

# Raising Awareness of Young Carers

## Ideas for activities and lessons

### Outcomes for pupils

- Pupils will understand if they are a young carer and how to get help.
- Pupils will learn who young carers are and the sorts of caring responsibilities they may have.
- Pupils will learn the barriers and challenges faced by young carers and the impact, both positive and negative, of being a young carer.
- Pupils will gain insight into how young carers may feel.

### Teachers notes

- Raising awareness of young carers among pupils may encourage some pupils to consider issues relating directly to themselves for the first time. Carers Trust recommends support is readily available and promoted for pupils if required.
- By discussing these issues as part of the curriculum, the aim is to create a more accepting and understanding environment where young carers feel safe and confident to share their stories and where they are accepted for who they are and supported by peers.
- The message that young carers are first and foremost young people and that anyone could become a carer, should be paramount.
- 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, and awards good practice. See [www.youngcarersinschools.com](http://www.youngcarersinschools.com).

### Resources to use in the classroom

- **Life in a Spin game:** Our online game to encourage pupils to think about being in the shoes of a young carer. Suitable for individual pupils to play. Find it at [lifeinaspin.org/intro](http://lifeinaspin.org/intro).
- **The Young Carer Quiz!** How much do pupils know about young carers?
- **Young Carer Case Studies:** Real life stories from young carers to promote discussion.
- **Be an Agony Aunt for a Young Carer!:** Pupils can read and respond to a selection of problems from young carers.

### Ten minute activities! Ideas for an assembly or any ten minute slot!

- Play [lifeinaspin.org/intro](http://lifeinaspin.org/intro).
- Run the Young Carer Quiz.
- Invite a local young carers service to deliver an assembly or short talk.



### 30 minute activities!

- Use one of the case studies as the basis for short role play scenarios in PSHE or drama lessons.
- Create your own True/False quiz using the Carers Trust resources and the internet.
- Read the case studies and/or other resources and write a 'Day in the Life of a Young Carer' in diary form or using a timetable format (06:00 Get up and make breakfast for Mum). Include the responsibilities, thoughts and feelings that a young carer may have.



### 50 minute activities!

- Invite your local young carers service to deliver a lesson about young carers. A young adult carer may be able to attend to talk about their experience. Visit [Carers.org](http://Carers.org) to find your nearest service.
- Create your own infographic or poster about young carers. Use our infographic, case studies and the internet to research information.
- Choose a case study, then draw a mind map of the young carer's family in the centre of a page. In mind map form, write down different challenges a young carer and their family may be facing. Add to the map how you think each family member could be supported. If you have time, watch the Life in a Spin game at [lifeinaspin.org/intro](http://lifeinaspin.org/intro) to help you, or visit [babble.carers.org](http://babble.carers.org).
- Research activity. Use the resources and the internet to research and present ten facts about young carers. Include the following: What do young carers do? How might being a carer affect a young person? What support is available for young carers?
- Read Be an Agony Aunt for a Young Carer! Choose one problem and write a response to the young carer.



**Information and support**  
[babble.carers.org](http://babble.carers.org)  
[matter.carers.org](http://matter.carers.org)

