

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





| What would help me is | |
|-----------------------|-----------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | Sibs thought |
| | '¥`thought |
| | It is enough to do my |
| | to do my |
| | best. |
| | |

My life at the moment



| What's not going wel | l is | |
|-------------------------|------|--|
| Williams Hot going Wei | 1 15 | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| VA /I - I2 - C - I2 - I | | |
| What I'm finding hard | 1 IS | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| What's going well is | |
|----------------------|--------------|
| | |
| | |
| | |
| | |
| | |
| | Sibs thought |
| | I deserve to |
| | enjoy life. |
| | |
| | |
| What I'm enjoying is | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Understanding my brother or sister's needs

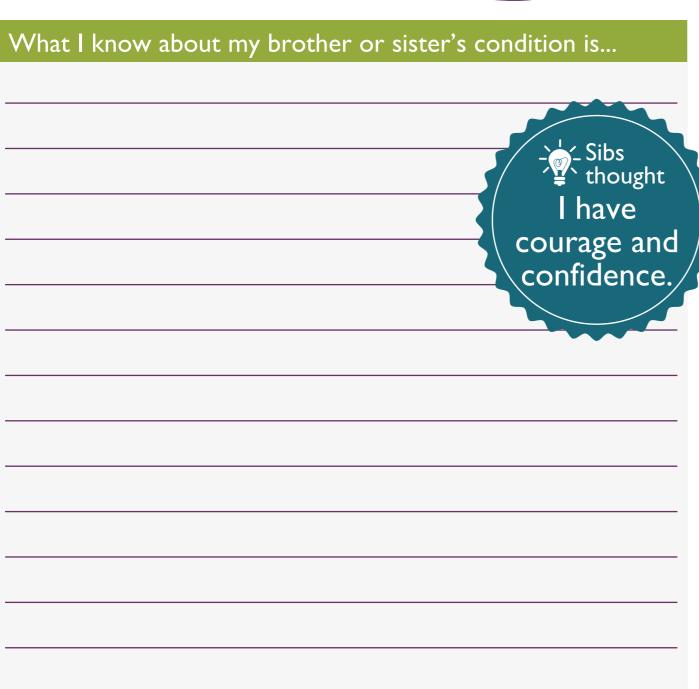


Some disabilities or illnesses can be very hard to understand. Most siblings say they prefer to know about the disability or illness their brother or sister has, even if it is upsetting. Some siblings feel that everyone else knows what's going on, except

them.



My sister doesn't have a diagnosis.



My brother is
always in
hospital.

My sister has
mental health
issues.

| What I want to know is |
|------------------------|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

Tough stuff for me I'm worried It can be quite that I'll get bullied because of how my thought hard because we always have to keep an eye on I can ask for her and stop her doing brother behaves. help if I need 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. What I would like is... I do these things to help... 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. If it happens I will... What happens to me is...

Managing my feelings



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



I worry about my brother when he has seizures.



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 Ionely I will |
| Treer fortery writers | TACKE CHITCH TECHNOLOGY T WIII |
| | |
| | |
| I feel jealous when | Next time I feel jealous I will |
| | |
| | |
| I feel guilty when | Next time I feel guilty I will |
| | |
| | |

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.









| What I am looking forward to in my future is |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| Sibs thought |
| Every day |
| is a fresh |
| start. |
| |



www.sibs.org.uk