



Young Carer Wellbeing Questionnaire

Name: Date:.....

We are asking for your views so that we can find out more about how your caring responsibilities make you feel, what support you may need/want from the school and the difference this support could make to you.

Please tick to tell us how you feel about each of the things below on a scale of 1-5 (1= strongly disagree: 5 = strongly agree).

	1	2	3	4	5
I feel my attendance at school is good					
I feel I arrive at school on time					
I feel I behave well at school					
I feel I have time for myself and to do hobbies					
I feel I can look after my own health, have a good diet, and do exercise					
I feel I can make friends and get along well with other students					
I feel able to set goals for myself					
I feel able to manage my emotions					
I feel good about myself					
I feel confident					
I feel happy					
I feel that my school understands the caring I do					
I feel that my school supports me as a young carer					
I feel that other young people at my school understand the caring I do					
I feel I am doing something good because I am a young carer					

Continued....

What support do you think would help you?

What support would you like from your school?

Any further comments you would like to make: