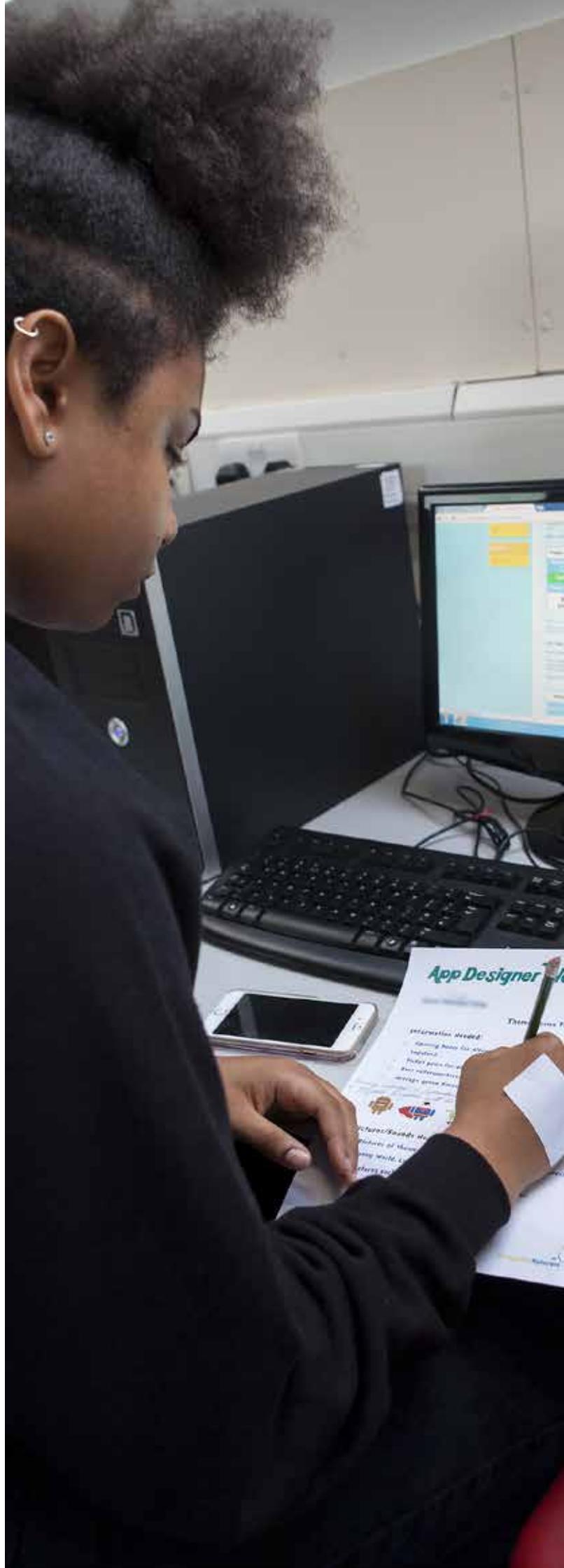


Supporting Young Carers in Schools: A Toolkit for Initial Teacher Education Providers



Acknowledgements

Carers Trust would like to thank the following for their feedback in the early development of Supporting Young Carers in Schools: A Toolkit for Initial Teacher Education Providers:

- Hannah Crookes, Teach First
- Carol Newby, Teach First
- Rosie Clark, Teach First
- Jenny Byrne, University of Southampton
- Wilkeke Rietdijk, University of Southampton
- Jenny Bosworth, University of Leicester
- Dr Jo Anna Reed Johnson, University of Leicester
- Sue Davis, University of Leicester
- Sarah Fillary, Madley Brook Primary School
- Charlotte Vine, The Bicester School
- Chris Kendall, The Cooper School

Photo courtesy of Carers Trust.
All library photos posed by models.

© Carers Trust 2017.

This toolkit forms part of the Young Carers in Schools programme and has been written and collated by:

Jess Hill, Schools Policy and Development Officer, Carers Trust

With support from:

Emily Carter, Education Policy and Development Manager, Carers Trust

It was funded by The Queen's Trust.

Supporting Young Carers in Schools: A Toolkit for Initial Teacher Education Providers builds on and develops principles and tools from a previous resource, Carter, E (2015), Supporting Young Carers in Schools: A Step-by-step Guide for Leaders, Teachers and Non-teaching staff (Carers Trust).

Some of the tools linked to this toolkit have been taken and/or adapted from this resource.

All rights reserved: no part of this toolkit may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise as part of research projects or surveys without specific written permission from Carers Trust. The tools accompanying this resource may be adapted by Initial Teacher Education providers for use within their teacher training programmes only. Photocopies may not be made for distribution to other organisations.

Contents

Welcome to Young Carers in Schools: A Toolkit for Initial Teacher Education providers	2
About young carers	5
Why incorporating young carers within training programmes is vital for ITE providers	7
How ITE providers can ensure trainee teachers can identify, support and signpost young carers effectively	9
How teachers can support young carers effectively	14
Additional resources	23
References	28

Welcome to Young Carers in Schools: A Toolkit for Initial Teacher Education providers

About Carers Trust

Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, **unpaid**, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

We do this with a UK wide network of quality assured independent partners, through our unique online services and through the provision of grants to help carers get the extra help they need to live their own lives. With these locally based Network Partners we are able to support carers in their homes through the provision of replacement care, and in the community with information, advice, emotional support, hands on practical help and access to much needed breaks. We offer specialist services for carers of people of all ages and conditions and a range of individually tailored support and group activities.

Our vision is that **unpaid carers** count and can access the help they need to live their lives.

About The Children's Society

The Children's Society is a national charity that runs local services to support children and young people who are at risk of exploitation or harm, living in care, or let down by systems meant to protect them. They come to us when they are at their most vulnerable, when they're in desperate need of help, when they have nowhere left to turn.

