

Step 8

Tool 3: Lesson Activity - Young Carer Quiz

Questions

1. **How many young carers are there in the UK?**
2. **How many young carers would you expect in a secondary school of 1,000 pupils?**
3. **Children can't start a caring role until they are eight years old.**
True or False?
4. **Most young carers provide care for under 10 hours a week.**
True or False?
5. **Around 20% of young carers or young adult carers don't have someone at school they can talk to.**
True or False?
6. **'A young person does chores around the house to help their family'. Which of the following is true about this statement:**
 - a. Helping their relatives do chores makes them a young carer.
 - b. They aren't a young carer if they don't care for a parent.
 - c. They are a young carer if someone they support has an illness, disability, mental health problem or an addiction.
7. **If a young carer doesn't speak up about their caring role or is doing well at school then they don't need support.**
True or False?
8. **Most young carers don't want to go to college or university.**
True or False?
9. **The number of recognised young carers is increasing.**
True or False?

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Answers – including references where relevant

1. The 2011 Census identified over 177,000 young carers in England and Wales. Further research suggests there could be 800,000 young carers in England aged 11-16. This figure doesn't take into account young carers aged 17 and under 11, which means the real figure of young carers is likely to be higher. (University of Nottingham & BBC News (2018) New Research Suggests More Than One in Five Children in England Carry Out Some Care For Sick and Disabled Family Member. Available at: <https://www.nottingham.ac.uk/news/pressreleases/2018/september/children-england-care-sick-family.aspx>)

The total figure of young carers in England is not known which means many young carers continue to remain hidden and unsupported.
2. 220, or 1 in 5 secondary school aged pupils. (University of Nottingham & BBC News (2018) New Research Suggests More Than One in Five Children in England Carry Out Some Care For Sick and Disabled Family Member. Available at: <https://www.nottingham.ac.uk/news/pressreleases/2018/september/children-england-care-sick-family.aspx>)
3. **False** – the 2011 census highlighted almost 10,000 young carers aged 5-7.
4. **False** – 50% of young carers provide care for 20 or more hours a week. (Carers Trust (2022), *It's Harder than Anyone Understands*).
5. **False** – 40% said they 'never' or do 'not often' have someone at school to talk to about being a young carer or young adult carer. (Carers Trust (2022), *It's Harder than Anyone Understands*).
6. **A is false** – most young people do chores around the house but a young carer does chores because the person they care for is unable to.

B is false – young carers can be sibling or parent carers.

C is true – definition of a carer.
7. **False** – Many carers are hidden for these reasons; they don't feel they can speak up even if support is supposed to be in place as a lot of carers have had negative experiences with being listened to, understood and truly supported. See Step 1 of the Step-by-step Guide for further reason young carers remain hidden.
8. **False**. In a survey, 84% said they intended to go to university or college. (Sempik, J, Becker, S (2013), *Young Adult Carers at School: Experiences and Perceptions of Caring and Education* (Carers Trust)).
9. **True**. The 2011 Census showed increased across all age ranges. Recent research shows over 800,000 just in secondary schools in England. (<https://www.nottingham.ac.uk/news/pressreleases/2018/september/children-england-care-sick-family.aspx>)

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