### Teachers notes

By discussing these issues in class, the aim is to create a more accepting and understanding environment where young carers feel safe and confident to share their stories and experiences of caring for a family member. And it will help other pupils accept young carers for who they are, and to support them.

The message that young carers are first and foremost young people like anyone else at school – and that anyone could become a carer – should be paramount.

Discussion of the issues faced by young carers is designed to raise awareness of the potential impacts of being a young carer on children and young people’s mental health among all pupils. But it is important to consider carefully the potential impacts of this discussion on young carers in your classroom. Make sure that everyone in the class knows following your discussion that support is available.

Young Carers in Schools is a free initiative in England and Wales that makes it as easy as possible for schools to support young carers. See [www.youngcarersinschools.com](http://www.youngcarersinschools.com).

### Outcomes for pupils

- Pupils will learn about some of the key challenges experienced by young people with a caring role.
- Pupils will learn about the impact that having a caring role can have on young carers, particularly regarding their mental health.
- Pupils will have a better understanding of their feelings and how these relate to mental health.
- Pupils will have a better understanding of why a young carer might be more likely to experience these feelings.
Discussion topics

Do you know what the term ‘mental health’ means?

- What are some feelings that you think are good for someone’s mental health?
- What are some feelings that you think might be less good for someone’s mental health?

If a friend told you that they were having problems with their mental health, what might you do?

- What people or services would you suggest they go and speak to?
- Have you ever helped a friend in this situation before?

Young carers are children who have responsibilities you would usually expect an adult to have. Can you think of a time where you’ve been responsible for someone or something? How did it make you feel?

Young carers often miss out on opportunities to spend time with their friends because their caring role means they have to be at home. Can you think of a time you missed out on an opportunity to spend time with friends? How did it make you feel?

Some young carers get picked on or bullied because they are a young carer. How do you think this makes them feel?

30-minute activities to help complement your conversation

- A game of Pass the Parcel, with a twist! Each layer of the parcel should contain one of the discussion topics.
- Have a conversation using the discussion topics over some fun, stress-busting activities. These include making stress balls or mindfulness glitter jars.
- Activity guides are available as part of our resource pack. These provide examples of fun ways to get young carers and young adult carers thinking and talking about their mental health. See Carers.org/careformetoo to find out how to request one.

For more information, please contact campaigns@carers.org and visit Carers.org/careformetoo.