At their moment of crisis, we are with them every step of the way, until they're ready to share their experiences, often for the first time. We get to the heart of the problems, start to repair the damage, and help to get them to the services they need.

Across the country, particularly in the poorest areas, we're helping more than 18,000 children and young people through over 100 services run by almost 900 staff and more than 9,000 volunteers. We work hand in hand with children to make sure their voices are heard, campaigning for changes to the law to stop the mistakes of the past being repeated in the future.

The Children's Society's Include service is home to the national Young Carers Initiative supporting children and young people who care for parents or siblings who suffer from chronic illness or disability. We work with voluntary and statutory services across the country to support young carers. We campaign for change and promote best practice with central and local government. We also help young carers by giving them a platform to share their experiences and raise awareness about the issues they face. For more information and a range of information materials and resources visit youngcarer.com or call 01962 711 511.

As many as one in 12 pupils in England could be a young carer, a vulnerable pupil group specifically mentioned in Ofsted's Common Inspection Framework (Ofsted, 2015).

These children often care for relatives without their teacher's knowledge, slipping through the net, undetected by support services. Research shows they experience unique challenges and demands that impact on their capacity to attend, enjoy and achieve at school.

It is vital that Initial Teacher Education (ITE) providers give trainee teachers the knowledge, skills and strategies they need to support young carers. Doing so will raise the outcomes of any school they go to teach in and will help ensure trainee teachers meet the underlying principle of the Teachers' Standards (Department for Education, 2013) to be able to meet the needs of *all* the pupils they teach.

Who is this toolkit for?

This toolkit provides essential tools, templates and guidance for:

- **ITE providers who already include young carers as a key topic within their training programmes** – enabling you to use the latest research findings, policy developments, and innovative practice to maximise the knowledge, capacity and impact of the trainee teachers you support.
- **ITE providers who are developing their training content regarding young carers** – making it easier than ever for you to develop and deliver effective training to maximise the abilities of the trainee teachers at your institution.

The toolkit has been designed for use by ITE providers in England, but could easily be adapted for use across the UK.

How does the toolkit support ITE providers to achieve these outcomes?

The toolkit:

- Highlights the multiple reasons why it is essential to include young carers within initial teacher training programmes.

- Sets out essential information that all providers need to know about young carers.
- Offers in-depth targeted advice on the simple steps ITE providers can take to include young carers within their existing teacher training programmes, including essential suggestions about how knowledge and understanding of young carers can be woven into the already crowded ITE curriculum.
- Provides a comprehensive package of teaching materials, tools and templates to make it as easy as possible for ITE providers across England to maximise the impact of their training.

The tools provided are listed below and are available to download from professionals.carers.org/initialteachereducationtoolkit.

First steps for ITE providers

- **Tool 1:** Checklist of key ways to refer to the needs of young carers within your existing programme content
- **Tool 2:** PowerPoint presentation and speaking notes

Gaining an understanding about young carers: suggested activities and lesson ideas

- **Tool 3:** Gingerbread man activity pack
- **Tool 4:** One in 12 activity
- **Tool 5:** Additional ideas for activities and lessons
- **Tool 6:** Young carer case studies, young carer quiz and agony aunt activity sheet
- **Tool 7:** Young carer key statistics handout

Spotting the signs of a potential young carer

- **Tool 8:** Checklist of potential signs that a pupil is a young carer
- **Tool 9:** Carers Trust Know Your Rights guide

Information about the Young Carers in Schools programme

- **Tool 10:** Young Carers in Schools promotional leaflet
- **Tool 11:** Case study of a school involved in Young Carers in Schools
- **Tool 12:** Young Carers in Schools impacts infographic

Practice placements

- **Tool 13:** Placement school review checklist
- **Tool 14:** Lesson plan template with suggestions about how to meet young carers' needs

About young carers

A young carer is a person under 18 who provides or intends to provide care for another person who is ill, disabled, has a mental health condition, or addiction problem.

The tasks and level of caring undertaken by young carers can vary according to the nature of the illness or disability, the level and frequency of need for care, and the structure of the family as a whole.

Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. These can include:

Practical tasks: Cooking, housework, shopping	Physical care: Lifting or helping someone use the stairs
Personal care: Dressing, helping with toileting needs, washing	Emotional support: Listening, calming, being present
Household management: Managing resources, collecting benefits, paying bills	Looking after siblings: Putting to bed, walking to school, parenting
Medication management: Collecting prescriptions, preparing daily medication, administering medication	Helping someone communicate: Helping someone who is deaf or hard of hearing or who has other communication needs

Will there be young carers at every school?

It is likely that there will be many young carers at every school.

The 2011 Census identified over 177,000 young carers in England and Wales. This is widely believed to be just the tip of the iceberg. Research (The BBC, 2010) suggests that as many as 700,000 secondary school pupils have moderate or high levels of caring responsibility.

This equates to *two young carers per class*.

Impact of caring on children and young people

Being a young carer can often have a severe, significant and long-lasting impact on a young person.

- **Physical health:** Young carers are often severely affected by caring through the night, repeatedly lifting a heavy adult, poor diet and lack of sleep.
- **Emotional wellbeing:** Stress, tiredness and mental ill-health are common for young carers. They can also be distracted and lack focus in lessons due to worrying about the person they care for.
- **Socialisation:** Young carers often feel different or isolated from their peers and have limited opportunities for socialising. A quarter of young carers in the UK said they were bullied at school because of their caring role (Sempik, J, Becker, S, 2013).
- **Stable environment:** Young carers can experience traumatic life changes such as bereavement, family break-up, losing income and housing, or seeing the effects of an illness or addiction on the person they care for.

29% of young carers have reported that their own physical health was just 'OK' and 38% reported having a mental health problem (Sempik J, Becker, S, 2013).

