

# Step 7

## Tool 1: Checklist of signs a pupil is a young carer

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.

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## 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- Often tired, anxious or withdrawn?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, a mental health problem or an addiction are involved?
- A sibling of a pupil at your school who is registered with disabilities or ongoing health problems, including a mental health problem? (Refer to your SEN Disability Register and School Census data).

## Are parents (or another relative):

- Disabled, ill or have a mental health problem or an addiction? (Remember that not all children who have a family member or friend who is ill, disabled or has a mental health problem or an addiction 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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