

Sometimes the most important thing is to be a good listener

- The reason we are often absent is that we are caring for a family member who has no one else to support them.
- We may not be asking for help because we consider the tasks we are providing to be a “normal” part of life.
- It helps a lot to have a supportive teacher when we are feeling stressed, anxious or left behind.
- Many of us are afraid to ask for help in case someone thinks we are “not coping” and wants to take us away from our families.
- If you draw attention to our families’ circumstances in class, we may be bullied or ostracized in the playground. We just want to be treated the same as anyone else.
- Many of our educational difficulties are a direct result of our caring responsibilities and do not indicate our intelligence or ability to learn.
- Many of us want to be at school, finish our assignments and complete our education but we also have to take care of our caring responsibilities.

Teachers and support workers make a huge impact on our lives just by being aware, listening to and believing us.