How caring can affect a young carers' education and attainment

- 27% of young carers (aged 11–15) miss school or experience educational difficulties (40% where children care for a relative with drug or alcohol problems) (Dearden, C, Becker, S, 2004).
- Young carers have significantly lower attainment at GCSE level – the difference between nine Cs and nine Ds (The Children's Society, 2013).
- On average, young carers miss or cut short 48 school days a year (Sempik, J, Becker, S, 2013).
- Young carers are more likely than the national average not to be in education, employment or training (NEET) between 16 and 19. Of these, 75% had been NEET at least once (compared with 25% of all young people) and 42% had been NEET for six months or more (compared with 10% of all young people) (The Children's Society, 2013).
- 42% of young carers said there was not a particular person at school who recognised them as a carer and helped them (Sempik, J, Becker, S, 2013).



Young carers are often proud of the support they provide. However, early identification of young carers is essential for making sure they and their family have the support they need. Young carers must be prevented from taking on inappropriate caring responsibilities which put their emotional, physical, or personal development at risk.

Why incorporating young carers within training programmes is vital for ITE providers

- **Young carers experience particular challenges in their education.** Being able to identify, support and signpost young carers as part of a teacher's wider role within school is consistent with the central focus placed by the Teachers' Standards on teachers being able to meet the needs of *all* pupils.
- **Many young carers are hidden.** Trainee teachers need to know how to identify young carers so that they can address their needs within their teaching.
- **A pupil with caring responsibilities may self-identify to any member of staff.** This might be someone they feel they can talk to and share their worries and concerns with, including trainee and newly qualified teachers.
- **Young carer information needs to be handled in accordance with information sharing protocols.** Trainee teachers need to be aware of a school's process for sharing information about young carers. This will help ensure that information is only shared with the appropriate consent and a pupil does not have to repeat their story several times.
- **All school staff should know not to discuss a pupil's caring role in front of their peers.** Many young carers say they do not access support because of stigma and/or because they do not want to be seen as any different than their peers.
- **The condition of the family member who is cared for may mean they face specific challenges engaging with the school.** It is vital that trainee teachers understand the needs of the family member who is cared for to fulfil their responsibility, specified in the Teachers Standards, to communicate effectively with parents.



The Framework of Core Content for Initial Teacher Training (Department for Education, 2016) places a clear requirement on providers to ensure that trainees are able to meet the needs of *all* pupils.

What does the Government say about teachers' role in the identification and support of young carers?

The Government recognises that teachers have a vital role to play in identifying and supporting young carers, and are ideally positioned to identify young carers and to initiate support:

“ Young carers identified that support from teachers ... was the main way in which schools could support them. This was best achieved through teachers having a clear understanding of the nature of children’s caring responsibilities and providing stronger support around stressful periods such as exams and transitions points. ”

The Lives of Young Carers
(Clay, D et al, 2016)

“ Schools are perfectly placed to offer the support these children and young people need ... Young Carers in Schools will act as an invaluable resource for schools in providing the right assistance to pupils as and when they need it. ”

Edward Timpson, Minister of
State for Children and Families

What is Ofsted’s approach to young carers?

Ofsted has strengthened its guidance in The Common Inspection Framework: Education, Skills and Early Years (Ofsted, 2015) stating on page 7 that: “In making judgements, inspectors will pay particular attention to young carers”.

The previous Schools Inspection Framework, which The Common Inspection Framework replaces, stated that inspectors may look at outcomes for young carers.

Are young carers eligible for Pupil Premium funding?

Young carers are frequently eligible for free school meals which enables schools to claim the Pupil Premium funding. Carers Trust estimates that a significant proportion (60%) of young carers receive Pupil Premium because of the number of their families likely to meet the free school meals criteria. Schools can target their use of this funding towards all young carers, regardless of eligibility, provided that the performance of the eligible pupils is demonstrably improving.

Using Pupil Premium funding to support all pupils who are young carers is a low cost and effective way of improving the attainment of this often low achieving pupil group.

How ITE providers can ensure trainee teachers can identify, support and signpost young carers effectively

Use the information and tools in this toolkit to make each of the following steps as easy as possible:

1) Include key messages about young carers in your training content

For example, through a discrete lesson on young carers, and/or by including young carers as part of a wider session on inclusion or vulnerable pupil groups.



2) Consolidate trainee teachers' understanding

For example, by supporting trainees to gain practical experience of the ways in which they can identify and support young carers and referring to young carers in the same way you may refer to the needs of other vulnerable pupil groups.



3) Gather feedback

From trainees on quality and impact of training relating to young carers in order to refine your training content.

Including key messages about young carers in your training content

You can effectively maximise the knowledge, abilities and impact of your trainee teachers by:

- Delivering a discrete session on young carers, exploring who young carers are, what their caring role may involve and the barriers they face to their education.
- Including key repeated messages about young carers throughout your training content.
- Supporting trainees to gain practical experience of young carers in practice placements.

As an ITE provider you may be managing an already busy curriculum. If you are unable to deliver a discrete session on young carers, always include them whenever you discuss other vulnerable pupils. This makes including young carers in your course content as easy and as manageable as possible.

Key ways ¹ to refer to the needs of young carers within your existing programme content	Included?
<p>When discussing why it is essential that all teachers know how to identify and support vulnerable pupils</p> <ul style="list-style-type: none"> ● Local and England-wide evidence demonstrates: <ul style="list-style-type: none"> ● It is likely there will be many hidden young carers in every school. ● Being able to identify, support and signpost young carers is consistent with the central focus of the Teacher Standards (Department for Education, 2013) to meet the needs of all children. ● Being able to identify and support young carers will improve the attainment and confidence of children who may otherwise struggle at school. ● Young carers are specifically mentioned in the Ofsted Common Inspection Framework (Ofsted, 2015). ● The Government states that teachers play a vital role in the identification and support of young carers. 	
<p>When discussing social, educational and psychological barriers to learning that pupils may face</p> <ul style="list-style-type: none"> ● Young carers are a vulnerable and disadvantaged group who face particular challenges and demands that impact on their ability to attend, enjoy and achieve at school. ● Young carers are children under 18 who are caring unpaid for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. ● Young carers may carry out a range of tasks as part of their caring role. ● There are often multiple signs that a child or young person may be a young carer. These may of course also be indicators of many other issues. However, knowing these signs can help staff to build up a picture of a pupil and ask the right questions to reveal that a pupil is a young carer. 	

