

Young Carer Checklist



Many young carers remain unidentified and schools can play a pivotal role helping to identify them and then referring them on for support. There are a wide range of indicators that might point towards a child being a young carer. The signs that a child or young person may be a young carer may of course also be indicators of many other issues.

If you think that you may have a young carer in your class you can refer them to the Barnet Young Carers Team using the following online form:



barnetyoungcarers.org.uk/professional-referral/

If you have any concerns about the safety of the young person then you should make a referral to the MASH:



barnet.gov.uk/children-and-families/keeping-children-safe/worried-about-safety-child

- 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- Often tired, anxious or withdrawn?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?

More information at: barnetyoungcarers/think

