

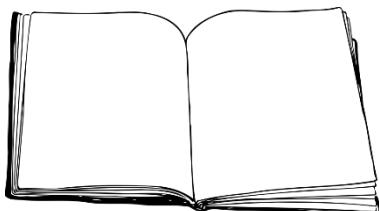
Young Carers moving up to Secondary School...



Starting secondary school is an exciting time. You'll meet **LOADS** of new people, take new subjects, and have more independence. But, when you're also caring for someone, there can be a lot of things to think about.

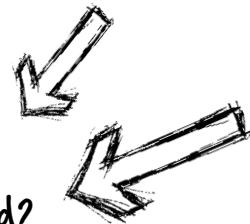


*We interviewed young carer
Ryan, who's just finished year
11. Ryan shares his top tips for
young carers starting year 7.*



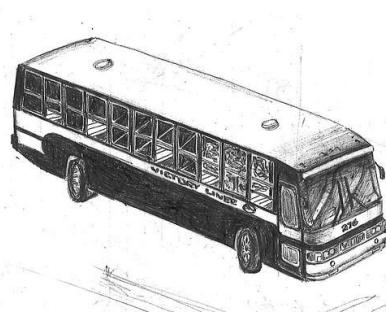
How will I find my way around?

You may be given a map of the school in your planner. You can always ask an adult or an older student (that way they might get to miss the start of their lesson helping you!)



How will I find my friends at break time?

You're all in the same boat – everyone is exploring! Go to somewhere where you can get food or sit down, and you are bound to bump into someone you know. Or agree beforehand with your friends where you will meet.



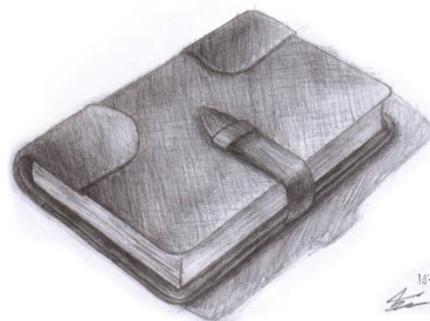
What's it like getting the bus?



Year groups tend to hang out together on the bus. Often people will set up text groups to keep in touch with the people they get the bus with, or even walk to the bus stop together.

How will I make new friends?

Everybody wants to make friends and it's surprisingly easy. Your teachers will organise ice-breaker activities to help you all get to know each other.

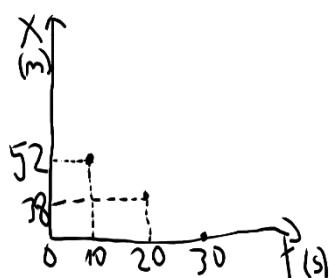


What should I do if I have a problem?

There are lots of people you can talk to about problems. Your Head of Year is a good person to go to, and they will introduce themselves to you. Or just speak to a teacher – or the Young Carers Champion (more on this below!)

Is there someone in school who knows I'm a young carer?

The Young Carers Champion knows who the young carers are but keeps this information private, so your friends won't know. You can go to them if you want to see someone from Centre 33 or talk to them about your caring role.



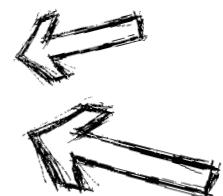
How will I manage my homework?

You can keep track of your homework in your planner. Get into a routine of doing homework at a certain time each day. Try not to leave it until the night before!

What if caring gets in the way of my homework?

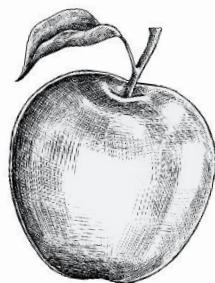
There are lots of resources like libraries and computer rooms where you can do your work at school if it's difficult to do it at home.

It's best to talk to your teacher before the due date, so they know what is going on and can give you an extension.



What if I can't come to school because of caring?

If your caring role is stopping you going to school, then we can support you. It's really important that you get to attend school with everyone else as a young carer. It's your right to be able to learn and socialise – and we'll help you get the support you need.



What's the best thing about secondary school?

It's nice having different teachers and having a sense of independence. Having lots of different subjects and lessons can be challenging but fun.



Do you have any advice for year 7s?

It's good to be friendly with people but don't feel pressured to try and meet everyone at once! Remember that everyone is a bit nervous and it's OK to be yourself.



A note from us on social media...

Year 7 is a time when you may get a few more gadgets and social media apps and add lots of new friends. Remember, what you share online can stay there and be shared by anyone, whether it's a message you sent someone when you were grumpy or an embarrassing photo. New ways to stay in touch with friends are great – just think before you send!