**STEP 6**

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**Fal**

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**Tool 3:**

Exemplar hand out for pupils to complete and post into a message box

**Purpose**

This hand out aims to facilitate self-identification by pupils. It could be made available to pupils after assemblies/lessons raising awareness about young carers for pupils to return privately via a secure message box.

**One in 12 secondary pupils are young carers.**

Young carers regularly help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

They have extra things to do at home and might help by:

* Cleaning, cooking, shopping.
* Sorting out medication.
* Looking after brothers or sisters.
* Supporting someone physically, like helping them out of bed.
* Supporting someone emotionally, like listening to someone who is upset.
* Helping someone to communicate.

At [insert name of school] we’re listening to young carers.

[Include details about how the school is responding to the needs of young carers]

If you think you are a young carer, don’t miss out. If you need it, you could get support to get good marks, with your health and wellbeing, and more.

Whether you’re looking for advice, support or just want to get something off your chest, get in touch. Fill in this form, drop it in the message box [insert location of the box] and [insert name of person who will get in touch] will arrange to meet you for a quick chat.

Any information you give will be treated sensitively and will not be shared without your knowledge. We will not discuss your caring role in front of your classmates.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



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