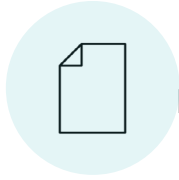


Lesson plan 1: A day in the life of a young carer

What you will need



pen



paper



Optional – Flip chart paper and pens



Print outs of worksheet 1 'A day in the life of a young carer.' There are 3 stories available for you to use, you may wish to give different stories to different tables to work on.

Learning Objectives

- Young people to understand the definition of a young carer.
- Young people to gain understanding of what a day in the life of a young carer might involve and how this experience might feel.
- Young people are aware of how to access support if they identify as a young carer.

1. What is a young carer?

Share the definition of a young carer with the class:

Young carers are young people under the age of 18 who are helping to care for a family member. This could be because their family member has a disability, is not well either physically or mentally, or misuses drugs or alcohol. This could be any member of their family including a sibling, parent or grandparent.

There are lots of different things a young carer might do to care for their family member:

Practical support
e.g. helping with
cooking and
cleaning.

Personal care e.g.
helping the person
that they care for
to get dressed or
to have a bath or
shower.

Emotional support
e.g. talking to the
person they care
for and checking
that they are ok.

2. Split young people into groups. Provide each group with one story from Worksheet one 'A day in the life of a young carer.' There are 3 stories available. You may wish to give different stories to different groups.

3. Ask groups to read their story and think together about the following questions: (Worksheet 2 for handout)

What practical and physical tasks does the young person in your story have to do?

Do you think the young person in your story is providing emotional support to the person they look after? How?

How do you think they are feeling?
What worries do you think they might have?

What are all the things they have to think about during their day? Can you make a list of these things?

4. You may want to use flip chart paper to record the students feedback.

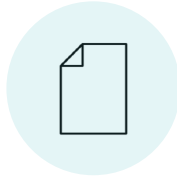
5. Finish the session by providing information about how to access young carers support in your school and who young people can talk to if they think they might be a young carer. You may wish highlight the Young Carers Champion in your school and how to get in contact with them. You may wish to use the templates in this pack to put up posters in your classroom and school with the Young Carers Champion photo and name.

Lesson plan 2: Positive and negative impact of being a young carer

What you will need



pen



paper



Flip chart paper and pens



Print outs of worksheet one 'A day in the life of a young carer.' There are 3 stories available for you to use, you may wish to give different stories to different tables to work on.

Print out of worksheet 3 and 4 for each group.

Learning objectives

This can be used as a follow on activity to Lesson 1 to develop understanding of the barriers and challenges faced by young carers and the impact, both positive and negative, of being a young carer.

- Young people understand the definition of a young carer.
- Young people develop an understanding of the challenges faced by young carers.
- Young people are aware of how to access support if they identify as a young carer.

