

Our School Promise to all Young Carers

What is a Young Carer? It is a young person, who cares for a family member eg. Mum, Dad, brother or sister, who due to illness, disability, mental ill-health, substance misuse or an addiction cannot cope without their support.

They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. Tasks include shopping, cooking, providing personal care, administering medication or looking after or 'parenting' younger siblings.

What could be the effects of being a young carer?

A young carer's physical and emotional health, education and social opportunities can all be affected by their family situation and caring role.

Each school has at least 1 pupil out of every 12 who provides care for a relative, but many remain hidden because they do not know who to speak to.

This School promises....

- That all staff will recognise that Young Carers need support to succeed at school and still be able to continue with their caring responsibilities
- To have a full awareness of who are the young carers in school, taking responsibility to find out who they are and what they need
- That all staff will attend training to fully understand the daily challenges faced by Young Carers. Staff will utilise the tools and resources available to them, helping them to identify and support hidden Young Carers
- To identify hidden Young Carers and provide them with a teacher they can talk to in confidence
- That they will identify a dedicated person(s) known as 'Young Carers' Champion(s)' who will be there to listen and support the children who need them, offering practical and emotional support
- To have an open door policy, providing Young Carers with the tools and opportunities to identify themselves and have their voices heard
- To consider Young Carers' needs and make reasonable allowances when necessary. This could be by providing appropriate tools for them to visually inform all staff as to why they may need to be excused from lessons etc. For example, a Young Carers Card
- To aim to provide Young Carers the same life chances as any other young person
- To raise awareness of Young Carers within the school eg. talks at assemblies
- To provide Young Carers with the opportunity to meet with other Young Carers in school, eg. having a lunch time drop-in
- To be flexible - provide events/sessions where Young Carers are able to receive additional support and help around homework and course work
- To work with the St.Helens Young Carers Centre (if needed) to support Young Carers in school

- To provide a tool by which pupils can explain confidentially why they are absent/late from school, giving them the opportunity to talk to somebody about it
- To include information about young carers in PSHE lessons to raise awareness
- To make sure there is a clear and up to date notice board and or information on the school website showing where Young Carers can get support in the community.

This promise has been written by the St.Helens Young Carers' Committee who are Young Carers themselves. The idea is that schools can gain a better understanding of what is important to Young Carers whilst in school, enabling them to provide the support needed.

Promise Signatories:

School: _____

Head Teacher: _____ Date: _____

Pupil Representative: _____ Date: _____

Governor Young Carer Champion: _____ Date: _____

Please return a copy of this promise to:

Young Carers Committee
Young Carers
St.Helens Carers Centre
31-35 Baldwin Street
St.Helens
WA10 2RS

