

## Top ten tips for peers

This activity is generally more effective if classes are separated into smaller groups to allow for group discussion but if time is short the activity can be done with everyone in the class working together.

Each group will be given one of the case studies of a young person having to care for someone in their family and a piece of flip chart paper and a pen.

Pupils should read the case study, discuss what is happening and agree on what support they feel the young carer would like to ask their friends for. They should make a list of the top ten things they can think of. Pupils should think about any thoughts, responsibilities, worries, problems and feelings that their young carer may have and what might help.

### Top ten tips

At a workshop about "respect" the National Young Carers Forum came up with the following top ten tips for their peers:

- 1 Respect my silence; I'll talk when I'm ready.
- 2 Be a good listener.
- 3 Don't tell everyone my life story, I tell you things in confidence.
- 4 Don't think I'm unreliable, just understand I have commitments.
- 5 Don't treat me as any different because just being with friends is an escape.
- 6 Don't feel awkward around me. This is my life and I'm fine with it.
- 7 Try and work around my plans as I can be very busy at home.
- 8 Be supportive and cheerful.
- 9 Accept me for who I am.
- 10 Do not judge me or my family.

The class should discuss each groups responses. Emphasis should be given to the responsibilities that young carers in the case studies actually have and how their own opportunities for friendship, leisure, extra curricular and even ordinary school work may be restricted by the tasks they do.