

Late for school

Being bullied

No time for self

Not being understood  
by teachers/friends

Poor attendance

Tired

Can't invite friends  
round to the houses

Late homework

# What it is like being a

Missed deadlines

Cannot manage  
emotions

Worried about what's  
happening at home

financial pressure on  
family



# Young Carer



Missed schoolwork

Feeling isolated from  
friends

Feeling anxious

Worried about mental  
health

Concerns about  
future opportunities  
(E.g. work, university)

Not able to ask for  
support

Always needing to  
put on a brave face

Experiencing stigma  
and prejudice