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## *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.

