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.

Ten minute activities!

Ideas for an assembly or any ten minute slot!

- Watch the film and discuss.
- Play the Life in a Spin game online.
- 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 resources we’ve supplied 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 (some services may be able to bring along a young adult carer who can talk about being a young carer).
- Create your own infographic or poster about young carers. Use our infographic, case studies, film 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.
- 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.

Resources to use in the classroom

- Life in a Spin game: Our new 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 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.

Books about young carers

Set up a display of books with themes about young carers. See our book list at www.carers.org/youngcarerbooklist.

Information and support

www.youngcarers.net (18 and under)
www.youngercarersmatter.org (16-25)
www.makewav.es/YCiF

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