

# The Young Carer Quiz



This quiz is designed to be used with the other resources produced for Young Carers Awareness Day. See [Carers.org/YCAD2019](http://Carers.org/YCAD2019).

1. How many secondary school children in England have a caring role?
2. On average, how many young carers are there in each classroom?
3. One in five young carers have never been away on a summer holiday with their family.  
**True or False?**
4. Young carers are less likely than other children their age to go onto college, university or work when they leave school.  
**True or False?**
5. What is the average age of a young carer?
6. What percentage of young carers are under the age of ten?
  - a. 5%
  - b. 10%
  - c. 15%
7. What percentage of young carers under the age of ten get up during the night to provide care?
  - a. 28%
  - b. 38%
  - c. 48%
8. Young carers are entitled to a carer's assessment.  
**True or False?**
9. What percentage of young carers are bullied simply because they are caring for someone?
10. Young carers are more likely to experience anxiety or depression than other young people their age.  
**True or False?**

# Answers

1. A survey in 2018 by the BBC and the University of Nottingham estimated there to be as many as 800,000 secondary school pupils acting as young carers in England.<sup>1</sup>
2. There are an estimated six young carers in every secondary school classroom.<sup>2</sup>
3. True. Research by Carers Trust and Action for Children in 2018 found that one in five young carers had never been on a summer holiday with their family.<sup>3</sup>
4. True. Young adult carers are twice as likely as their peers not to be in education, employment or training when they leave school.<sup>4</sup>
5. The average age of a young carer is 13.<sup>5</sup>
6. B. 10%. One in ten young carers is under the age of ten.<sup>6</sup>
7. C. 48%. Almost half of young carers under ten who took part in a Carers Trust survey said they get up during the night to care.<sup>7</sup>
8. True. Under the Children and Families Act 2014, young carers are entitled to a young carer's assessment. It will look at what can be done to make caring easier for them. See [carers.org/know-your-rights-support-young-carers-and-young-adult-carers-england](https://carers.org/know-your-rights-support-young-carers-and-young-adult-carers-england)
9. 26% of young carers say they have been bullied because they are caring for someone.<sup>8</sup>
10. A recent NHS survey found that 13% of young carers had anxiety or depression, compared with 8% of other young people their age.<sup>9</sup>

<sup>1</sup> University of Nottingham and the BBC (2018), New research suggests more than one in five children in England carry out some care for sick and disabled family members. <https://www.nottingham.ac.uk/news/pressreleases/2018/september/children-england-care-sick-family.aspx>.

<sup>2</sup> University of Nottingham and the BBC (2018), New research suggests more than one in five children in England carry out some care for sick and disabled family members. <https://www.nottingham.ac.uk/news/pressreleases/2018/september/children-england-care-sick-family.aspx>.

<sup>3</sup> Carers Trust (2018), Three quarters of children feel lonely during the summer holidays, [Carers.org/press-release/three-quarters-young-carers-feel-lonely-during-summer-holidays](https://carers.org/press-release/three-quarters-young-carers-feel-lonely-during-summer-holidays).

<sup>4</sup> Audit Commission (2010), *Against the Odds: Targeted Briefing – Young Carers* (Audit Commission).

<sup>5</sup> Census, 2011 (England and Wales only).

<sup>6</sup> Census, 2011 (England and Wales only).

<sup>7</sup> Carers Trust (2018), Half of infant young carers under ten are suffering broken sleep to care for family members, [Carers.org/news-item/half-infant-young-carers-under-ten-are-suffering-broken-sleep-care-family-members](https://carers.org/news-item/half-infant-young-carers-under-ten-are-suffering-broken-sleep-care-family-members).

<sup>8</sup> Sempik, J, Becker, S, (2013), *Young Adult Carers in School: Experiences and Perceptions of Caring and Education* (Carers Trust).

<sup>9</sup> NHS Digital (2018), *Mental Health of Children and Young People in England – 2017: Behaviours, Lifestyles and Identities* (NHS Digital). See <https://files.digital.nhs.uk/C9/999365/MHCYP%202017%20Behaviours%20Lifestyles%20Identities.pdf>

## Information

[Carers.org/YCAD2019](https://carers.org/YCAD2019)