¹ A Word version of this checklist is available to download on professionals.carers.org/initialteachereducationtoolkit (See: Tool 1: Checklist of key ways to refer to the needs of young carers within your existing programme content).

Key ways to refer to the needs of young carers within your existing programme content	Included?
<p>When discussing behaviour management, bullying and intervention strategies</p> <ul style="list-style-type: none"> • Teachers should know which member of staff to contact if they have identified a young carer to ensure an appropriate follow-up conversation takes place to identify whether the child or young person has a caring role and if so, what support needs to be put in place. • Some young carers may display poor behaviour within school due to their experiences of caring at home. To identify, support and signpost young carers effectively, teachers need to ensure they have follow-up conversations with pupils to understand the root cause of a pupil's behaviour, inform the school's young carers/pastoral leads and take a flexible approach to these pupils, for example allowing time out. • It is important to understand the role of young carers services and how they can provide support. • Be aware that additional support/online services are available for young carers, including Carers Trust's online services Babble and Matter. • Understanding young carers' rights can help with referral and signposting. 	
<p>When discussing special educational needs and disabilities (SEND)</p> <ul style="list-style-type: none"> • Family members with special educational needs can have an impact on the wider family. When looking at the signs that a pupil is a young carer it is important to consider whether they may be caring for a sibling or relative with special educational needs. • It is important to consider whether a young carer may identify with having special educational needs themselves. • If a young carer or person that they care for identifies with having a special educational need, they may be entitled to extra support. 	

Key ways to refer to the needs of young carers within your existing programme content	Included?
<p>When discussing Pupil Premium and free school meals</p> <ul style="list-style-type: none"> • Young carers are frequently eligible for free school meals which enables schools to claim the Pupil Premium Funding. • Using Pupil Premium funding to support all pupils who are young carers is a low cost and effective way of improving the attainment of this often low achieving pupil group. 	
<p>When discussing ways in which schools support vulnerable pupils</p> <ul style="list-style-type: none"> • Schools are adopting a variety of approaches to identifying and supporting young carers. • Best practice for identifying and supporting young carers involves the adoption of a whole school approach. • Trainee teachers can signpost the relevant contacts at their schools to the Young Carers in Schools programme, an essential, free initiative making it as easy as possible for schools to identify and support young carers. 	

Consolidating trainee teachers' understanding

Including repeated messages about young carers throughout your training content will consolidate learning and maximise the knowledge, abilities and impact of the trainee teachers you support.

Putting trainee teacher's knowledge into practice is also key to ensuring that they know who young carers are, why it is vital that they are identified and supported in schools and have understood how to meet the needs of *all* pupils.

You could do this by:

- Encouraging trainee teachers to identify how placement schools identify and support young carers and evidence this learning within their portfolios.
- As their practice placements develop, ask trainee teachers to find out if there are any young carers in the classes they teach and demonstrate in their portfolios how they meet the needs of these pupils.

A trainee teacher could demonstrate this learning by:

- Meeting with the school's lead for young carers/pastoral team.
- Helping run or sitting in on the school's young carer support group or forum.
- Meeting with or visiting the local young carers service.
- Raising awareness about young carers if their practice placement school awareness is low.
- Completing Tool 13: Placement school review checklist, to gather information about how their placement school identifies and supports young carers.
- Using Tool 14: Lesson plan template with suggestions about how to meet young carers' needs.

How teachers can support young carers effectively

Signs that a pupil may be a young carer

The following checklist² of signs that a child or young person may be a young carer may of course also be indicators of many other issues. However, knowing these signs can help trainee teachers and all school staff to build up a picture of a pupil and ask the right questions to reveal whether a pupil is a young carer.

Is the pupil ...	Yes/No
Often late or missing days or weeks off school?	
Often tired, anxious or withdrawn?	
Having problems socially or with making friends?	
Presenting as very mature for their age?	
A victim of bullying?	
Depressed?	
Finding it difficult to concentrate on their work?	
Having difficulty in joining in extracurricular activities or unable to attend school trips?	
Isolated?	
Not handing in their homework/coursework on time, or completing it late and to a low standard?	
Anxious or concerned about an ill or disabled relative?	
Displaying behavioural problems?	
Having physical problems such as back pain (perhaps from heavy lifting)?	
Secretive about home life?	
Showing signs of physical neglect or poor diet, for example hungry, thin or lacking clean uniform?	

² A Word version of this checklist is available to download from professionals.carers.org/initialteachereducationtoolkit (See: Tool 8: Checklist of potential signs that a pupil is a young carer).

Is the pupil ...	Yes/No
Listed as a Child in Need, subject to a Child Protection Plan, or Looked-after Child Plan where parental ill health or addiction issues are involved?	
A sibling of a pupil at your school who is registered with disabilities or ongoing health problems, including mental ill health? (Refer to your SEN Disability Register and School Census data).	
Are the parents/another family member	Yes/No
Disabled or do they have an illness or addiction problem?	
Difficult to engage with?	
Not attending parent's evenings?	
Not communicating with school?	
On low incomes, and unable to afford school related expenses? This may be because of disability related unemployment.	

Teachers can support young carers by:

- **Informing key members of school staff** when they identify a pupil who may be a young carer.
- **Taking a flexible approach** in their teaching to meet young carers' needs.
- **Signposting to additional support available within and outside the school**, including young carers services and local authority young carers' assessments.

Informing key members of staff

It is vital that all trainees know which member of staff to contact at the school if they have identified a pupil who may be a young carer. Knowing who to tell will help ensure:

- There is an appropriate follow-up conversation to identify whether the child/young person has a caring role.
- The school considers what support it needs to put in place for the young carer.
- Information about the young person's caring role is shared effectively.

