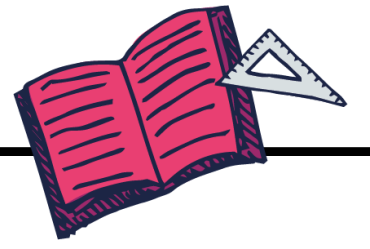


Information to help young carers talk to your school or college about our new resource



It's Young Carers Action Day on 15th March and, this year, I have been part of a campaign to help you take action.

Young Carers Action Day is an annual event to raise awareness of young carers in the country. This year's theme is 'make time for young carers'!

So that's why I've come to talk to you. I'm part of Young Carers National Voice (YCNV) and we're trying to improve the lives of young carers. Like me, everyone in YCNV provides care for people in our families who have long term physical or mental illness, disabilities, or drug/alcohol issues. And we're not alone. At least 1 in 12 children and young people are young carers like me – that's around 800,000 across the UK.

With lots of extra pressures at home, one of the things that can be hard for me is doing my best in my education. To help ensure schools are identifying young carers like me, from January 2023, schools now have to declare their young carers on the schools census. Some education settings might not know how to support young carers though, once they have identified them.

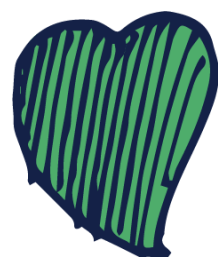
That's why, this year, we decided to create a resource of things that have really helped us, to give you simple ideas for how you can help young carers like me at our **[school / college]**.

So, this Young Carers Action Day, will you support me and other young carers by:

- **Doing one of the examples from our resource with young carers in our [school/college]?**
- **Discussing our resource with the teachers and staff?**
- **Displaying our resource in your staff room, so everyone in our [school/college] can get inspired and help young carers?**

Sometimes it's the little things that make the biggest difference!

Thank you so much.



Download the YCNV resource [here](#)