

SPEAKING WITH MY TEACHERS

For some people, it can feel uncomfortable sharing that you are a young carer. Even though it might be hard, it's important to have this conversation if you're looking for support or opportunities.

Call us if you'd like help reaching out to your school!

YOUNG CARERS are children and young people, **25 YEARS AND UNDER**, who help **CARE** for a **FAMILY MEMBER OR FRIEND** with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

STARTING THE CONVERSATION

Find a quiet time to approach a teacher you trust, or arrange to catch up at a later time. You might find it difficult to share because you're sharing something personal about your family, or maybe because the person you are sharing with doesn't know about young carers. If you are having difficulties juggling school and your caring role, speaking to a teacher may help alleviate some of the pressure.

PLAN OUT THE CONVERSATION

Think about what concerns you are having – practising the conversation beforehand may help to get your thoughts clear.

SHARE WHAT YOU FEEL COMFORTABLE WITH

Remember that you get to choose how much you share. Only reveal details you feel comfortable with and ask the teacher to keep this conversation confidential, they will let you know if they need to pass on any information in order to better support you. By telling someone else that you are a young carer, they might be able to share information or ideas that you may not have thought about.

DON'T BE AFRAID TO SAY HOW YOU'D LIKE TO BE SUPPORTED

Let the teacher know what you're looking for, whether you would like follow up or further support, extra time for assignments, or whether you are just telling them so they are aware.



YOUNG CARERS
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For information, support or to join the Young Carer Community call

02 9280 4744

or visit www.youngcarersnsw.org.au