for specialist support.
6. Respect confidentiality — only share information on a need-to-know basis.

Does a family member have a disability? Special Need? or need extra help from you?

Is there someone at home that you worry about?

Do you help to look after a Parent or Sibling?

Do you have extra responsibilities around the home? EG - Looking after a sibling, cooking meals etc?

# Are You A Young Carer?

Would you like to make some new friends that have a similar role to you?

Would you like to have more support in school because of your caring role?

Would you like to attend FREE Youth Clubs and day trips?

## We Can Help!

The Young Carers Champion in your school is...



# My Friend Is A Young Carer

## What Does This Mean?

A Young Carer is someone who helps to care for a member of their family. They may have a long term illness, disability, struggle with their mental health or have an addiction, which requires the Young Carer to take on extra responsibilities at home.

## Think Your Friend Is A Young Carer?

Encourage your friend to talk to the Young Carers Champion!

Their details are -

## How Can I Support Them?

- Be kind and understanding.
- Include them in games or chats, even if they can't always join in.
- Listen if they want to talk, but don't pressure them to share.
- Respect their privacy.
- Tell the Young Carers Champion if you're worried about them.

# Thankyou For Being A Great Friend!

Does a family member have a disability?  
Special Need? or need extra help from you?

Is there someone at home that you worry about?

Do you have extra responsibilities around the home? EG - Looking after a sibling, cooking meals etc?

Do you help to look after a Parent or Sibling?

# Are You A Young Carer?

Would you like to make some new friends that have a similar role to you?

Would you like to have more support in school because of your caring role?

Would you like to attend FREE Youth Clubs and day trips?

## We Can Help!

The Young Carers Champion in your school is...



# Are YOU A Young Carer?

A Young Carer is someone under the age of 18, who helps look after a family member who is ill, disabled, has a mental health condition or struggles with addiction.

Some extra responsibilities they may have, could include looking after siblings, administering medication, cooking and cleaning for the family.

**If you think this could be you, then come and find us - we can help!**

The Young Carers Champion in your school is...



# My Friend Is A Young Carer

## What Does This Mean?

A Young Carer is someone who helps to care for a member of their family. They may have a long term illness, disability, struggle with their mental health or have an addiction, which requires the Young Carer to take on extra responsibilities at home.

## Think Your Friend Is A Young Carer?

Encourage your friend to talk to the Young Carers Champion!

Their details are -

## How Can I Support them?

- Be kind and understanding.
- Include them in games or chats, even if they can't always join in.
- Listen if they want to talk, but don't pressure them to share.
- Respect their privacy.
- Tell the Young Carers Champion if you're worried about them.

# Thankyou For Being A Great Friend!

# ARE YOU A YOUNG CARER?



Do you help to take care of someone in your family?

A Parent? A Sibling? A Grandparent?

Do you have extra responsibilities?

Helping to pay the bills? Help to clean the home? Food Shopping?  
Booking medical appointments? Looking after younger siblings?



## ANSWER YES?

## YOU COULD BE A YOUNG CARER!

For Support Go To...



# My Friend Is A Young Carer

## What Does This Mean?

A Young Carer is someone who helps to care for a member of their family. They may have a long term illness, disability, struggle with their mental health or have an addiction, which requires the Young Carer to take on extra responsibilities at home.

## Think Your Friend Is A Young Carer?

Encourage your friend to talk to the Young Carers Champion!  
Their details are -

## How Can I Support them?

- Be kind and understanding.
- Include them in games or chats, even if they can't always join in.
- Listen if they want to talk, but don't pressure them to share.
- Respect their privacy.
- Tell the Young Carers Champion if you're worried about them.



Thankyou For Being A Great Friend!



# ASSEMBLY PLAN

## School Assembly Plan: “Who Are Young Carers?”

Theme: Understanding and Supporting Young Carers

Audience: KS2–KS4 (can adapt tone for age)

Duration: 15–20 minutes

Led by: Young Carer School Champion / Teacher / Pastoral Lead

### 1. Introduction (2–3 minutes)

Slide / Visual: Picture of children helping at home (cooking, reading, doing chores).

