**STEP 7**

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**Tool 1:**

Checklist of signs a pupil is a young carer

**Guidance**

The signs that a child or young person may be a young carer may of course also be indicators of many other issues. However, knowing these signs can help staff to build up a picture of a pupil and ask the right questions to reveal that a pupil is a young carer.

**Is the pupil:**

* 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* Often tired, anxious or withdrawn?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? (Refer to your SEN Disability Register and School Census data).

**Are parents (or another relative):**

* Disabled or do they have an illness or addiction problem? (Remember that not all children who have a family member who is ill or disabled or has an addiction problem is a young carer).
* Difficult to engage with?
* Not attending parent’s evenings?
* Not communicating with school?
* On low incomes, and unable to afford school related expenses? This may be because of disability related unemployment.



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