

Young carers in education

Help us give young carers a break in life

Young carers tell us all the time that one of the biggest things that would make a difference for them is getting more recognition and support in schools, colleges and universities.

Young and young adult carers need to be identified and have proper support so they can balance their caring and learning. Carers Trust's latest Young Carer and Young Adult Carer Survey found:

- Young carers miss 23 days of school a year - over a month of education
- Almost half (48%) of young carers reported being bullied in the past year.
- Almost one in four young carers (23%) say there is 'no support at all' for young carers in their school, college or university.



“There is no empathy or understanding towards young carers. I still get detention if I cannot finish my homework on time because my brother has had a seizure. They are really harsh when things go wrong.”

In the run up to Young Carers Action Day on **Wednesday 12 March 2025** we want

We have also listed below some **more resources** to help

to play its part in ensuring young and young adult carers can thrive in education. In short, we want you to help us **give young carers a break in life.**

Here's how you and your colleagues can help:

- Ensure your education setting has a **Young/Student Carers Lead** – this can improve support for young and young adult carers
- Have a **Young/Student Carers Policy** in place – so that all young and young adult carers know what help is available to them.
- Arrange young carer awareness-raising sessions for staff and pupils – this will increase understanding of young carers



To find out more about supporting young and young adult carers in:

please contact:

play its part in **giving young carers a break in life.**

For resources on how **schools** can support young and young adult carers in **England**:

- > [Young Carers School Champion checklist](#)
- > [Young Carers School Policy Checklist](#)
- > [Young carers poster for pupil noticeboards](#)
- > [Young carers poster for staff noticeboards](#)

For further information about supporting young and young adult carers in schools, visit the [Young Carers in Schools website](#) which provides resources, training and webinars, and an Award to recognise good practice.

For resources on how **higher/further education** providers can support young and young adult carers in **England**:

- > [Working With Further and Higher Education Providers: Top Tips](#)
- > [Supporting Higher Education Students with Caring Responsibilities](#)



Find out more about how you can get involved with Young Carers Action Day on Wednesday 12 March 2025 at carers.org/ycad