Script:

Good morning everyone. Today, we’re going to talk about something really important — Young Carers.

A Young Carer is someone your age who helps look after someone at home — maybe a parent, brother, sister, or relative — who is ill, has a disability, struggles with their mental health, or needs extra support day to day.

You might not realise it, but there are thousands of Young Carers across the UK — and there may even be Young Carers sitting with us today.

### 2. What Does a Young Carer Do? (3–4 minutes)

Ask the audience:

Can anyone think of ways someone might help care for a family member?

Possible answers:

- Helping with cooking, cleaning, or shopping.
- Looking after brothers or sisters.
- Reminding someone to take medicine.
- Helping someone get dressed or move around.

Script:

All of those things can make a big difference — and they show how caring and responsible young people can be. But being a Young Carer can also be hard sometimes. It might mean feeling tired, worried, or finding it difficult to do homework or join clubs.

That’s why it’s important that Young Carers get support — both in school and outside of school.

### 3. Why Support Matters (3–4 minutes)

Slide / Visual: “You Are Not Alone” / “Help Is Here”

Script:

At [School Name], we want all our pupils to feel supported and understood. If you are a Young Carer, or you think you might be, you have a right to help.

Support can look like:

- Someone to talk to at school when things feel difficult.
- Extra time for homework or flexible deadlines.
- Trips and activities just for Young Carers — to relax and have fun.
- Information for your family to get more help at home.

Optional video idea: Show a 1–2 minute clip from Carers Trust or The Children’s Society about Young Carers’ stories (available free on YouTube).

### 4. How Our School Supports Young Carers (3 minutes)

Script:

Here at [School Name], we have a Young Carer School Champion, [Name].

They are here if you ever want a chat, or if you’re worried about someone else who might be a Young Carer. You can find them in [location, e.g. the Wellbeing Room / Pastoral Office].

If you tell us you’re a Young Carer, it’s nothing to be scared of — it just means we can make sure you get the right support to make life a little easier.

### 5. Reflection and Understanding (2–3 minutes)

Ask:

- How might being a Young Carer make someone feel?
- What can we do as friends or classmates to help them feel supported?

Encourage answers like:

- Be kind and understanding.
- Listen and don’t judge.
- Remind them that help is available.

Short reflection (teacher-led):

“Let’s take a moment to think about how we can all be part of a caring, understanding school community”

### 6. Closing Message (2 minutes)

Script:

Being a Young Carer is something to be proud of — it shows kindness, strength, and love. But it’s also okay to need support and to ask for help.

If you think you might be a Young Carer, or if you’re worried about a friend who might be one, please speak to [Name of Young Carer School Champion] or any member of staff you trust.

#### Extension Ideas

- Invite a Young Carer Ambassador or guest speaker (with consent) to share their experience.
- Display a Young Carers noticeboard after the assembly with posters, contact details, and photos of the Champion.
- Follow up with a PSHE or tutor group discussion using the same theme.

# PSHE KS1 LESSON EXAMPLE

## PSHE/RSHE Lesson Plan: Understanding Young Carers

Lesson Title: Helping Hands – Understanding Young Carers

Year Group: Key Stage 1 (Years 1–2)

Duration: 30–40 minutes

### Theme: Relationships / Caring for Others

Learning Approach: Storytelling, discussion, drawing, and reflection

Learning Objectives

By the end of the lesson, pupils will:

- Understand what it means to care for someone.
- Know that some children help people at home who need extra support (Young Carers).
- Recognise that caring can be kind but sometimes hard, and it's okay to ask for help.
- Know who they can talk to in school if they help to care for someone.

Curriculum Links

- RSHE: Families and people who care for me; caring friendships; mental wellbeing.
- PSHE Association Core Theme 2: Relationships – “how to care for others and be cared for.”
- British Values: Mutual respect and kindness.

