

# SURREY YOUNG CARERS

WHAT IT'S LIKE BEING A  
YOUNG CARER IN SCHOOL





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If you're helping to look after someone in your family because of an illness, disability or a drug or alcohol abuse problem you may be a young carer.

"IT WOULDN'T REALLY HELP IF I STAYED ON LATE AT SCHOOL TO DO MY WORK BECAUSE THINGS WOULD STILL HAVE TO BE DONE WHEN I GOT HOME."

"I JUST DON'T DO MY HOMEWORK. I DON'T HAVE THE TIME, THEN IT ALL PILES UP AND I HAVE TO DO IT IN A RUSH"

"MY BEST FRIEND KNOWS BUT I WOULDN'T WANT ANYONE ELSE TO KNOW... THEY WOULDN'T UNDERSTAND."

"IT'S DIFFICULT TO TALK TO THE TEACHERS... IT'S NOT EASY TO EXPLAIN... IT'S ALWAYS IN THE CORRIDOR OR IN THE CLASS. I JUST DON'T TELL THEM."

Other young carers have said that they often find things too much at home. Sometimes they struggle to cope at school. It can be difficult to explain to teaching staff - it's often easier not to even try.

"IT'S IMPORTANT KNOWING THAT YOU CAN TALK WHEN YOU NEED TO... BUT NOT FEELING YOU HAVE TO"

Surrey Young Carers can provide confidential support and advice in school. Ask a member of staff to arrange a chat with a young carers worker or contact us directly - details overleaf.

"OTHER PEOPLE GO HOME AND HAVE EVERYTHING DONE FOR THEM AND THEY STILL FIND IT HARD TO COPE WITH THE WORK"



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