**Young Carers Quiz**

*A young carer is a young person who looks after or helps to look after someone who has a disability, a long-term illness, a mental health condition or who misuses drugs or alcohol.*

*Some young carers do lots to help at home. Other young carers don't have to do so much because adults in their family are able to do this.*

*Lots of young carers worry about the person who they care for. They can get tired, find it difficult to concentrate and can't always spend time with their friends out of school.*

*This quiz will help you find out more about young carers… the amazing things they do to help their family… and how this might make them feel.*

*It will also help you find out about the*

*support that's available for young carers in your school.* 😊

1. Have you heard about young carers before today?
2. **Yes b) No**
3. At what age can a young person become a young carer?
4. **As soon as they can walk b) Age 4 c) Age 8**
5. Does the person they help care for have to live at home with them?
6. **Yes b) No**
7. Can the person a young carer helps care for be older than them?
8. **Yes b) No**
9. Could a young carer help to care for more than one person?
10. **Yes b) No**
11. Name 2 things that a young carer might do at home to help at home.
12. **c)**
13. It's important for young carers to have a break from their caring responsibilities. Can you think of two ways they might do this?

**a)**

**b)**

1. Approximately how many young carers could there be in your class?
2. **0 b) 1 to 3 c) More than 3**
3. If a young carer is helping lots at home and/or is worried about their family, do you think this might make things difficult at school for them sometimes?
4. **Yes b) No**
5. It's important for young carers to let someone in school know that they are a young carer, so that school can support them. Do you know who young carers can talk to at your school?

**a) Yes b) No**

If yes, who is it?

**Young Carers Quiz - Answers**

1. Have you heard about young carers before today?

a) Yes b) No **Either answer correct**

2. At what age can a young person become a young carer?

**a) As soon as they can walk**

*A young carer is anyone under the age of 18, so toddlers may be helping a little at home.**They might have to share an adult's time… and may see other members of their family in lots of pain or upset sometimes. An older sibling might also be looking after them for much more of the time that other children their age.*

3. Does the person they help care for have to live at home with them?

**b) No**

*The cared for could be a family member who lives somewhere else. It could be a friend or neighbour. Some young carers might help care for a parent who they do not live with. They may worry lots about them because they're not with them all the time.*

4. Can the person a young carer helps care for be older than them?

**a) Yes**

*Young carers can help care for older siblings and/or adults. They can also care for younger brothers and sisters.*

5. Could a young carer help to care for more than one person?

**a) Yes**

*Sometimes the young carer may be supporting 2 or more people. Some may live at home, whilst others might live in the same place or further away.*

6. Name 2 things that a young carer might do at home to help.

*Washing up, cleaning, hoovering, washing, cooking, help with medication, looking after siblings, giving reassurance and other emotional support…*

7. It's important for young carers to have a break from their caring responsibilities. Can you think of two ways they might do this?

*Meeting friends or family, joining an organisation like Guides or Cadets, sports, after school activities…*

8. Approximately how many young carers could there be in your class?

**b) 1 to 3**

*It's estimated that there are about 800,000 young carers in the UK. Lots of young carers aren't know about, often because they and their family don't realise that they are a young carer.* *This means that they're not getting the help and support that they need and deserve.*

9. If a young carer is helping lots at home and/or is worried about their family, do you think this might make things difficult at school for them sometimes?

**a) Yes**

*If they're helping the cared for/getting themselves (and siblings) ready for (and to) school… they might be late or miss school.*

*If they're tired or they are worrying about the cared for… they might be distracted and find it difficult to concentrate.*

*If they can't meet up with their friends or join a group or activity… they might feel lonely and/or find it difficult to make friends.*

*If they've been doing lots to help, or they can't get homework done because of distractions… they might be worried or stressed.*

*All the above can affect how a young carer is feeling and how well they are doing at school.*

10. It's important for young carers to let someone in school know that they are a young carer, so that school can help and support them. Do you know who young carers can talk to at your school?

a) Yes b) No **Either answer correct**

If yes, who is it?

*Teacher, Teaching Assistant, ELSA… whoever they feel comfortable talking to.*

*They might prefer to talk to someone with a friend… or they might not want their friends to know.*

*They might prefer their mum/dad/guardian to let school know.*

*If your school has a* ***Young Carers Lead or Champion****, please share this information with your class, together with information about* ***the support that's available for young carers in your school****.*

*Thank you 😊*