Many schools have a member of staff with designated responsibility for young carers, often called a Young Carers Lead or Young Carers Operational Lead. If the school does not have a designated member of staff responsible for young carers, teachers, including trainee teachers, should inform the lead within the schools for vulnerable pupil groups and/or the provision of pastoral support.

An appropriate follow-up conversation needs to:

- Be managed appropriately to gain the confidence of the child/young person and their family and enable them to be honest about their caring role.
- Focus on the school's commitment to meeting the needs of young carers so that they can attend and enjoy school in the same way as other pupils and achieve their potential.
- Confirm that the school will only share information with professionals and agencies on a need to know basis in order to support pupils and their families.

Taking a flexible approach to meet young carers' needs

It is important that teachers know how and when to be flexible in terms of deadlines, lateness, and detentions.

If a young carer isn't handing their homework in on time or to the expected standard, displaying poor behaviour or if they are late to school, follow-up conversations should be held rather than automatic punishment issued. Having a follow-up conversation will build up a bigger picture of the pupil and help to address the reasons behind their actions.

There may be times where it is appropriate and necessary to issue a young carer with a detention. If this is the case, it is again important for teachers to ensure detentions are held at times when young carers can realistically attend, for example at lunchtime.

Signposting to additional support

A variety of additional support is available to young carers including young carers services, support from the school nurse, online support, and an assessment of the support they need from their local authority.

Young carers services

There are over 350 young carers services across the UK. Carers Trust and The Children's Society websites enable users to find out details of their local young carers service.

- You can find your nearest Carers Trust Network Partner by using the Find local care and carer services facility at Carers.org (any time) or calling 0300 772 9600 (Monday– Friday, 9am–5pm).
- You can use youngcarer.com/young-carers-services to find young carer projects across the UK.

Each young carers service will vary in its provision. Usually they support children and young people aged between five and 18 through:

- One-to-one support, including emotional support and/or counselling.
- Clubs and activities and/or respite breaks.
- Whole family work, including through access to appropriate services, and benefits.

School nurses

School nurses are ideally positioned to play a pivotal role in identifying young carers and addressing their needs. They can help reduce the negative impact of caring on the health and wellbeing of young carers by:

- Enabling young carers to receive timely, age appropriate information.
- Spotting and addressing any emerging health needs.
- Ensuring that young carers are accessing appropriate health services and other support.

There are additional resources in this toolkit which include further information for school nurses and how they can address and support the needs of young carers.

Online support for young carers

Young carers can get 24-hour support, every day of the year, from Carers Trust's online services for carers. They are open to all carers, wherever they live in the UK and whatever their age.

Support from Babble for young carers under 18

Young carers aged under 18 can join Babble (babble.carers.org) to chat with other young carers, share experiences and get information or advice in a fun and safe environment.

Babble is run by a friendly team of qualified support workers who can answer your questions and offer help and advice via email or one-to-one webchats.

Ask our team a question via: youngcarers@carers.org.

Support from Matter for young adult carers aged 16–25

Young adult carers aged 16–25 can visit Matter (matter.carers.org) to connect with other young adult carers in an online community where they'll be able to share their thoughts and experiences in a safe online space and find or give support.

Matter is run by a friendly team of qualified support workers who are on hand to provide confidential support, by messaging or email.

For email support contact matter@carers.org.

Support from Carers Space for carers aged 18 and over

Carers Space (space.carers.org) is an online community for carers aged 18 and over. Join the friendly and welcoming community to join a discussion, chat live, share your story or find and give support and advice.

Our friendly team of qualified support workers host chats and Q&As and provide support via posts and confidential email.

For email support contact support@carers.org.

Assessments from the local authority

Young carers are entitled to two different assessments from the local authority.

Under the Children and Families Act 2014, all young carers under the age of 18 have a right to an assessment from the local authority, regardless of who they care for, what type of care they provide, or how often they provide it.

The assessment needs to consider:

- Whether it is appropriate for the young carer to provide care.
- The young carer's needs for support, their other needs and wishes.
- If any of the young carer's needs for support could be prevented by providing services to the person who is cared for, or another member of the young carer's family.

Under the Care Act 2014, young carers are entitled to a transitions assessment to consider the support young carers may need to prepare for adulthood, and to raise and fulfil their aspirations. The assessment should take place well before the young carer is 18 so there is time to discuss and implement the required support.

Tool 9: Carers Trust Know Your Rights guide is a free booklet written for young and young adult carers in England to clearly explain how to get a carer's assessment and what's involved. Young carers and young adult carers worked with Carers Trust to give advice about what would make this a great resource for them and their peers. It is available from [Carers.org/know-your-rights-support-young-carers-and-young-adult-carers-england](https://www.carers.org/know-your-rights-support-young-carers-and-young-adult-carers-england).

What are schools' current approaches to identifying and supporting young carers?

Schools are adopting a variety of approaches to identify and support young carers:

- **Best practice:** Many schools have developed proactive, whole school approaches for young carers, achieving excellent outcomes for this vulnerable pupil group.
- **In progress:** Many other schools want to achieve these excellent outcomes and are beginning to identify and support young carers for example, by using pupil and staff noticeboards to raise awareness, and linking with their local young carers service.
- **Still to develop:** Some other schools currently have no provision in place for young carers nor plans to develop processes to identify and support this vulnerable pupil group. This could be due to lack of awareness about young carers and the challenges they face.

Dependent on the extent to which the school currently identifies and supports young carers, trainee teachers may need to raise school staff's awareness about:

- The definition of young carers and the tasks they commonly carry out.
- The impact caring roles can have on a pupil's educational outcome.
- Why it is essential that the school adopts a whole school approach to raise the educational outcomes of this vulnerable pupil group.

