



VFP 2025–2026

Invisible Duty: Recognizing and Supporting Caregiving Youth in Schools

A practical, research-based toolkit that equips educators with clear training, language, and classroom-ready tools to recognize and support caregiving youth who often remain unseen in schools.



Jennifer Moffit
SENIOR AIRMAN | US AIR FORCE

Challenges

- **5.4 million+** children and teens in the US **serve as family caregivers**, often without their schools knowing.
- **~26%** of students who **drop out of high school** do so because they are caregivers.
- Caregiving youth face significantly higher rates of **stress, anxiety, and academic disruption** than their non-caregiving peers.

Achievements

★ Established a **comprehensive evidence base** to inform an **educator-focused toolkit** to support caregiving youth.

★ Secured an **active collaboration** with the **American Association of Caregiving Youth**, strengthening the project's credibility and ensuring **alignment with national standards and best practices**.

★ Identified and secured a pilot school to deploy the **first Lunch & Learn training** and gather **implementation feedback**.

Activities

1. Conducted a **national landscape review** and synthesized **academic research on caregiving youth**.
2. Completed **interviews with educators and nonprofits** to ground the project in **real experiences**.
3. Analyzed and organized findings into **key themes** to inform **training and toolkit design**.
4. Drafted the **structure and content outline** for the **Invisible Duty educator toolkit and Lunch & Learn**.
5. Engaged **youth program providers**, including **schools and community clubs**, to identify **pilot opportunities** and gather **early implementation insights**.



Learn More
Jennifer_Moffit@yahoo.com