



Young Carers Policy

January 2026

To be reviewed January 2028

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Statement of Intent

At Peters Hill Primary School we believe that all children and young people have the right to an education regardless of what is happening at home. When a child looks after someone in their family with a history of a long term physical or mental illness, a disability or alcohol/substance abuse, the young person may need some extra support to help them get the most out of school.

This Young Carers' policy will set out how we will help any pupil who looks after someone at home.

A copy of this policy will be made available to parents/carers.

Legal Framework

1.1. This policy has due regard to the following legislation and guidance, including, but not limited to:

- Dudley Safeguarding People Partnership
- Carers Trust- Know Your Rights
- The Children Act 1989
- The Care Act 2014
- The Health and Care Act 2022
- Working Together to Safeguard Children 2023
- Keeping Children Safe in Education 2025

1.2. This policy is designed to be used in conjunction with other school policies such as:

- Child Protection and Safeguarding Policy.

1. Defining a Young Carer

A young carer is a child or young person under 18 years of age who helps look after a family member. Most are caring for a parent, but some may be taking responsibility for a Sibling, Grandparent or other relative.

The Children and Families Act 2014 defines a "Young Carer" as someone under 18 providing care for another person.

This legislation underpins and establishes the right to a young carers "needs assessment" which places a legal responsibility on the Local Authority to conduct and identify appropriate support through a whole family approach for referral to the appropriate support.

The person(s) they look after will have one or more of the following needs:

- Physical disability
- Learning disability
- Mental health issues
- Chronic illness
- Substance misuse

A young carer may undertake some or all of the following:

- Practical tasks- helping with household tasks
- Domestic care- supporting with daily routines
- Childcare
- Physical care
- Personal and/or intimate care
- Emotional support- when someone feels unwell, anxious or sad
- Household management
- Translating
- Financial care
- Administering medication

2. Our Commitment

At Peters Hill, we are committed to creating a Young Carer Friendly environment where pupils feel safe to talk about their caring role and are supported to succeed in education and beyond.

We will:

- Promote awareness of Young Carers among staff and pupils.
- Appoint Young Carer School Champions as the main points of contact for Young Carers and their families.
- Ensure that Young Carers privacy is respected and information is handled sensitively.
- Work with parents, carers and external organisations to coordinate support
- Make reasonable adjustments to help Young Carers achieve their potential

3. Identifying a Young Carer

Unless the school is advised about a child or young person's home circumstances, young carers' risk first being identified by negative aspects, their behaviour, work or appearance. Some young carers' worry

about being bullied or interference in their family life and may seek to conceal their role from their peers and from teachers.

Some parents may be worried about informing the school for fear of judgments being made that they are unable to care for their children properly, so parents may conceal this information.

Some of the warning signs that might indicate that a child or young person has unrecognised responsibilities are:

- Regular lateness or unauthorised absence, possibly increasing over a long period of time
- Tiredness in school
- Erratic response to homework with incomplete, late or non-compliance to set tasks
- Lack of concentration, anxiety, stress or worry
- Under achievement
- Behavioural problems, especially inappropriate responses possibly resulting from anger or frustration
- Few or no peer friendships but possibly a good relationship with adults. Possibly presenting as very mature for their age
- Victim of bullying, perhaps linked to a family member's disability, state of health or substance misuse.
- Lack of interest in extra-curricular activities, especially those after school or school trips which take the young carer further away.
- Apparent parental disinterest due to non-attendance at parent's meetings

The above may be indicators of a range of problems, some not associated with a child or young person having a caring role at home. However, in dealing with any child or young person exhibiting any of the above signs, staff should consider whether this child or young person is an unidentified young carer.

Staff should discuss their related concerns with the Young Carers Champions. Concerns about a child or young person who may be considered as, an unidentified young carer, should always be reported quickly and confidentially.

It is preferable to start from a positive base and all discussions should be handled with sensitivity. We will try to establish if:

- The child or young person has additional support needs which may include having parents/relatives with disabilities or long-term physical, mental health needs or substance misuse issues
- The child or the young person has a responsibility for looking after that person over and beyond 'normal' responsibilities and at a level inappropriate to their age.
- Information gained as a result of this process will be held securely. While we will respect the right to privacy, we would wish to establish if the family is in contact with any support services that could help reduce their reliance on the young person or provide some space or respite for the child or young person.
- Information shared can also be used to work with parents to try to identify any support gaps.
- School might be aware of any additional support avenues for the family for example, Early Help, Dudley Young Carers etc.
- Information should not be shared until we will seek consent from the child or young carer and their parent. Parents may feel comfortable with support from school but do not wish to access further support agencies, this is their choice.

4. School support for identified Young Carers

- A trusted adult will meet with young carers on a regular basis liaising with teachers regarding difficulties, attendance and deadlines
- Targeted early interventions are used to provide support to young carers ensuring they are able to reach their full potential.
- Staff members will treat young carers in a sensitive and child-centred way, upholding confidentiality.
- School may allow young carers to use a telephone to call home to reduce any worry they may have about a family member.
- School can negotiate deadlines, for example, homework and facilitate an environment to do homework in, if required.

- School will work with any external support agencies if parents/ young people wish to access these.
- Transition support is in place for young carers, being mindful of any times during the year that may prove even more stressful for the child or young person e.g medical appointments, holidays, school trips etc.
- School will offer support to the pupil and their family during the transition process to a new school sharing agreed information with their new school lead for young carers. Additional visits to the new setting can arranged if this would be beneficial.
- Additional support is offered in order to remove any communication barriers with parents, allowing them to be fully engaged with the education of their child.
- Where parents are unable to physically attend parents' evenings due to their needs or the needs of others in the family, another form of communication will be arranged.
- School will actively seek feedback and ideas from young carers and their families to shape and improve provision for young carers.
- School will consider how best to support those parents who find it difficult to escort young children into school and work with extended agencies who may be able to offer support.
- School uses and evaluates data effectively to identify and monitor the progress made by young carers.
- Awareness raising sessions will take place including assemblies, PSHE lessons, awareness days and staff training
- School meets the requirements of current legislation and guidance.

5. School will work to respect young carers rights, these include:

- Young carers have a right to be healthy and their caring role should not impact on their physical or mental well-being.
- Young carers have the right to have time to themselves so that they can form friendships in and out of school.

- School will speak with young carers about the needs of the person they look after.
- Young carers should not feel isolated but have an avenue of support for themselves.
- Young carers should be able to achieve their goals for the future both within school and beyond, being a young carer should not impact on academic success.
- Sensitivity to the needs of the young carer, includes being careful not to ask even well-intentioned questions about how the family members are when the young carer is in the presence of his/her peers.
- Schools will liaise with support services to ensure that families can be advised where additional help may be available to them.

6. Review and Monitoring

- Young Carers will be monitored within school to ensure the child or young person thrives and reaches their full potential. There will also be opportunities to access external support networks.
- If the family has been part of an Early Help Assessment regular monitoring will identify any further areas for support.
- Young Carers Champions will review the policy every two years, or sooner if legislation or guidance changes.
- Feedback from Young Carers, families and staff will inform updates to ensure the provision and policy remains effective.

Named Contacts

Young Carer School Champion:	Karen Bridgwater, Tracy Curnin
Designated Safeguarding Lead	Tracy Curnin
Headteacher	Simon Duncan