



barnet young carers

identifying the

Young carers in your school

There are young carers in every school and every classroom in Barnet. Could you spot one? Barnet Young Carers work with schools to support young carers, but we can only do that once we have identified them.

Look at some of the key indicators that may help you identify a young carer and contact us so we can help support them.

Is the student:

- 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- Often tired, anxious or withdrawn?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 as very mature for their age?
- A victim of bullying?
- Depressed?
- Finding it difficult to concentrate on their work?
- Having difficulty in joining in extracurricular activities or unable to attend school trips?
- Isolated?
- Not handing in their 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 physical neglect or poor diet, for example hungry, thin or lacking clean uniform?
- Listed as a Child in Need, subject to a Child Protection plan, or Looked-after Child Plan where parental ill health or addiction issues are involved?
- A sibling of a pupil at your school who is registered with disabilities or ongoing health problems, including mental ill health?

**If you think you have a young carer in your classroom
contact us on youngcarers@barnetcarers.org**