Tool 10: Young Carers in Schools promotional leaflet is a key resource that trainee teachers can share with relevant school staff to raise this awareness.

Trainee teachers can also signpost relevant school staff to www.youngcarersinschools.com for further information, resources and support.

What is a whole school approach for young carers?

Following extensive consultation with schools, young carers services, local authorities and young carers, Carers Trust and The Children's Society promote the adoption of a whole school approach to identifying and supporting young carers, in which:

- Assigned members of the school's governing body and senior leadership team have responsibility for leading and championing the school's provision for young carers.
- There is a clearly identifiable lead for young carers, responsible for the day-to-day management of provision for pupils who have caring responsibilities.
- Positive images and information about disability, illness and young carers are shared with pupils, staff and families.
- All staff are able to take proactive actions, as part of their wider roles, to identify young carers.
- Young carers are listened to, consulted with and given time and space to talk.
- The school monitors and tracks the attendance, attainment, progress and wellbeing of young carers in the same way as other vulnerable pupil groups.
- Young carers are supported within the school and signposted to whole family resources and services outside the school.

Why is the whole school approach essential to the effective identification and support of young carers in schools?

A whole school approach for young carers is vital because it:

- **Reduces stigma:** One of the main reasons young carers say they do not access support is stigma. A positive whole school ethos where young carers and their families are respected and valued by pupils, staff and the wider school community is crucial to ensuring young carers and their families feel safe and confident to access support.

- **Increases identification:** Many young carers are hidden. All school staff need to know how to identify young carers to ensure they do not slip through the net.
- **Promotes self-identification:** A pupil with caring responsibilities may self-identify to any member of staff whom they feel they can talk to and share their worries and concerns with.
- **Respects young carers information:** All staff need to be aware of the school's process for sharing information about a young carer. This will help ensure that information is only shared with the appropriate consent and with a view to guaranteeing a pupil does not need to repeat their story several times. All school staff should know not to discuss a pupil's caring role in front of their peers.
- **Addresses all of the issues:** It will enable the effective delivery of flexibilities, interventions and support to raise outcomes. Teachers and support staff delivering targeted interventions, such as homework clubs, should know how to ensure these interventions meet young carers' needs, for example, that homework clubs should be run at lunchtime.
- **Creates long-term change:** A whole school approach that places young carers on a similar footing to other vulnerable pupils, ensures sustainability.

What support is available for schools to develop a whole school approach for young carers?

The Young Carers in Schools programme makes it easier than ever for trainee teachers to raise awareness of young carers. This free initiative, run jointly by Carers Trust and The Children's Society, supports schools to implement a whole school approach for young carers.

It provides a comprehensive package of resources that consistently receives overwhelming positive feedback from schools and has been promoted by key education sector organisations including the National Association of Head Teachers, National Governors Association and the Association of School and College Leaders.

For further information and to access the support available through the Young Carers in Schools programme see www.youngcarersinschools.com.

“I’ve had experience of using and working with lots of other programmes and I have found them not to be as supportive or as useful as the tools available through Young Carers in Schools.”

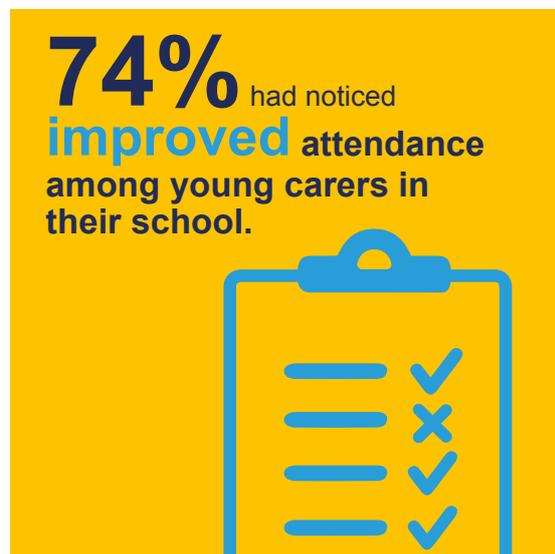
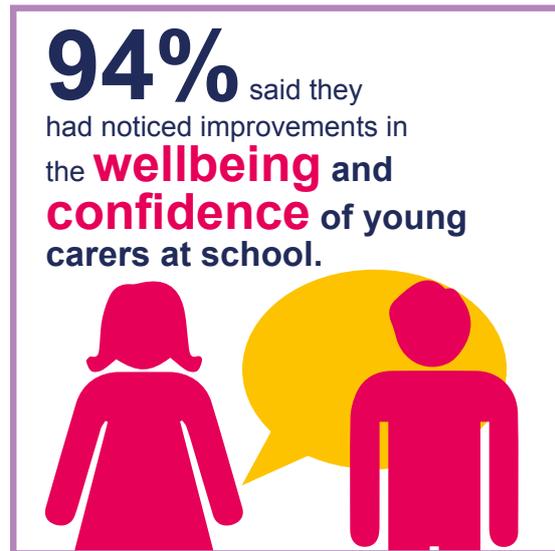
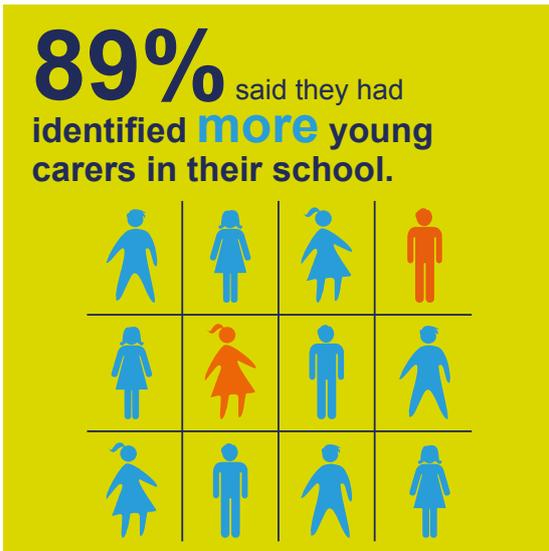
Assistant Director of Inclusion,
Millthorpe School, York

Tool 11: Case study of a school involved in Young Carers in Schools is a good practice example of how Millthorpe School in York has used the tools and resources available within the programme to develop its provision and identify hidden young carers in its school.

