

# Are you a super duper helper ?



**Could  
this  
be you?**

- ★ I look after someone at home who is poorly or needs help
- ★ I help my mum and dad to look after my brother or sister
- ★ My mum and dad are poorly and get upset sometimes

## **You may be a young carer**

**Speak to your teacher as soon as you  
can and let them know how much you  
help your family at home**

**[www.crossroadstogether.org.uk](http://www.crossroadstogether.org.uk)**