

The logo features the word "Sibs" in a large, white, sans-serif font inside a dark purple circle. To the right of the circle is a yellow speech bubble containing the word "talk" in a white, lowercase, sans-serif font. A thick, wavy yellow line loops around the top and right sides of the purple circle.

Sibs talk

Why do they do that? Coping with behaviour that is difficult

A booklet for siblings of disabled children



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Sibs talk

What's
this?

About this booklet

We have written this booklet for children and young people like you (siblings) who are growing up with a disabled brother or sister.

Siblings tell us it can be hard when a brother or sister shows behaviour that makes them feel upset or worried. Talking about behaviour that challenges can be tricky for siblings and their families.

We have asked siblings, parents and people who work with siblings to help us write this booklet.

We hope this information will help you understand why it happens and how you can get help.

We would like to know what you think of this booklet.

You can write to us at info@sibs.org.uk

Remember you can find lots more help and advice written for young siblings at **www.sibs.org.uk/youngsibs**

the Sibs team

Do you know

What is behaviour that challenges?

Behaviour that challenges is when someone with a disability or who is autistic shows behaviours such as:

- **Hurting others**
- **Hurting themselves**
- **Breaking or throwing things**

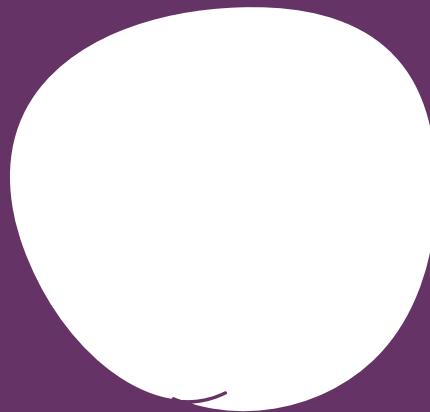
When your brother or sister shows these types of behaviours it can make you feel worried, sad or scared. It is important to get help.

It is NOT OK to get hurt.

What can I do?

Tell a parent or teacher what it is like for you.

How do you feel today? Draw how you feel.



So...

How does it make you feel?

You might **feel lots of different things** when your brother or sister shows some of the behaviours on the last page. You might feel:

- **Frightened**
- **Worried**
- **Cross**
- **Angry**
- **Embarrassed**
- **Guilty**
- **Tired**
- **Upset**
- **Lonely**
- **Scared**

It is VERY normal to feel all of these things. It can help you to talk about your feelings to somebody like a parent, teacher or school counsellor. The YoungSibs website has lots of information about what life is like when you are a sibling. You can ask your teacher or parent to help you find this information.

I can speak to somebody about how I feel about my brother or sister's behaviour.



Sibs  talk

But...

Why does it happen?

There are lots of different reasons why your disabled brother or sister might show **behaviours that challenge** or behaviour which you find difficult to cope with.

Your disabled brother or sister might also display behaviours that challenge because:

- They are **hungry or tired**
- They are in **pain or uncomfortable**
- They are **confused or worried** about something
- They feel **scared**

It is important to remember that it is not your fault if your brother or sister hurts you or your family.

It is not OK for anyone to get hurt.

Ask your parent if they can tell you more about what causes your brother or sister's behaviour.



Help...

What should I do if I get hurt?

When your brother or sister with a learning disability or who is autistic displays **behaviours that challenge**, they might hurt you.

There are different ways that you can get hurt:

- Being **hit, punched, kicked, bitten or scratched**
- Having your **hair pulled**
- Stuff being **thrown at you**

It is important that you get help if your brother or sister hurts you.

Tell somebody if you ever get hurt.

You can tell a teacher
or a parent if you
get hurt.



How...

Can I stay safe?

When your brother or sister displays **behaviours that challenge**, it can make you feel unsafe.

It is important that you know how to stay safe.

Make a plan with a parent about how to stay safe:

- Know what **signs to look** for and make a list of what they are
- **Leave the room**
- Go to a bedroom or bathroom and **shut the door**
- **Phone** a family member or friend



Hey...

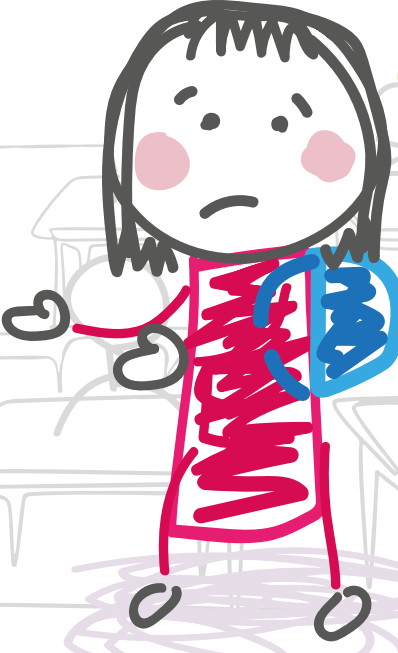
Where can I get help?

When you have a brother or sister who displays **behaviours that challenge**, there can be a lot happening at home. It can make school difficult too.

It is important that you get help from school and at home.

You can:

- Ask your parent to help you find a **quiet place** at home to do your work
- **Tell your teachers** if things at home are making it hard for you to do homework
- Ask your parent to **contact your teachers** and tell them about what is happening at home
- Look at **www.sibs.org.uk/youngsibs** for information about being a sibling
- Go to **www.childline.org.uk** if you need help or support



Tell a teacher or a person you trust about what things are like for you at home and at school.