What evidence is there that a whole school approach improves outcomes?

In December 2016, we asked 72 schools who had received a Young Carers in Schools Award about the impact of implementing the programme. The responses highlighted that across all key areas the programme has had a significant impact.

A full set of the Infographics demonstrating this impact are included in the tools and a sample are highlighted below.



Maximising the impact of your trainee teachers

For the latest information about changes in legislation and guidance relating to young carers, and the support available to school leaders, teachers and non-teaching staff through the Young Carers in Schools programme, sign up to Young Carers in Schools termly e-Newsletter at www.youngcarersinschools.com.

To help maximise the number of trainee and newly qualified teachers who are able to identify and support young carers, please share this resource through your networks.

Young carers are a vulnerable and disadvantaged pupil group who experience particular challenges in their education. Many are hidden within the school system and without support they can struggle to attend school and make good progress.

With at least two young carers in every classroom, it is vital for ITE providers to include training about young carers within their programmes so that all trainee and newly qualified teachers gain the knowledge and experience they need to identify and support this vulnerable group.

For a further insight into who young carers are and the challenges they face, see Tool 6: Young carer case studies, young carer quiz and agony aunt activity sheet.

Additional support and resources for ITE providers

Depending on capacity, a local young carers service may be able to deliver a short session about:

- Young carers and the support that they need in education, as part of your training programmes.
- Any school engagement work the service is carrying out to support school leaders, teachers and support staff to identify and support young carers.

Some services may be able to bring along a young carer who can talk directly about their experiences with trainees. Carers Trust and The Children's Society websites enable users to find out details of their local young carers service.

- You can find your nearest Carers Trust Network Partner by using the Find local care and carer services facility at Carers.org (any time) or calling 0300 772 9600 (Monday– Friday, 9am–5pm).
- You can use youngcarer.com/young-carers-services to find young carer projects across the UK.

Additional resources

In addition to the tools and information contained within this toolkit, a variety of additional resources have been produced by Carers Trust, The Children's Society and other UK organisations, which ITE providers and trainee teachers may find useful.

Details about each of these resources are provided below, categorised into the following topics:

- General information about young carers – including online resources and links to research and reports.
- Identifying and supporting young carers affected by stigmatised illnesses, disabilities or displacement issues – such as HIV, substance and alcohol misuse, mental health issues or refugee or asylum seeker status.
- Awareness raising material – including school noticeboard materials for use with school staff, pupils and their families.
- Teaching resources – containing teaching material for key stages 2 and 3, young carer awareness materials such as films and case studies and PSHE lesson ideas.
- Consulting young carers – providing a link to participation packs.
- Online support for young carers – providing details of websites specifically created for young carers.
- Working with school nurses – including key information for school nurses and those working with them, about how to support the health and wellbeing of young carers.

General information about young carers

Carers Trust's Professionals website

Carers Trust's Professionals site is for all those working in health, social care or education who come into contact with carers. Using the knowledge and expertise of The Carers Trust Network, it aims to provide the information and resources professionals need to put practice into action and provide quality support to carers.

professionals.carers.org

The Children's Society Include Programme website

The Children's Society Include Programme offers information and resources, from booklets on how to support young carers to toolkits that help when working with young carers.

youngcarer.com/resources

Family Action (2012) *Be Bothered! Making Education Count for Young Carers* (Family Action)

A report by Family Action highlighting the problems for young carers in school.

www.family-action.org.uk/content/uploads/2014/06/Be-Bothered-Make-Education-Count-for-Young-Carers.pdf

Identifying and supporting young carers affected by stigmatised illness or disabilities

Rethink Mental Illness information

Information designed for people who know someone who has mental ill-health.

www.rethink.org/carers-family-friends/what-you-need-to-know

Who Cares? project

Through the Who Cares? project, the Kidstime Foundation provides a comprehensive kit of materials which primary and secondary school teachers can use to address the needs of children and young people affected by a parent with mental ill-health.

kidstimefoundation.org/the-who-cares-project

Supporting pupils with substance misusing parents

This Children's Society booklet provides information for schools about the issues faced by children and young people due to their parents' problematic substance misuse and gives suggestions for good practice.

youngcarer.com/sites/default/files/substance_misusing_booklet_2011_3rd.pdf

Stars National Initiative

The Children's Society Stars National Initiative is a hub of information, guidance and resources on parent alcohol and substance misuse, and the impact it has on children and families.

www.starsnationalinitiative.org.uk

Refugee Toolkit

A good practice resource from The Children's Society designed to enable all service providers to stay informed about the needs, rights and entitlements of refugee and asylum seeker young carers and their families, and to carry out effective and appropriate signposting and joint working.

www.refugeetoolkit.org.uk

Engage Toolkit

A toolkit from The Children's Society which provides an understanding of the needs of black, Asian and minority ethnic family carers.

www.engagetoolkit.org.uk

Supporting Young Carers in Families Affected by HIV

This toolkit from The Children's Society provides information, resources and good practice guidance about supporting young carers affected by HIV.

youngcarer.com/resources/families-affected-hiv

Awareness raising material

Carers Trust posters and lesson activities

A range of posters and ideas for activities and lessons are available to download. Each year, Carers Trust organises Young Carers Awareness Day – a day of recognition for the 700,000 young carers in the UK – with accompanying colourful materials to use.

professionals.carers.org/young-carers-awareness-materials

Carers.org/young-carers-awareness-day

The Children's Society School Noticeboard Pack

This pack contains a school noticeboard poster to inform pupils of their local young carers support network, a leaflet outlining how to implement this resource, a staff noticeboard poster and the national resources list to add to and update your noticeboard.

