What you can do to mark Young Carers Awareness Day
31 January 2019

**Make a film**
Check out what more you could do to help young carers in your school by downloading our Step-by-step Guide which makes it as easy as possible to support young carers in school. Find out more at https://youngcarersinschools.com/.

**Host an assembly** – why not invite a local carers service or young carers in your school to give a short talk about young carers and their mental health.

**Have a stall**
Download materials from Carers.org/YCAD2019 and Carers.org/careformetoo for your stand. Encourage pupils to play our Life in a Spin interactive game on a laptop. Find it at lifeinaspin.org/intro.

**Have a donation bucket for money.**

**Run a lesson**
about young carers and/or their mental health – check out our Young Carers Awareness Day and #CareForMeToo classroom resources.

**Put up a display on your school noticeboard** – include our posters and example blogs, poems and letters from our #CareForMeToo young carer campaign champions.

**Create Young Carers Awareness Day pages** on your school’s website.

**Organise your own activity**, such as cake sales, or create your own Young Carers Awareness Day or #CareForMeToo posters.

Check out what more you could do to help young carers in your school by downloading our Step-by-step Guide which makes it as easy as possible to support young carers in school. Find out more at https://youngcarersinschools.com/.

Visit Carers.org/YCAD2019 to find out more!