



CHECKLIST FOR TEACHERS TO HELP IDENTIFY YOUNG CARERS

ERASMUS+ PROGRAMME PROJECT
**“INNOVATIVE SCHOOL EDUCATION METHODOLOGIES AND TOOLS
FOR GUARANTEEING SOCIAL INCLUSION OF YOUNG CARERS”**
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(Developed from: Supporting Young Carers in School: A Step-by-step Guide for Leaders, Teachers and Non-teaching Staff, Step 7, Tool 1: Checklist of signs a pupil is a young carer, Carers Trust and the Children's Society, available at <https://professionals.carers.org/step-step-guide-raising-awareness-schools-staff-about-young-carers>
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DO THESE LOOK FAMILIAR?

There may be many reasons why a young person may fall under the indicators listed below. However, answering yes to the all or some may indicate that the young person is a young carer. Have you explored or do you have information about the family situation of the kid? Do you know if there is the chance that he/she is caring for someone?

Once you have identified young people who may be young carers, you can use the assessment questionnaire (MACA and the list explanations) to see what kind of responsibilities a young carer has and which family circumstances accompany such responsibilities.

DO YOU KNOW A YOUNG PERSON WHO IS

- 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- often tired, anxious or withdrawn?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
- 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 or sudden unexplained drop in attainment?
- anxious or concerned about an ill or disabled relative?
- displaying behavioural problems?
- Are crying in the classroom?
- having physical problems such as back pain (perhaps from heavy lifting)?
- secretive about home life?
- showing signs of neglect or poor diet or not having lunch or lunch money?
- whose parents are not engaging with the school or not attending school events?