Resources Needed

- Story: “Jack Helps at Home” (short story provided below - feel free to expand).
- Pictures showing children helping at home (cleaning, cooking, caring).
- “Helping Hands” worksheet or paper for drawing.
- Contact details of the school’s Young Carer Champion (to share at the end).

### Lesson Outline

#### Starter (5–10 mins) – “Who Helps You?”

Ask:

- Who helps you at home? (Parents, grandparents, brothers, sisters.)
- What kinds of things do they do to help you?
- Then ask:
- Who do you help at home?

Discussion:

Talk about different ways we can help — tidying up, fetching medicine etc. Explain that helping others is called caring.

#### Story Time (10 minutes) – “Jack Helps at Home”

Read aloud or tell this short story:

This is Jack. Jack is six years old and loves painting and football. Jack’s mum isn’t very well. Some days she feels too tired to get out of bed. So Jack helps by making toast, reading to her, and helping little brother Max get dressed. Sometimes Jack feels happy to help — it feels good to be kind. But sometimes Jack feels tired or misses playing outside. One day, Jack’s teacher noticed Jack was quiet and looked sad. The teacher said, “Jack, you’re doing a great job helping at home — but you don’t have to do it all alone.” Together, they spoke to the school’s Young Carer Champion, who helped Jack find ways to have more fun and rest.

Ask the class:

- How do you think Jack felt when helping at home?
- What made Jack’s teacher helpful?
- What could Jack’s friends do to be kind?

#### Discussion (10 minutes) – What Is a Young Carer?

Explain simply:

Some children, just like Jack, help to look after someone in their family who is ill or finds things hard to do.

We call them Young Carers.

Being a Young Carer is something to be proud of — it shows kindness and love — but it’s also okay to ask for help.

Ask:

- How could we help a friend who is a Young Carer?
- (Examples: Be kind, play with them, help them join in, listen if they’re sad.)

#### Activity (10 minutes) – “Helping Hands”

Give each child a piece of paper and ask them to draw around their hand.

Inside their hand, write or draw:

- In the palm: “I can care by...”
- On each finger: one way they can show care or kindness (e.g. share, help, listen, smile, tidy up).

Optional: Create a class “Helping Hands Wall” display.

#### Plenary (5 minutes) – Reflection

Gather everyone in a circle and recap:

- Caring for others is kind and special.
- Some children help more at home — they are called Young Carers.
- Everyone who helps others deserves help too.

Say:

“If you ever help someone at home and it feels hard or tiring, you can always talk to [Young Carer Champion’s name] or any grown-up at school.”

#### Extension Ideas

- Art link: Make “Caring Heart” badges or kindness posters.
- Literacy link: Write a few sentences or draw a comic strip about “A Time I Helped Someone.”

# PSHE KS2 LESSON EXAMPLE

## PSHE/RSHE Lesson Plan: Understanding Young Carers

Lesson Title: Caring for Others – Understanding Young Carers

Duration: 45–60 minutes

Year Group: KS2 (Years 5–6) or KS3 (Years 7–8)

### Theme: Relationships / Living in the Wider World

Learning Approach: Discussion, empathy-building, reflection

Learning Objectives

By the end of this lesson, pupils will:

- Understand what a Young Carer is.
- Recognise some of the responsibilities and challenges Young Carers face.
- Know how Young Carers can get help and who they can talk to in school.
- Show empathy and respect towards others who may have caring roles.

Links to Curriculum

- RSHE: Respectful relationships; mental wellbeing; families and people who care for us.
- PSHE Association Core Theme 2: Relationships – "the importance of caring and being cared for."
- British Values: Mutual respect, tolerance, and understanding of different life experiences.

Resources Needed

- Whiteboard or smartboard
- Scenario cards (examples below)
- Video clip: Young Carers: What We Do (Carers Trust / The Children's Society, 2–3 mins)
- "Helping Hands" worksheet (draw around hand, pupils write five ways to help or be kind)
- Access to school's Young Carer Champion's contact information

### Lesson Outline

Starter (5–10 mins) – "Who Helps You?"

