

Primary School Ideas For Discussing Young Carers

Objectives:

- Explain what a Young Carer is.
- Know some of the things Young Carers might do.
- To learn about what Young Carers' lives can be like.
- Know some details about Young Carers such as the average age of a Young Carer.
- Can including learning about some illnesses and disabilities they weren't sure about before.
- Reduce bullying if the children have a better understanding.

Introduction:

If the school has had an assembly start by reminding about the assembly and explain what a Young Carer is, if not then discuss this with them. Have the definition on an A3 piece of card or the board to display during the lesson. Go through some basic ground rules as talking about sensitive things. (May be YCs in class, don't be afraid to ask questions, respect, think about how others might be feeling)

A young carer is;

Anyone under the age of 18 whose life is in some way affected because of a caring or support role for a family member who has a long-term illness, mental health issue, a disability, or who substance dependency.

Activity 1 - Scenario Cards (Groups)

Each table are given a set of scenario cards using the below scenario's, ask them to have a Yes, No and don't know column on their table. They have to decide as a group if the child on the card is a Young Carer or not then put them into the appropriate column.

- **Amit** is 9 years old and his little sister Sabrina is 5 years old. Sabrina has Asperger's which means she can think and learn like other children, but can find it difficult making friends, understanding other people's feelings and knowing how to behave. Amit helps his Mum and Dad to look after Sabrina and helps by playing with her and making sure she is ok.
- **Amelia** is 12 years old and has a twin sister called Lucy. They live with their Mum and Dad and dogs Sam and Sally. They like to go on holiday to France and swim in the sea.
- **Jack** is 14 years old and lives with his Mum and older sister. Jack's Mum has MS which means that some days she cannot walk. Jack helps his Mum move around the house and with housework when she isn't well.
- **Connor** is 8 year old and lives with his Dad who has cancer. There are lots of different types of cancer and his Dad is having treatment to help him beat it. Connor's Dad is often tired and is sick so Connor helps at home when he can. Connor never goes to any after school clubs or activities as he doesn't want his Dad to be alone for too long.

- **Gemma** is 9 years old and has Cerebral Palsy. Cerebral Palsy can make some things harder to understand and it can affect your speaking and walking. Gemma has no siblings and just lives with her Mum who takes care of her.
- **Mason** is 7 years old and lives with his older brother and Mum. He loves skipping in the playground. One day at school an older child snatches the skipping rope from Mason which makes him upset and he doesn't know what to do.
- **Ella** is 9 years old and lives with her Mum, Dad and older brother who has ADHD and autism. Ella finds his behaviour quite difficult at times as he can be quite rough with her and he doesn't understand why she doesn't like it. Her life is quite different from her friends as she can't invite them round to her house as her brother finds new people scary.

Activity 2 – Feelings Box (Whole class discussion based)

Everyone is given a card with one of the below feelings on. We then have to think about reasons why a Young Carer might feel that way.

Happy	Sad	Special	Tired
Important	Grown up	Worried	Angry
Frustrated	Loved	Stressed	Helpful
Lonely	Guilty	Scared	Confident

Activity – Think about life for a young carer

Small groups each given a sheet of paper with a person drawn on, using different colour pens ask everyone to draw or write on their paper young person (they might wish to base their person on one of the specific young carer examples above):

- Things a young carer might have to do
- Feelings a young carer might have
- People a young carer might be able to talk to

Discussion point

If a friend spoke to you about being a young carer and finding life difficult, what could you say to them or do to support them?

Ideas/suggestions.

- Talk to a teacher/professional
- Listen to them
- Understand that at times it might be difficult to see you, but they still want to be your friend
- Be flexible in activities you do to give them the best chance of attending
- Be normal with them – they are still your friend, a young person and still have all the same fears, worries, thoughts and hobbies that you may do.

What have you learnt about Young Carers?

Can do this via discussion or writing on a post it and sticking it on the board.

Remind the Young People who the Young Carers Lead in school is and that they can talk to them or other teachers if they have any questions or if they think they might be a Young Carer.

Useful Websites/Resources

<https://www.warwickshireyoungcarers.org.uk/default.aspx>

<https://carers.org/>

<https://www.childrenssociety.org.uk/what-we-do/helping-children/young-carers>

<https://youtu.be/eou1ury5sxw>