

# Bristol & South Gloucestershire Young Carers Charter

We are children and young people who are carers – we want people to recognise this.  
We believe we should have the same rights as other children and young people, including the rights:



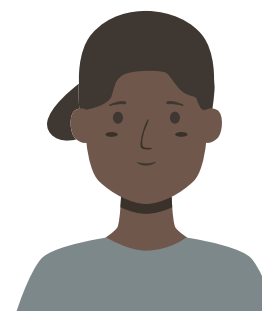
"To have an assessment of what we need as individuals."



"To have fun with friends and time off from caring."



"To have a well supported family life."



"To have practical help and support."



"To choose to become independent adults."

"To have schools and colleges that give us the help we need to get an education."

"To understand how things work and how to complain to services if they are not meeting young carers needs."

"To have services that value our different backgrounds, culture, religion, race and sexuality."

"To be listened to."

"To have a wide range of information that would help us."

"To have young carers speak for young carers who don't have a voice."

"To be involved when people make decisions which affect our lives."

"To have support that enables young carers to choose how much caring we do."

"To not be bullied."

"To have a childhood."

"To have a safe environment and protection from harm, including any harm that our caring roles could cause us."

