

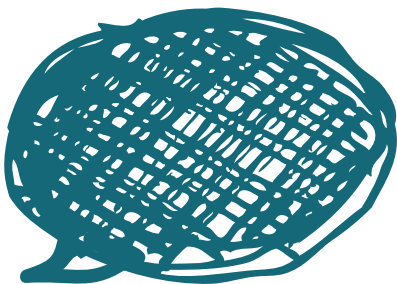
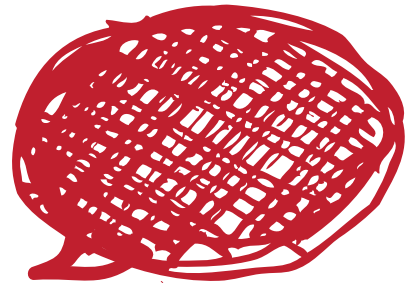
Sibs

talk



My brother keeps me awake at night so I'm really tired at school.

It's hard to talk about my sister's disability.



I worry about who will look after my brother in the future.

A booklet for young people who have a brother or sister who is disabled, has special educational needs or a serious long-term condition.

My life at the moment



What's not going well is...

Lined area for writing responses to 'What's not going well is...'

What I'm finding hard is...

Lined area for writing responses to 'What I'm finding hard is...'

What's going well is...

Lined area for writing responses to 'What's going well is...'



What I'm enjoying is...

Lined area for writing responses to 'What I'm enjoying is...'

Understanding my brother or sister's needs

“ Some disabilities or illnesses can be very hard to understand. Most siblings say they prefer to know about the disability or illness their brother or sister has, even if it is upsetting. Some siblings feel that everyone else knows what’s going on, except them.


My brother has ADHD.

My sister doesn't have a diagnosis.

My brother is always in hospital.

My sister has mental health issues.

What I know about my brother or sister’s condition is...



Sibs thought

I have courage and confidence.

What I want to know is...

Tough stuff for me

I get fed up with him when he punches me.

I'm worried that I'll get bullied because of how my brother behaves.

It can be quite hard because we always have to keep an eye on her and stop her doing things.



“ Some siblings get hurt by their brother or sister. You must get help if your brother or sister hurts you. It is wrong that you get hurt.

What happens to me is...

If it happens I will...

“ Some siblings have to do too much caring for their brother or sister. It's really important that you look after your own health too. You need to have enough time and energy for school work, and to be with friends.

I do these things to help...

What I would like is...

“ Some siblings get bullied. Siblings tell us that they get bullied because their brother or sister is different. When it happens, it is not your fault. The most important thing is to get help to make it stop.

What happens to me is...

If it happens I will...

Managing my feelings

“ Lots of siblings tell us that coping with their feelings can be difficult. How do you manage your feelings?




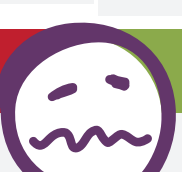





My brother makes me really angry.

I worry about my brother when he has seizures.

I get embarrassed by how my sister behaves.

I feel sad because my sister goes to hospital.

I feel sad when...		Next time I feel sad I will...
I feel angry when...		Next time I feel angry I will...
I feel worried when...		Next time I feel worried I will...
I feel embarrassed when...		Next time I feel embarrassed I will...
I feel lonely when...		Next time I feel lonely I will...
I feel jealous when...		Next time I feel jealous I will...
I feel guilty when...		Next time I feel guilty I will...

How things are for me at school

“ Siblings tell us that school can be difficult for many different reasons. We also know that school can do things to help you.

I never have
time to do
my
homework.

I'm always late
because we have to
wait for my
sister's transport.

I get really tired at school because my sister keeps me awake at night when she shouts.

The things I find hard are..

What would help me is..



It is enough
to do my
best.

My future

“ Siblings tell us that it can be difficult to picture their future. It can feel like there are lots of things to think about.

I want to go to college.

I'd like to travel and see the world.

I have no idea
what I want to
do.

What worries me about my future is...

[illegible]

What I am looking forward to in my future is...

Handwriting practice lines on a light blue background. The lines are evenly spaced and extend across the width of the page. A decorative seal is located in the bottom right corner.



Sibs
thought
Every day
is a fresh
start.



Getting the Sibs Talk package for your school

“Sibs Talk is an incredibly powerful tool, giving a voice to a group of vulnerable children; I would recommend it to every school!”

Andrew Symonds,
Head Teacher, Richard Taylor Primary School, Harrogate.

The Sibs Talk offer

- A two-hour training session for up to 8 staff at your school
- A Sibs Talk pack for each sibling – this contains everything you need to complete the intervention including an activity booklet, stickers and certificate
- Advice on identifying these siblings in your school and on evaluating the intervention outcomes
- Support for siblings at your school through our online support service **YoungSibs** www.sibs.org.uk/youngsibs

Sibs Talk can only be delivered by school staff who have been trained by Sibs to deliver the intervention. Staff who attend the training may be from the same school or a group of schools. We expect a member of SLT to oversee Sibs Talk in your school and to participate in the training session.

Sibs Talk Costs

The full cost of delivering Sibs Talk to one school is over £900. Sibs Talk is subsidised for a limited period by Sibs funders so we can offer it to your school at a significantly reduced cost.

A two-hour online session for between 8 and 12 staff including course materials and Sibs Talk instruction manuals for participants, and 10 Sibs Talk interventions packs for pupils **£655**

Sibs Talk intervention packs 5 packs **£40** 10 packs **£70** 20 packs **£110**

We would love to have your primary school on board with this project to support siblings, please contact info@sibs.org.uk to find out more.

Sibs is the UK charity for brothers and sisters of disabled children and adults.

✉ info@sibs.org.uk
✕ Sibs_uk

☎ 01535 645453
f SibsCharity

www.sibs.org.uk
Registered charity no. 1145200 Limited company no. 7834303

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