

Young carers' charter

We are children and young people who are also carers. We believe we should have the same rights as other children and young people, including the rights to:

- Be children as well as carers
- Schools and colleges that give us the help we need to get an education
- Fun, friends and time off from caring
- Family life with well-supported parents
- Practical help and support so that we don't have to do all of the caring in our homes
- A safe environment and protection from harm, including any harm that caring activities could cause us
- Services that value our different backgrounds, cultures, religions, races and sexualities
- Be listened to and supported by the people who support our parents and siblings
- An assessment of what we need as individuals, without any assumptions being made about us
- Be listened to and involved when people make decisions which affect our lives
- Information about the health problems that we see our family members experiencing
- Advocacy and complaints procedures which we can understand and which work
- Stop taking on caring roles when we wish to
- Move on and become independent adults