forward carers

Young Carers Rights

You have the right to be a child first!

Being a Young Carer means helping to look after someone in the family or someone close who needs extra support, but your own wellbeing matters too.



1. I have the right to be listened to.

Your thoughts, feelings and opinions matter.



2. I have the right to be supported.

You can ask for help with your caring role, including a Young Carer's Assessment.



3. I have the right to enjoy my childhood.

You deserve time to play, have fun, make friends and do the things you love.



4. I have the right to learn and achieve.

You have the right to support with school, homework and learning so caring doesn't stop you reaching your goals.



5. I have the right to feel safe.

You should not have to do caring tasks that are unsafe, too difficult or too much for your age.



6. I have the right to look after myself.

You deserve rest, sleep, healthy food and support with your physical and mental health.



7. I have the right to have a break.

You deserve time away from caring to relax and enjoy yourself.



8. I have the right to be treated fairly.

You deserve kindness, respect and equal opportunities.



9. I have the right to get information and privacy.

You have the right to clear information about caring and where to get help, and your personal information should be respected.



10. I have the right to dream about my future.

Being a Young Carer should not stop you from having ambitions, learning new skills or planning for your future.