



Supporting Young Carers Guidance

Rationale

St Laurence School is committed to being aware of the issues that Young Carers may face within our school and putting systems in place to support them.

"Schools have a key role in identifying and supporting young carers. We must ensure that every child has the opportunity to meet their full potential". (Department of Education, 2013)

Young Carers do not always feel supported at school. This is often made more difficult because some Young Carers prefer not to discuss their caring role and the majority do not want attention drawn to them.

This guidance aims to make staff more aware of the issues surrounding Young Carers and ensure that the School responds promptly and effectively to their needs as outlined in "Every Child Matters: Change for Children" (2004).

DFE new guidance - Pupil premium: effective use and accountability Oct 2019 (revised in Dec 2019)
States the grant can be used to support other pupils – those in contact with social worker or are carers.

Educational and attainment impact for a young carer

- 27% of young carers of secondary school age experience educational difficulties or miss school, and where pupils are caring for someone who misuses drugs or alcohol, 40% have educational difficulties.
- Young adult carers aged between 16 and 18 years are twice as likely to be not in education, employment, or training (NEET) (Audit Commission, 2010).
- 68% of young carers experience bullying at school and 39% said that nobody in their school was aware of their caring role (The Princess Royal Trust for Carers, 2010).
- One in 12 young carers is caring for more than 15 hours per week. Around one in 20 misses school because of their caring responsibilities.
- Young carers have significantly lower educational attainment at GCSE level, the equivalent to nine grades lower overall than their peers e.g. the difference between nine 6's and nine 5's.

Aims

- Governors, teaching and non-teaching staff, pupils and parents should have an understanding of what a Young Carer is and what their responsibilities may be.

A Young Carer definition:

Young carers are children and young people under 18 years old who provide regular and ongoing care to a family member who is physically or mentally ill, disabled or misuses substances (ADASS, ADCS and The Children's Society, 2012).

Young carers provide, or help to provide regular or continuing care and emotional support to that person and take on a level of responsibility usually associated with an adult. A young carer becomes vulnerable when the level of care giving and responsibility to the person in need of care becomes excessive or inappropriate for that child.

Young Carers may do things like:

- Household chores
- Preparing or cooking food
- Personal care
- Giving medication
- Communicating on behalf of someone else
- Ensuring someone's safety

- Providing emotional support

Impact of caring on young people

- Physical health: often severely affected by caring through the night, repeatedly lifting a heavy adult, poor diet and lack of sleep.
- Emotional wellbeing: stress, tiredness and mental ill health are common for young carers.
- Isolation: feeling different or isolated from their peers, limited opportunities for socialisation, bullying and harassment.
- Unstable environment: traumatic life changes such as bereavement, family break-up, losing income and housing, or seeing the effects of an illness or addiction.

Indications that a student may be a young carer

The Young Person:

- May be late for school for no apparent reason, or have high absenteeism rates
- Might be often tired, withdrawn or pre-occupied
- Could be a victim of bullying – may have very few friends
- May be under-achieving. Often has not completed homework or it is of poor quality
- Could be anxious or concerned over ill/disabled relative
- May display behavioural/emotional problems
- Might have physical problems such as back pain from lifting an adult

What St Laurence School will do to support young carers

- Governors and staff will be made aware of the issues faced by Young Carers through this guidance.
- Confidentiality will be respected.
- Their Head of House and Tutor will support Young Carers, who are known to the School. This may include referrals to helpful services where appropriate. This may also include intervention offered within school such as counselling and peer mentoring or additional academic support.
- The School may liaise with the Young Carers Service where required.
- Use the pupil premium grant where necessary to support achievement.

What to do if you believe a child is a young carer

We know there are many hidden young carers who have not had a young carer's assessment or had support to help them cope with their caring role. If, through our contact with families, we become aware that a child is caring for someone at home who has a long term illness, disability or needs relating to mental health or substance misuse, then they are a young carer. If we were not previously aware of their caring role and we are not sure if they have had a young carer's assessment then we should refer them for a [young carer's assessment](#). They and their family will then be able to access a range of information, advice and support, including access to groups and 1:1 support for young carers, from [Youth Action Wiltshire](#) and [Carer Support Wiltshire](#).

Useful Contacts

- Online information for professionals www.youngcarers.net
- Online information for Young Carers www.youngcarer.com
- Childline 0800 11 11
- Advisory Centre for Education (ACE) 0808 800 5793
- Coram Children's Legal Centre 0808 802 0008
- KIDSCAPE Parents Helpline 0808 802 5544
- Parentline Plus 0808 800 2222
- Youth Access www.youthaccess.org.uk
- Bullying Online www.bullying.co.uk