

What can Teachers/Student welfare workers do to support Young Carers?

Cultivate a
Young Carer
Friendly
Class-room
and School
Community

WHAT CAN TEACHERS/STUDENT WELFARE WORKERS DO TO SUPPORT YOUNG CARERS?

1. Be aware of the issues and challenges young carers face

- By taking the time to get to know them and their world and
- Accessing relevant information and training.

You are likely to:

- Reduce the stigma young carers face,
- Directly reduce their sense of isolation,
- Help them to feel believed and supported,
- Create a more positive and productive relationship between student and teacher.

2. Utilise individual learning plans

- By being flexible with assessment and homework deadlines,
- Being creative around the assessment process wherever possible,
- Trying to be flexible with start and finish times, and
- Scheduling regular reviews with young carers.

You are likely to:

- Help young carers achieve their educational goals as well as meeting their caring responsibilities,
- Give the young carer ownership of their learning,



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WHAT CAN TEACHERS/STUDENT WELFARE WORKERS DO TO SUPPORT YOUNG CARERS?

- Allow young carers to manage workloads realistically,
- Show a response to their individual needs,
- Reduce anxiety and fear of failure,
- Increase their positive perception of the school environment.

3. Develop a Supportive Environment

- By providing a telephone at school to allow the young carer to maintain a connection with their family during the day,
- By making a room available for young carers to have some chill time or finish homework after school.
- By working with young carers to develop peer support/s and programs,
- By developing a school culture that is respectful of people who have an illness disability or alcohol and other drug problem,
- By being attentive to the language and content in teaching material and its impact on young carers,
- By encouraging the inclusion of all families at school activities and providing access for them to attend.
- By using notice boards and newsletters that raise the school community's awareness of illness, disability or alcohol and other drug problems,

You are likely to:

- Address young carers' needs most directly,
- Create a feeling of acceptance and support for them within the school community.