Activity: Ask pupils: "Who helps you every day?"

Examples: parents, teachers, friends, siblings.

Then ask: "Who do you help?"

Discussion prompt:

Explain that sometimes children and young people help at home because someone in their family needs extra support. Introduce the term Young Carer.

Main Activity (20–25 mins) – Understanding Young Carers

**Step 1** – Watch a short video:

Show a short film featuring real Young Carers (e.g. Carers Trust "Young Carers: What We Do").

**Step 2** – Group discussion:

Ask:

- What kinds of things did the children in the video do?
- How did they feel about caring?
- What might be difficult about their role?
- What might help them at school?

**Step 3** – Scenario cards:

Give small groups one of the following short examples:

- "Taylor helps their mum who has difficulty walking."
- "Leah looks after her little brother when dad feels too sad to get out of bed."
- "Omar reminds his nan to take her medicine."

Ask groups to discuss:

- How might this young person feel?
- What could a friend or teacher do to help?
- Who could they talk to at school?

Groups share ideas back to the class.

Plenary (10–15 mins) – "Helping Hands" Reflection

Activity:

Pupils draw around their hand and write:

- In the palm: "How I can help someone who's a Young Carer."
- On each finger: one thing they could do (listen, include, be kind, ask how they are, tell a teacher).

Teacher Summary:

Reinforce that being a Young Carer is something to be proud of — but everyone deserves support.

Remind pupils that at [School Name], the Young Carer Champion is [Name], and they can always talk to them or any trusted adult.

Key Messages to Reinforce

- It's okay to help at home — but no one should have to manage on their own.
- Talking to someone at school can make life easier.
- We all have a role in making our school a caring, understanding place.

### Optional Extensions

- Invite your Young Carer School Champion or Dudley Young Carers representative to co-deliver part of the session.
- Create a class "Caring Wall" with positive messages about helping others.
- Link to literacy by writing a short letter from a Young Carer's perspective.



# GROUP ACTIVITY IDEAS

Session Name	Theme & Duration	Session Plan
<b>Managing Stress</b>	Taking a Breather Duration: 20 minutes	<p>1. Welcome &amp; Check-In (5 mins) Start by asking each pupil to share one word that describes their week so far. Encourage calm and honesty — reassure them that this is a safe space where they can talk or just listen.</p> <p>2. Main Activity – “Five Finger Breathing” (10 mins) Ask everyone to hold up one hand. As they slowly trace their finger up and down each finger on the other hand, breathe in as they go up and out as they go down. Repeat for both hands. Then, on a small piece of paper, pupils can write one calming activity they enjoy (listening to music, drawing, walking, etc.) and keep it in their planner. Purpose: Introduces a quick stress-management technique that pupils can use anywhere, anytime.</p> <p>3. Reflection &amp; Close (5 mins) Ask: “What’s one thing you’ll do this week to help yourself feel calmer?” Thank everyone and remind them that even small moments of calm matter.</p>
<b>Friendship &amp; Support</b>	You’re Not Alone Duration: 20 minutes	<p>1. Welcome &amp; Check-In (5 mins) Go around the group asking each pupil to name someone or something that made them smile recently.</p> <p>2. Main Activity – “Circle of Support” (10 mins) Give each pupil a blank sheet with a circle drawn in the middle. Write their name in the centre. In the surrounding space, write or draw people who help them — family, friends, teachers, pets, etc. Encourage them to notice how many sources of support they have. If time allows, ask them to share one example. Purpose: Helps pupils recognise their personal support network and realise they’re not alone in their caring role.</p> <p>3. Reflection &amp; Close (5 mins) Ask: “What could you do this week to show kindness or ask for help when you need it?” End with a positive comment for each pupil, reinforcing belonging and trust.</p>
<b>My Hopes for the Future</b>	Dream Big! Duration: 20 minutes	<p>1. Welcome &amp; Check-In (5 mins) Invite pupils to share one thing they’ve enjoyed doing recently, either at home or school.</p> <p>2. Main Activity – “Future Me” Postcards (10 mins) Give each pupil a blank postcard or small piece of paper. Ask them to write or draw something they’re proud of right now, one goal or dream for the future, and a message of encouragement to their ‘future self’. They can keep the card as motivation or you can return it to them later in the term. Purpose: Encourages self-esteem, ambition, and reflection — helping Young Carers focus on their strengths and aspirations.</p> <p>3. Reflection &amp; Close (5 mins) Ask: “What’s one small step you can take towards your goal?” End with a short positive affirmation together, such as: “We are strong, caring, and capable!”</p>