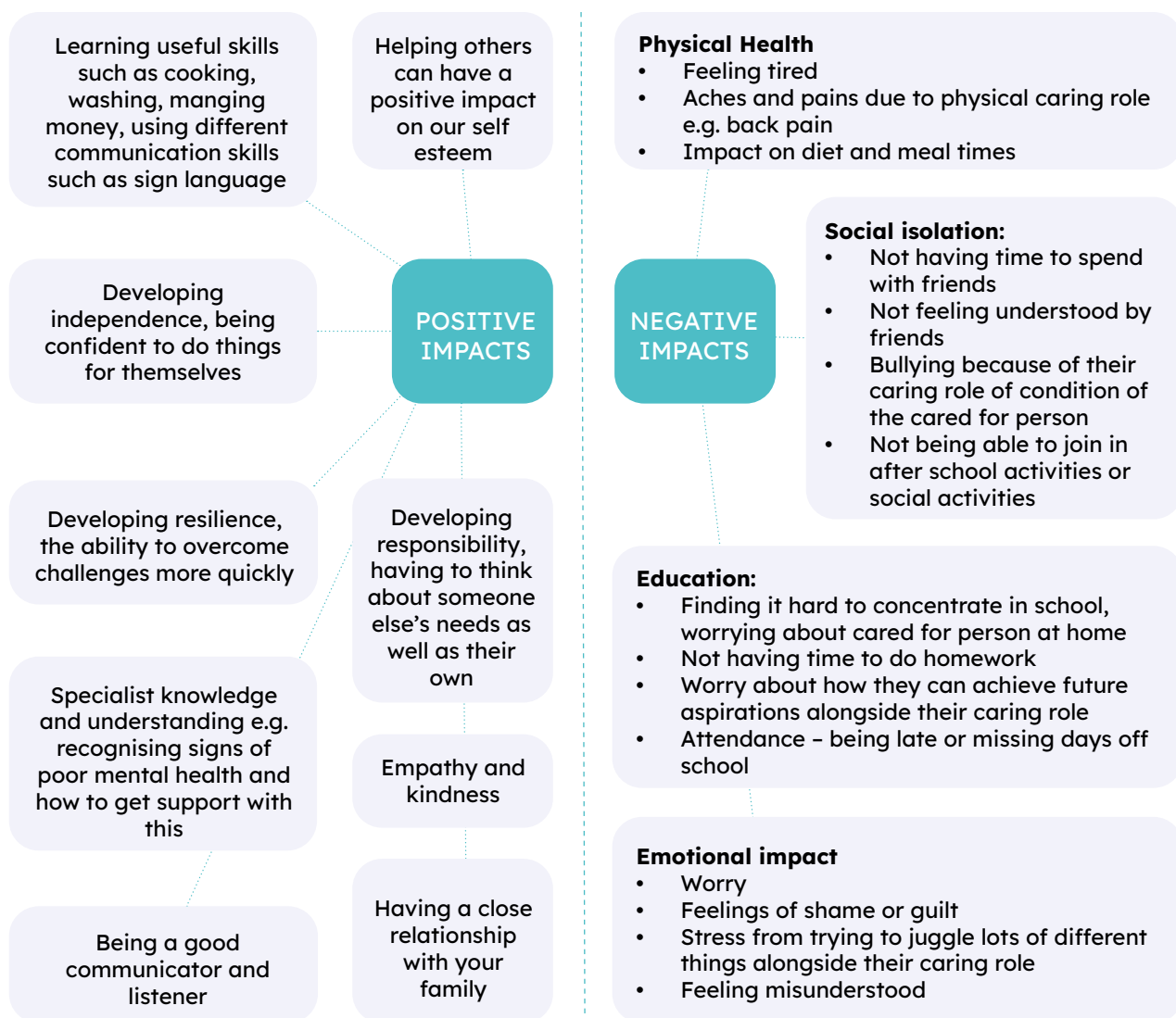
1. Split young people into groups. Provide each group with one story from Worksheet 1 'A day in the life of a young carer.' There are 3 stories available. You may wish to give different stories to different groups.

2. Give each group work sheet 3 and worksheet 4. Ask them to think about the potential positive and negative impacts of being a young carer.

- What are the potential positive impacts of being a young carer?
- What are the potential negative impacts of being a young carer?

Lesson plan 2: Positive and negative impact of being a young carer

3. You may want to use flip chart paper to record young people's feedback. Encourage discussion and reflection on the feedback young people share. Here are some prompts to help think about the potential negative and positive impacts of being a young



4. Finish the session by providing information about how to access young carers support in your school and who young people can talk to if they think they might be a young carer. You may wish highlight the Young Carers Champion in your school and how to get in contact with them. You may wish to use the templates in this pack to put up posters in your classroom and school with the Young Carers Champion's photo and name.

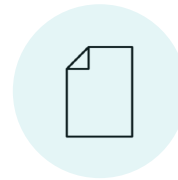
Lesson plan 3: Raising Awareness of Young Carers

CREATIVE ACTIVITY

What you will need



Pens, coloured pens and pencils



Paper



Creative materials for poster decorating

Learning Objective

- Young people to understand the definition of a young carer.
- Young people are aware of how to access support in school if they identify as a young carer.
- Raising awareness in school

1. Share the definition of a young carer with the class

Share the definition of a young carer with the class:

Young carers are young people under the age of 18 who are helping to care for a family member. This could be because their family member has a disability, is not well either physically or mentally, misuses drugs or alcohol. This could be any member of their family including a sibling, parent or grandparent.

