

# Young carers' relationships pathway



## What are relationships?

Children show an ability to know how to form, develop and sustain quality, meaningful and appropriate relationships with a range of people.

[Watch our relationships animation >](#)



## Young carers and relationships

Relationships can be tricky, especially when we're busy and when it's hard to make time for friends. It's important to understand that relationships can change and break down, but can also be repaired. If we can recognise our own feelings, then we can communicate

these to others, and we can also start to recognise the way that other people might be feeling too.

It's ok to disagree sometimes. It's ok to tell others how we feel.

## Try these relationships stormbreaks

