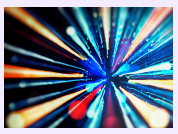
SUPPORTING YOUNG CARERS: YOUR RIGHTS AND OPPORTUNITIES

1 WHAT WE DID

NHS Education for Scotland (NES) created learning to help those working with children and young people understand and support young carers. This helps adults notice when a young person is caring for someone and know how to help in kind and supportive ways. We also made a career guide for young carers, with helpful information about learning, jobs, and where to get support. This helps young carers find their way through education and plan for their future.

2 WHAT DIFFERENCE DOES THIS MAKE?



This work helps both young carers and those who support them. It helps adults understand young carers better and know how they can best support them.

It also gives young carers helpful information about learning and future jobs. By understanding the challenges young carers may face, this work helps make things fairer and gives them a better chance succeed.

3 HOW THIS HELPS CHILDREN'S RIGHTS



This work helps protect young carers' rights by making sure:

- their voice is listened to and taken seriously
- their health and wellbeing are supported
- they can learn and have opportunities for your future
- they are treated fairly and not held back because they care for someone

4 GIRFEC

The work helps make sure young carers are:

Included: young carers have a fair chance to learn and take part, whatever their situation.

Achieving: young carers are supported in school and to think about their future.

Healthy: young carers wellbeing is cared for, even when they are helping others.

Respected: young carers experiences and what they need are understood and valued.

5 THE PROMISE



This work follows The Promise by helping families get the right support at the right time and making things fairer for children and young people. It also makes sure young carers are understood and supported, so they are not left to handle big responsibilities on their own without help.

6 WHY IT MATTERS



Young carers need both understanding and real support. This work helps adults know how to help, and gives young carers useful information they can use. By doing both, it helps create kinder, more supportive environments and gives young carers better chances to learn, grow, and plan their future.

UNPAID CARERS PROGRAMME AND CENTRE FOR WORKFORCE SUPPLY, NES SOCIAL CARE AND COMMUNITIES DIRECTORATE