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- Often tired, anxious or withdrawn?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.