

# 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- Often tired, anxious or withdrawn?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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