youngcarer.com/sites/default/files/imce_user_files/Resources/Professional/Booklets/school_noticeboard_poster_4th.pdf

Teaching resources

Young carers awareness film

A short film from Carers Trust about young carers and what they do.

www.youtube.com/watch?v=upw8ryrqWvc

Young Carers Resource Pack for Schools

Teaching material for key stages 2 and 3 produced by Action for Carers Surrey. They are designed as a six-week module of lessons and assembly talks to be integrated into schools' existing PSHE programmes.

www.actionforcarers.org.uk/professionals/working-young-carers-under-18/resources-downloads/

My Life 4 Schools

My Life 4 Schools is a free, key stage 2 PSHE and Citizenship teaching resource, produced by The Children's Society. On this website, child friendly stories, animation and online activities bring to life key topics and themes from the key stage 2 curriculum, including a lesson plan on young carers.

mylife4schools.org.uk

Primary Drama Young Carers project

Resources developed by Hampshire Inspection and Advisory Service and The Children's Society Include Project raise awareness of young carers by using drama as an active teaching strategy. Resources are targeted at years two and three but are easily adaptable.

youngcarer.com/sites/default/files/imce_user_files/Resources/young_carers_and_drama_pack_sarah_reid_hias_autumn_09_gc.pdf

Makewaves

There are several videos on the website makewaves that can be shared with young people to highlight the issues facing young carers (please be aware these videos are created by young carers across the country. If one of your pupils is in the video, please consult with them prior to sharing it with the school).

www.makewav.es/ycif

Consulting young carers

The Participation Pack

The Children's Society Participation Pack will support you when consulting with young carers in your school.

youngcarer.com/resources/ptp/participation-pack

Online support for young carers

Carers Trust online services

Carers can get 24-hour support, every day of the year, from Carers Trust's online services for carers. They are open to all carers, wherever they live in the UK and whatever their age.

Support from Babble for young carers under 18

Young carers aged under 18 can join Babble (babble.carers.org) to chat with other young carers, share experiences and get information or advice in a fun and safe environment.

Ask the team a question via: youngcarers@carers.org.

Support from Matter for young adult carers aged 16–25

Young adult carers aged 16–25 can visit Matter (matter.carers.org) to connect with other young adult carers in an online community where they'll be able to share their thoughts and experiences in a safe online space and find or give support.

Matter is run by a friendly team of qualified support workers who are on hand to provide confidential support, by messaging or email.

For email support contact matter@carers.org.

National Young Carers Initiative, Include Programme

A website containing a range of information, tools and resources to help young carers gain support and advice. Run by The Children's Society, this website includes tools to support their wellbeing, know their rights, run an influencing change project and know where to go for more help and get contact details for local young carers services.

youngcarer.com

Working with school nurses

Meet the School Nurse Carer Champions

A school nurse video produced at the School Nurse Champions for Young Carers Training day on 5 June 2014. This video enables young carers and those working with them to find out how school nurses plan to support this vulnerable pupil group.

www.makewav.es/story/537747/title/meettheschoolnursecarerchampion

Supporting the Health and Wellbeing of Young Carers

Designed by the Department of Health, Department for Education, Carers Trust and The Children's Society, Supporting the Health and Wellbeing of Young Carers provides a model for a coordinated approach between school nursing, education, local authorities and young carer services.

www.gov.uk/government/uploads/system/uploads/attachment_data/file/299270/Young_Carers_pathway_Interactive_FINAL.pdf

Tips for school nurses

Created by young carers for school nurses.

www.makewav.es/story/536186/title/ourmessagesforschoolnurses

References

- Carter, E, (2015), *Supporting Young Carers in Schools: A Step-by-step Guide for Leaders, Teachers and Non-teaching Staff* (Carers Trust).
- Clay, D, Connors, C, Day, N, Gkiza, M and Aldrige, J (2016), *The Lives of Young Carers in England: Qualitative Report to DfE* (Department for Education).
- Dearden, C and Becker, S (2004), *Young Carers in the UK: The 2004 Report* (Carers UK and The Children's Society).
- Department for Education (2013), *Teachers' Standards: Guidance for School Leaders, School Staff and Governing Bodies* (DfE Publications).
- Department for Education (2016), *A Framework of Core Content for Initial Teacher Training (ITT)* (DfE Publications).
- Ofsted (2015), *Common Inspection Framework: Education, Skills and Early Years* (Ofsted).
- Sempik, J and Becker, S (2013), *Young Adult Carers at Schools: Experiences and Perceptions of Caring and Education* (Carers Trust).
- The BBC (2010), with assistance from The Princess Royal Trust for Carers, surveyed 4,029 pupils in ten secondary schools and found 337 had caring responsibilities.
- The Children's Society (2013), *Hidden from View: The Experiences of Young Carers in England* (The Children's Society).
- UK Census 2011. Source: Office for National Statistics licensed under the Open Government License v.1.0.



Carers Trust
32-36 Loman Street
London SE1 0EH
Tel: 0300 772 9600
Email: info@carers.org

Carers.org
babble.carers.org
matter.carers.org
professionals.carers.org

 www.facebook.com/CarersTrust
 www.twitter.com/CarersTrust
 www.youtube.com/user/CarersTrust

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32-36 Loman Street, London SE1 0EH.

The Children's Society
Unit 4, Calford House
Wessex Business Park
Wessex Way
Colden Common SO21 1WP
Tel: 01962 711 511 Fax: 01962 711 512

childrenssociety.org.uk
youngcarer.com
youngcarer.com/ycinschools

 www.facebook.com/thechildrenssociety
 www.twitter.com/ChildSocInclude and
[childrenssociety](http://www.twitter.com/childrenssociety)

The Children's Society is a registered charity number 221124. Registered office: Edward Rudolf House, Margery Street, London WC1X 0JL.