# NOTICE BOARD EXAMPLES

## ARE YOU A YOUNG CARER?

Does a family member have a disability? Special Need? or need extra help from you?

Is there someone at home that you worry about?

Do you help to look after a Parent or Sibling?

Do you have extra responsibilities around the home? EG - Looking after a sibling, cooking meals etc?

### Are You A Young Carer?


Would you like to make some new friends that have a similar role to you?

Would you like to have more support in school because of your caring role?



Would you like to attend FREE Youth Clubs and day trips?

**We Can Help!**

The Young Carers Champion in your school is...



I am a Young Carer. I help take care of my Mom by helping her with the housework.

I am a Young Carer. I help take care of my Sister. I watch her whilst Mom is busy.

### My Friend Is A Young Carer

**What Does This Mean?**  
A Young Carer is someone who helps to care for a member of their family. They may have a long term illness, disability, struggle with their mental health or have an addiction, which requires the Young Carer to take on extra responsibilities at home.

**Think Your Friend Is A Young Carer?**  
Encourage your friend to talk to the Young Carers Champion! Their details are -

**How Can I Support them?**

- Be kind and understanding.
- Include them in games or chats, even if they can't always join in.
- Listen if they want to talk, but don't pressure them to share.
- Respect their privacy.
- Tell the Young Carers Champion if you're worried about them.

**Thankyou For Being A Great Friend!**

## YOUNG CARER FRIENDLY

### Are You A Young Carer?


A Young Carer is someone under the age of 18, who helps look after a family member who is ill, disabled, has a mental health condition or struggles with addiction.

Some extra responsibilities they may have, could include looking after siblings, administering medication, cooking and cleaning for the family.

**If you think this could be you, then come and find us - we can help!**

The Young Carers Champion in your school is...

**YOUNG CARER CHAMPION**



### My Friend Is A Young Carer

**What Does This Mean?**  
A Young Carer is someone who helps to care for a member of their family. They may have a long term illness, disability, struggle with their mental health or have an addiction, which requires the Young Carer to take on extra responsibilities at home.

**Think Your Friend Is A Young Carer?**  
Encourage your friend to talk to the Young Carers Champion! Their details are -

**How Can I Support them?**

- Be kind and understanding.
- Include them in games or chats, even if they can't always join in.
- Listen if they want to talk, but don't pressure them to share.
- Respect their privacy.
- Tell the Young Carers Champion if you're worried about them.

**Thankyou For Being A Great Friend!**

Example Goals	Easy (This Week)	Medium (3-12 Months)	Long-Term (12+ Months)
Awareness	Put up posters YC Champion to wear the badge	Conversations about being a YC at Staff meetings and training sessions. Section to be added about YC to the school website.	At the start of every school year, hold an assembly to all students, and a staff training session. Website kept up to date.
Encourage	Assembly to all students	Create a YC Ambassador Role for one student per year group	Ambassador to help identify YC and help plan the yearly Awareness Day.
Identify	Email to Parents the "Are you a Young Carer quiz"	Create a register of all YC in the school. Refer to Dudley Young Carers.	Completing the School Consensus.
Organise	Start creating a YC group	Termly YC group check in Young Carers Policy created/ updated.	Yearly YC Awareness Day/ Event.
Understand	Attend this training	Termly refresh on YC resources	Attend yearly DYC Conference.