There are lots of different things a young carer might do to care for their family member:

Practical support
e.g. helping with
cooking and
cleaning.

Personal care e.g.
helping the person
that they care for
to get dressed or
to have a bath or
shower.

Emotional support
e.g. talking to the
person they care
for and checking
that they are ok.

Lesson plan 3: Raising Awareness of Young Carers

CREATIVE ACTIVITY

2. Ask young people individually or in groups to create a poster to raise awareness of young carers and to support self-identification of young carers in your school.

Some key information they might want to think about including:

- 1 in 5 young people are a young carer
- Young carers are young people up the age of 18
- Young carers provide care to a family member who has a disability, is not well either physically or mentally, misuses drugs or alcohol
- Young Carers provide support by providing
 - practical care e.g. cooking and cleaning
 - personal care e.g. helping the person get washed or dressed.
 - Emotional support e.g. providing reassurance and making sure they are feeling ok.
- How to access Young Carers support in your school.

Young Carers Project
CAMBRIDGESHIRE & PETERBOROUGH

Centre 33
Supporting young people

Do you help to look after someone in your family? Is this because of:

- Disability?
- Mental illness?
- Physical illness?
- Drug or alcohol misuse?

"I feel really supported and able to talk honestly about my worries, meeting with my Centre 33 worker and having a plan is like having a weight lifted off my shoulders."

You are a young carer and we are here to help.
We work with young carers up to the age of 18.

Our Young Carers Project
can help you by:

- ★ Giving you **someone to talk to**
- ★ Working with you to **make sure your voice is heard**
- ★ Offering you a **young carers needs assessment** to understand how caring impacts you
- ★ Helping you to **meet other young carers**
- ★ Helping you with your **move to secondary school**
- ★ Offering you a **transitions assessment** if you are aged 16+

We support young carers from armed forces families

Just **get in touch** and we will contact you to find out more about you and your family and how we can help.

Tel: 0333 4141809 | email: youngcarers@centre33.org.uk
www.centre33.org.uk YouTube @centre33Camb

SCAN ME

Lesson plan 4: A day in the life of a young carer

What you will need



Print out of worksheet 5 'Sophie's day: Timeline' for each group



Cut out the information on Worksheet 6 'Sophie's day: List of tasks' and place in an envelope. One envelope per group.



Worksheet 7 'Sophie's story: A day in the life of a young carer' to read to the class.

Learning objectives

- Young people understand the definition of a young carer.
- Young people begin to develop an understanding of the challenges faced by young carers.
- Young people are aware of how to access support if they identify as a young carer.

1. Start by sharing the definition of a young carer.

Young carers are young people under the age of 18 who are helping to care for a family member. This could be because their family member has a disability, is not well either physically or mentally, misuses drugs or alcohol. This could be any member of their family including a sibling, parent or grandparent.

There are lots of different things a young carer might do to care for their family member:

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Emotional support
e.g. talking to the
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for and checking
that they are ok.

Lesson plan 4: A day in the life of a young carer

2. Give one envelope to each group. Ask each group to use the pieces in their envelope to try and map out Sophie's day in order. They can use worksheet 5 'Sophie's timeline' to help with this.

Ask the class to think about before school, during school and after school. Can they add timings to each item in their envelope? Can Sophie fit all these things into her day?

3. Read Sophie's story in full to the class. See worksheet 5.

4. Some reflective questions to share with and ask your class:

- How is Sophie's day different to their 'typical day'?
- How do you think it feels for Sophie to try and fit all these things into her day?
- How does the class think that Sophie might feel at the end of the day?
- What did Sophie miss out on?

5. Finish the session by providing information about how to access young carers support in your school and who young people can talk to if they think they might be a young carer. You may wish highlight the Young Carers Champion in your school and how to get in contact with them. You may wish to use the templates in this pack to put up posters in your classroom and school with the Young Carers Champion photo and name.