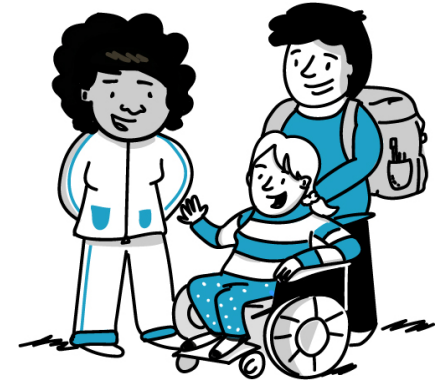


YOUNG CARERS ACTION DAY 16 MARCH 2021 ~ PROTECT YOUNG CARERS' FUTURES



MY YOUNG CARER SKILL CARD

What's this card for?

Young carers have lots of skills. Fill in the card on the next page and use it on social media to tell people about the skills you have gained as a young carer. It's important that schools and employers recognise and value these skills. By sharing your skills you will help improve support for young carers to protect young carers' futures.

How to use this card

Print out the next page and write your message on it.

For example you might want to say:

As a young carer I have developed many skills including ... giving my mum her medicine every morning.

Hold up the card and ask someone to take a picture of you. You can either have your face showing or just take a picture of the card.

Post the picture on social media. If you're under 16, please ask permission from your parent or guardian.

Get safety tips, advice and resources to help you stay safe online from www.saferinternet.org.uk.

Find out more about Young Carers Action Day at Carers.org/YCAD.





MY YOUNG CARER **SKILL**

As a young carer I have developed many skills including ...



#YoungCarersActionDay

[Carers.org/YCAD](https://www.carers.org/YCAD)