



# Young Carers policy

<b>Review period:</b>	Biannually
<b>Lead on policy:</b>	Ms Bleasdale (DSL)
<b>Date of Local Academy Council Approval:</b>	January 2024
<b>Date for Review:</b>	January 2026

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## **1.0 Policy statement**

We are committed to and fully recognise our responsibilities for supporting young carers. This policy has been developed to ensure that all adults are working together to safeguard and promote the welfare of young carers. We will ensure timely and effective identification of students who are taking on a caring role.

## **2.0 Scope**

This policy is a guide to all staff – including non-teaching and governors – outlining the Academy’s approach to identifying, assessing, and supporting young carers. It should be read in conjunction with other relevant school policies.

This policy is written with regard to the Children and Families Act 2014 – Section 96, the Care Act 2014 – Section 63, and the Care Act 2014 – Section 64. The Government recognises that schools have a vital role to play and are ideally positioned to identify young carers and to initiate support.

To reinforce this Ofsted recognises young carers as a vulnerable and disadvantaged group. It has strengthened its guidance in The Common Inspection Framework: Education, Skills and Early Years (Ofsted, 2015) stating that “in making judgements inspectors will pay particular attention to young carers”.

## **3.0 Policy Aims**

- To provide staff with the framework to promote and safeguard the wellbeing of young carers.
- To ensure consistent good practice across the school by increasing understanding and awareness of, and communication about, young carers.
- To ensure students at the school with caring responsibilities are identified and supported so they can play a full and active role in school life, remain healthy, and achieve their academic potential.
- To encourage students who are impacted by parental ill-health, disability or substance misuse to self-identify and that the school works to a whole family approach and will signpost them and their parents/carers for specific support.

## **4.0 Key Staff Members**

This policy aims to ensure all staff take responsibility to identify young carers.

The name of the member of the School’s Senior Leadership Team that has oversight of Young Carers is the Designated Safeguarding Lead, Ms Bleasdale. The Operational Safeguarding Lead, Mrs Jones is the operational Young Carer’s Champion. These staff will act as a point of contact for on-going information, advice, and guidance via the commissioned young carers’ service.

Other key members of staff have specific roles to play:

- Pastoral staff
- Safeguarding Team
- Form Tutors

- Senior Mental Health Lead
- SENCO
- Mental Health First Aider
- PSHE Coordinator

## 5.0 Raising awareness of young carers

### Who are they?

A young carer is someone under the age of 18 who helps to care for a family member, relative or friend. A young person aged 16-25 with caring responsibilities can be known as a young adult carer. As many as 1 in 5 children and young people are young carers in the UK

### The scale

The first year of school census data relating to young carers was released in June 2023 on the [Department for Education website](#).

The data showed that there was significant under-reporting of the number of young carers in schools (both when compared to the estimated number of young carers in schools, and the numbers known to local young carer services).

Nationally, 38,983 pupils were recorded as young carers, representing 0.5% of the pupil population and an average of 260 young carers per local authority. In contrast, research by the University of Nottingham and the BBC suggests that around 10% of all pupils will be providing high or very high levels of care.

In Liverpool according to the Joint Strategic Needs Assessment over 5,100 people in Liverpool aged under 25 identified themselves as providing unpaid care, equating to 3.5% of that group.

### What do young carers do?

The tasks and level of caring undertaken by young carers can vary according to the nature of the illness or disability, the level and frequency of need for care, and the structure of the family as a whole.

Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

These can include:

- Practical tasks – cooking, housework and shopping.
- Physical care – lifting or helping someone use the stairs.
- Personal care – dressing, washing, helping with toileting needs.
- Emotional support – listening, calming, being present.
- Managing the family budget, collecting benefits and prescriptions.
- Medication management.
- Looking after younger siblings.

- Helping someone communicate.

### How does caring affect a child or young person's life?

- **Physical health:** Young carers are often severely affected by caring through the night, repeatedly lifting a heavy adult, poor diet and lack of sleep.
- **Emotional wellbeing:** Stress, tiredness and mental ill-health are common for young carers.
- **Socialisation:** Young carers often feel different or isolated from their peers and have limited opportunities for socialising. A quarter of young carers in the UK said they were bullied at school because of their caring role. Locally this was reported as high as 60% (Schools Anti-Bullying Audit).
- **Stable environment:** Young carers can experience traumatic life changes such as bereavement, family break-up, losing income and housing, or seeing the effects of an illness or addiction on the person they care for.

