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**Tool 7:**Young carers key statistics handout

**Guidance**

This two sided information sheet highlights key facts and statistics relating to young carers.

It can be used as a handout for providers to share with their trainee teachers.

**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’s:

* **Physical heath:** 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 very 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 (Carers Trust, 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.

Young carers experience particular challenges and demands that impact on their capacity to enjoy and achieve at school. Research shows that:

* 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)
* A quarter of young carers said they were bullied at school because of their caring role (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. If 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% said there was not a particular person at school who recognised them as a carer and helped them (Sempik, J & Becker, S, 2013).

**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 cares.

**What is the Government’s approach to schools’ 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 identity 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, published by the Department for Education, 2016



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