

DEVELOPMENT OF THE COMIC SERIES *LET'S TALK ABOUT IT!* TO PROMOTE THE RECOGNITION OF YOUNG CAREGIVERS

BACKGROUND

This project builds on the work of the Quebec Observatory on Caregiving regarding [caregiver recognition](#) and the [trajectory of young caregivers](#). Drawing on the scientific and grey literature along with insights from various consultations, this work highlighted the lack of recognition for young carers in school and community settings, as well as the importance of such recognition in enabling them to access support in line with their needs (Dussault & Reiss, 2025; Leu et al., 2023; King et al., 2021; Boyle, 2020; Leu, Frech & Jung, 2018).

This process led to the creation of a series of four one-page comics, each with an accompanying guide, to provide information on young caregivers and practical resources. The series is part of ongoing initiatives to promote the recognition of young caregivers in Quebec by offering clear, accessible awareness tools across different settings.

The comics and their guides have been designed to address specific audiences: elementary school students, high school students, young adults, and adults who receive care and family members.

Overall, these publications aim to:

- Raise awareness of young caregivers and the challenges they face (academic difficulties, stigma, loneliness, time constraints, etc.).
- Encourage young carers to seek support by fostering both recognition from others and self-recognition.
- Promote openness in schools and community settings to the realities of young caregiving.

A COLLABORATIVE APPROACH

The project was developed with the support of a working committee made up of Observatory team members, caregiving professionals and practitioners. Meeting online six times between December 2024 and February 2026, the committee oversaw the project's every stage, from initial concept to dissemination and evaluation.

The working committee was comprised of (in alphabetical order):

- Valérie Boucher – Regroupement des aidantes et aidants naturels de Montréal
- Janie Dussault – Quebec Observatory on Caregiving
- Loriane Estienne – Proche aide Québec
- Oliver Fitzpatrick – AMI-Quebec
- Maude Lupien-Montesinos – CAP santé mentale
- Florence Potvin – Quebec Observatory on Caregiving
- Margaux Reiss – Quebec Observatory on Caregiving
- Marika Tessier – Proche aide Québec
- Éliane Thouin – School psychoeducator

Committee work enabled wide-ranging expertise to be marshalled in a collaborative process aimed at:

- **Defining** the project’s overall objectives and those of the publications.
- **Identifying specific themes for each comic and guide:**
 - **For elementary school students**
 - The comic explores what it’s like to be a young caregiver of elementary school age, family interdependence, and the feelings a young carer may experience.
 - The guide, which is designed for school staff, emphasizes the importance of raising awareness about young carers among elementary students, particularly through the suggested educational activities. It also highlights the signs to watch for and ways to better support young caregivers.
 - **For high school students**
 - The comic explores the stigma faced by young carers, the challenges of balancing caregiving responsibilities with other aspects of life, and the importance of having their role recognized by those around them.
 - The guide outlines the role and responsibilities of young caregivers and offers suggestions on how high school staff and students can better recognize and support them.
 - **For young adults**
 - The comic explores how caregiving responsibilities can intensify as a child gets older, how these duties can affect other areas of life, and why it’s important to seek support.
 - The guide aims to raise awareness among young adults about what it means to be a caregiver at a young age. It also touches on the long-term effects of growing up with such responsibilities and points to the available support resources.
 - **For adults who receive care and family members**

- The comic highlights that young people can take on caregiving responsibilities without the adults around them—including the person they care for—necessarily noticing.
- The guide outlines the role and responsibilities of young caregivers, describes the signs to look for, and points to the available resources for young people and their families.
- **Developing comic scenarios** that reflected the lived experience of young carers, drawing on credible, diverse, real-world situations to foster understanding of the issues and recognition of the role these young people play.
- **Ensuring that the project aligned with and/or complemented** existing initiatives on young carers, thus strengthening message consistency and avoiding the duplication of resources.

The content of the comics and their guides was selected based on discussions within the working committee, previous research and existing documentation on young caregivers. It is therefore grounded in current scientific, experiential and contextual knowledge on young caregiving.

Content was reviewed by:

- Rima Habib, project lead, and Aude Villate, researcher, Laboratoire LaPProche
- Céline Chauvel, a person with lived experience as a young caregiver
- Sabrina Demers, postsecondary education coordinator, Union étudiante du Québec (UEQ)
- Geneviève Stampfler, psychoeducator
- Camille Poirier-Malo, high school French teacher
- Diana Sanchez, Camille Girard-Marcil, Mélanie M. Gagnon and Alexis Pearson from the Quebec Observatory on Caregiving

The following also contributed to the project by sharing their diverse expertise on the comic format and its dissemination:

- Stéphanie Charette, communications manager, and Cyndi Lauzon, communications advisor, L'Appui pour les proches aidants
- Élise Legault from the seniors and caregivers directorate, Ministère de la Santé et des Services sociaux (MSSS)
- Sabrina Lessard, CREGÉS researcher

The comics were illustrated by Lanna Check and Pascal Girard, with guide layout by Thibaud Marque.



The Observatory would like to thank the many individuals and organizations who contributed to this project, with special thanks to the working committee members for sharing their time and expertise.

To view the publications issued under the project:

<https://observatoireprocheaide.ca/en/serie-de-bandes-dessinees-et-si-on-en-parlait/>

These publications aim to meet the needs of different target audiences. We welcome your comments or suggestions about this initiative. Please email us at info@observatoireprocheaide.ca

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