As a result, caring responsibilities have a significant impact on a pupil's learning:

- Young carers are more likely than the national average not to be in education, employment or training (NEET) between 16 and 19. Of these, 75% had been NEET at least once (compared with 25% of all young people) and 42% had been NEET for six months or more (compared with 10% of all young people) (The Children's Society, 2013).
- In addition, carers aged 23 or over were less likely than non-carers to enter employment, and this depended largely on how many hours a week they spent caring. Those caring for 35 hours or more a week were 46% less likely to enter employment than non-carers.
- Young people who provide informal unpaid care to family members or others outside their household are on average 38% less likely to obtain a university degree than their counterparts with no caring responsibilities, according to a new study by UCL researchers.

### Why are young carers often hidden?

- Their parent's condition is not obvious, so people don't think they need any help.
- They do not realise that they are a carer or that their life is different from their peers.
- They don't want to be any different from their peers.
- They believe that the school will show no interest in their family circumstances.
- They want to keep their identity at school separate from their caring role.
- It's not the sort of thing they feel can be discussed with friends.
- There has been no opportunity to share their story.
- They are worried about bullying.
- They worry that the family will be split up and taken into care.
- They want to keep it a secret and/or are embarrassed.
- They see no reason or positive actions occurring as a result of telling their story.

### 6.0 Possible Indicators that a child/young person may be a young carer

- Low attendance - lateness to or absence from school.

- Achievement – failing to reach their potential.
- Presentation –tired/ hungry/ unkempt.
- Not taking part in extracurricular activities.
- Social skills – under or overdeveloped.
- Isolated/ being bullied.
- Homework /coursework is late or poor quality.
- Anxiety/constantly worried.
- Behavioural problems and poor concentration.
- Physical problems.
- **No obvious signs – school may be a break from caring.**

## **7.0 Early Help and Liverpool Young Carers Pathway**

We will ensure that staff, students and parents/carers are aware of the right to a young carers' assessment, as well as the support and services available to them, and how they can access these services.

Within the school and through our communication channels (newsletters, websites), we will share and display relevant information about young carers and how they can access support as well as who they can talk to in school.

### **Young Carer's Assessment**

- The school will utilise the Early Help Framework and if it appears a student has identified needs related to and is adversely affected with the negative impact of caring.
- Barnardo's Action with Young Carers is a city-wide community-based service that ensures young carers and young adult carers in Liverpool are identified and can receive a carer's assessment, support plan and review under the statutory duty of the Council.
- The service can be contacted directly for advice and discussion about the pathway for support.
- Young carers themselves and /or family members are encouraged to contact the service to request the assessment and seek support.
- Once assessed the young carer will have an agreed support plan taking into account the needs of the whole family and aims to reduce the negative impact of caring on the child/young person.

## **8.0 Support at school**

- The school will look to consider alternative arrangements if a young carer cannot attend afterschool activities.
- The school will consider lunchtime detentions rather than after-school detentions.
- The school will allow young carers to use a phone to call home during breaks and lunchtimes to reduce the worry that they may have about a family member.
- The school actively seeks feedback from our young carers and their families to look at how we can improve the support we put in place for young carers.
- Pupil premium funding will be used where possible to minimise any barriers to education and learning experienced by an eligible young carer.

- The school will use the interventions available and appropriate to support our young carers through the Young Carers Champion. These services include but are not limited to YPAS in school support, the school counsellor, the school emotions coach, the school chaplain, Head of Years and SEND team.

- **Local Support**

We recognise some children and young people are at greater risk of experiencing poorer mental health and this includes young carers. In Liverpool, there is a range of organisations and groups offering support, including the **CAMHS partnership**, a group of providers specialising in children and young people's mental health wellbeing. These partners, which include Action with Young Carers, deliver accessible support to children, young people and their families, whilst working with professionals to reduce the range of mental health issues through prevention, intervention, training and participation.

<https://www.liverpoolcamhs.com/>

## **9.0 Whole school approach**

We will ensure all appropriate policies reflect the needs of young carers and have mechanisms in place to monitor how many students are taking on a caring role and the outcomes for this group.

## **10.0 Policy Review**

This policy will be reviewed every two years as a minimum. In between updates, the policy will be updated when necessary to reflect local and national changes. Any personnel changes will be implemented immediately.