Young Carers Awareness Day – 30 January
How to get involved with our Count Me In! campaign

Every day across the UK hundreds of thousands of young people help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Young Carers Awareness Day is an annual event, led by Carers Trust. It raises awareness of the challenges faced by young carers and campaigns for greater support for them.

We’ve listened to the things that matter most to young carers across the UK. Based on what they told us, we’ve decided to use Young Carers Awareness Day 2020 to campaign for more support for young carers so they can achieve their potential in education.

Why change is important:
Recent research shows that as many as one in five secondary school children may be a young carer. For many, their caring journey begins at a much younger age.
Caring for someone can be isolating, worrying and stressful. For young carers, this can negatively impact on their education, having a lasting effect on their life chances.

Carers Trust wants to make sure all young carers get the help and support they deserve to do well and that’s why we’ve launched the Count Me In! campaign.

What needs to change:
To make sure that young carers count, we are calling on:

- **Compulsory education providers** to make young carers count by recognising them as a vulnerable group of learners and doing more to identify them at an early stage so appropriate support can be put in place.

- **Politicians in all UK nations** to make young carers count by:
  - Monitoring the implementation of legislation relating to young carers, including how many young carers are identified and supported.

- **Governments in all UK nations** to make young carers count by collecting and acting upon national attendance, attainment and wellbeing data on all young carers identified by compulsory education providers.
  - Ensuring local authorities receive appropriate funding so they are able to fulfil their legal duties to provide young carers and their families with the support they need.

What you can do to help

Everyone can:

Visit [Carers.org/YCAD2020](https://www.carers.org/ycad2020) for more information about the Count Me In! campaign and to download a resource pack.

Tweet your support using #YoungCarersAwarenessDay and #CountMeIn.

Don’t forget to tag @CarersTrust, @CarersTrustWal or @CarersTrustScot depending on where you live.

Tweet a school, local authority or politician that you think should be getting involved with the campaign.

Write to your elected representatives to ask what they’re doing to support the campaign. Our online information will help you find out who your representative is and how to contact them.
Politicians can:

• Put up a Carers Trust or local young carer service poster in your office.

• Hold a special advice surgery for young carers and their families.

• Arrange a visit to a local carer service to hear directly from young carers and the people who support them.

• Arrange a visit to local schools and colleges to find out what they’re doing to support young carers.

• Ask questions of national governments and local authorities about how they’re making sure that young carers are identified and supported effectively.

• Ask questions of national governments, local authorities and compulsory education providers about how they record the number of young carers; and what steps they’re taking to ensure their attendance, attainment and educational outcomes are the same as for young people without caring responsibilities.

Compulsory education providers can:

• Get in touch with your local young carer service to learn about what support you can offer young carers, schools and colleges.

• Make sure that you understand the legal rights of young carers and where to signpost them to support to access their legal rights.

• Commit to appointing a lead staff member to ensure that young carers are counted and that all staff are young carer aware.

• Put in place systems to record and track the number of young carers and their attainment, attendance and wellbeing outcomes.

• Download our Count Me In! resources and campaign pack and support your students to use it.

• Hold a special assembly to celebrate the amazing things young carers do and to inform learners about young carers’ rights and the support available for them.

• Share your success – tweet about what your school or college does to support young carers to achieve their ambitions #CountMeIn.

Young carer services can:

• Download our Count Me In! resources and campaign pack and support the young people you work with to use it.

• Work with local schools and colleges to hold special assemblies or lunchtime events to mark Young Carers Awareness Day.

• Use Twitter to promote schools and colleges that are doing a great job identifying and supporting carers. Celebrate the work you do with schools and colleges to support young carers.

For more information:
Visit Carers.org/YCAD2020