talking to your school about your caring role

**Here are a few things that might be useful for your school to know about. You can change the examples underneath to make sure they reflect you and your family.**



**I care for a member of my family – a family picture**

**My skills are:**

Good listening skills

Knowing what to do in an emergency

Organising and managing my time

Cooking meals and cleaning the house

**What I really like to do:**

Going out with my friends and go to dance club

Walking my dog Bruce!

**The reason I care:**

Physical Disability

Mental health problems

Drug or Alcohol Problems

**The good things about caring:**

We are very supportive of each other

I get to spend more time with them

I do lots of things to help

It makes me feel useful



**The not so good things about caring:**

We don’t go out like other families

I can’t have friends over to the house

My friends don’t always understand my situation

I get upset and angry sometimes

**How can the school support me:**

Give me some ‘timeout’ when I get into school

Someone to talk to when I feel worried or upset

Be understanding when I have homework problems

Let me use the phone to call home and make sure mum is ok