

YOUNG CARERS ACTION DAY

Citizenship

Related FlashAcademy lessons:

Beginner > Family & Friends > Lessons 5 – 7

Beginner > Health & Body > Lessons 7-10

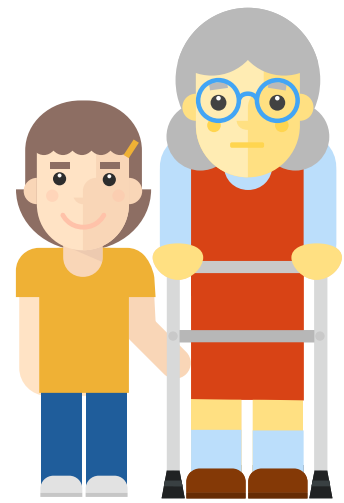
Intermediate > Family & Relationships > Lesson 11

Intermediate > Everyday Life > Lesson 10

Intermediate > Health & Body > Lessons 5 + 6

Advanced > Health & Lifestyle > Lessons 4, 5 + 8

A young carer is a child or young person who **looks after** someone in their family. This could be a brother, sister, parent, or other family member. Their family member might be sick, disabled, have learning **difficulties**, or difficulties with their mental health. Young carers help in lots of ways, such as doing the cleaning, cooking or other **housework**, looking after younger siblings, collecting or giving medicine, and translating important documents or interpreting at the doctor. They also provide emotional support, like listening to their family member when they're upset, giving them hugs, or **cheering them up**. Young carers often feel different from their friends because they have a completely different life when they go home, so sometimes they don't tell anyone about it. However, young carers have amazing skills and we should celebrate what they do and try to **support** them as much as possible. If you think you might be a young carer, you can tell a teacher you trust and they can help you. They might let you call your family at school if you're worried about them, or have extra time to do your homework if you're **struggling** to keep up. They can also help you to meet other young carers so you can make friends in a similar situation..



Match the words with a synonym:

to look after

•

to help

difficulties

•

to find it difficult

to cheer up

•

chores

to support

•

to take care of

housework

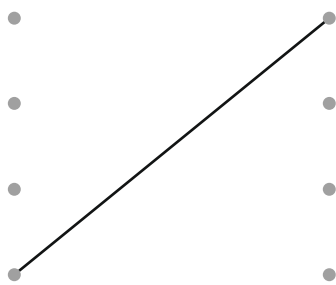
•

to make happy

to struggle

•

problems



Read the text again and answer the questions:

1 Who do young carers look after? Why?

2 What types of support do young carers provide?

Practical:

Emotional:

3 Why don't young carers talk about what they do?

4 What's good about being a young carer?

5 What should you do if you think you might be a young carer?

6 How can schools help young carers?



Discuss with a friend, teacher, or your class

What do you do to help your family at home?

How do you think young carers feel?

What would you do if your friend told you they're a young carer?



Challenge!

Make a poster to help teach other people about young carers.

