

03 Possible indications of a young carer

The following is a list of possible indicators of a young carer. Many can be indicative of other issues too. Together, they may help you build a profile of a pupil. Further sensitive information and appropriate questions may then in turn, lead to a pupil letting you know that they are a young carer.

Is the pupil.....	✓
...often late or missing days or weeks off school for no reason?	
...often tired, anxious or withdrawn?	
...having problems socially or with making friends? Conversely, do they get on well with adults and present themselves as mature for their age?	
...a victim of bullying? This is sometimes explicitly linked to a family member's disability, health or substance misuse problem.	
...depressed?	
...finding it difficult to concentrate on their work?	
...having difficulty in joining in extra curricular activities or is unable to attend school trips?	
...isolated because of their family situation or because they lack social skills with their peers (and yet they are confident with adults?)	
...not handing in homework/coursework on time, or completing it late and to a low standard?	
...anxious or concerned about an ill or disabled relative?	
...displaying behavioural problems?	
...having physical problems such as back pain (perhaps from heavy lifting)?	
...secretive about home life?	
...showing signs of neglect or poor diet?	

Are parents (or another relative).....	✓
...sick, have a disability, illness or substance misuse problem? (Remember that not all children who have a family member who is ill or with disabilities is a young carer.)	
...difficult to engage with?	
...not attending parents' evenings?	
...not communicating with school?	