

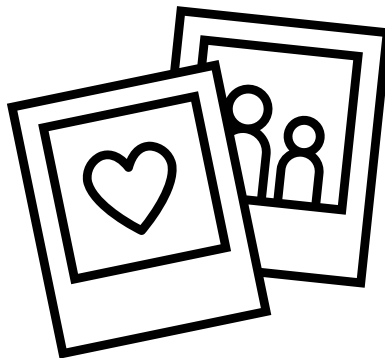


Talking to school about your caring role

Included in this document are a few things that might be useful for your school to know about. These are all examples we have heard from other Young Carers and might not all be the same for your family. You can change the examples underneath to make sure they reflect you and your family!

Name:

School:



I care for a member of my family (you could include a family picture here)



My skills include:

Examples:

Empathy

Keeping calm

Knowing what to do in an emergency

Managing my time

Patience

Understanding

The reason I care:

Example:

My Mum/Dad/Brother/Sister/Grandparent etc. has...

Additional Needs

An illness

Drug/Alcohol abuse

Ill Mental Health

Physical Disability

What I really like to do:

Examples:

Being creative

Cooking

Going out with my friends

Playing on my computer

Playing sports

The good things about caring:

Examples:

I do lots of things to help

I get to spend lots of time with my family

It makes me useful

We are very supportive of each other

The not so good things about caring:

Examples:

I can't have friends over to the house

I get upset and angry sometimes

My friends don't always understand my situation

We don't go out like other families

How can the school support me:

Examples:

Be understanding when I have homework problems

Give me some 'timeout' when I get into school

Let me use the phone to call home and make sure my family is ok

Someone to talk to when I feel worried or upset