

How to identify Young Carers in School

While there is no definitive list when identifying a Young Carer these are signs to look for in your students and who can help:

- ♥ They may be late, miss days or weeks off school for no apparent reason
 - * separation from a sick loved one can cause much distress, staying home is easier
 - ✓ ask your Attendance Officer to investigate
- ♥ They may be tired or withdrawn
 - * they may have been up during the night to care for their loved one
 - * they may be withdrawn because they are worrying about them
 - ✓ ask their teachers to investigate
- ♥ They may have difficulty joining in extracurricular activities
 - * they have to get home to care for their loved one
 - ✓ ask their tutors to investigate
- ♥ They may be isolated or a victim of bullying
 - * because of the situation in the family
 - * because they lack social skills when with their peers
 - * because they seem confident with teachers/adults
 - ✓ ask their pastoral workers to investigate
- ♥ They may under-achieve
 - * their homework/coursework may be of poor quality
 - * or not submitted on time
 - * or not handed in at all
 - ✓ ask their teachers to investigate
- ♥ They may seem anxious or concerned
 - * maybe their loved one is particularly unwell
 - ✓ ask staff to investigate
- ♥ They may have behavioral problems
 - * they may take out their pent-up feelings in school
 - * they may be stressed from all their caring responsibilities
 - * they may have missed a lot of school and are behind
 - ✓ investigate
- ♥ Physical problems
 - * such as back pain from lifting (an adult)
 - * headaches (because of stress)
 - ✓ ask the school nurse to investigate
- ♥ They may be unkempt
 - * the family may have very little money
 - * they have to look after themselves due to the family situation
 - ✓ investigate

The most important point is to gently ask questions, remembering that Young Carers can be guarded as they may fear they will be taken away from their loved ones. They need to know they can trust you and you are looking out for them, have their best interest at heart and are there to help and support.