

Sibs talk

Sometimes I get embarrassed when people stare at my sister.



I'm glad my brother is like he is. I love playing games with him.



Are you working with pupils who are having problems at school because of their sibling experiences?

We can help you support children in your primary school who are growing up with a brother or sister who is disabled or has special educational needs or a serious long-term condition.

Why is Sibs Talk needed?

Barriers to learning for siblings include disturbed sleep, helping with care or worrying about their brother or sister's health.

Young siblings are vulnerable to isolation, bullying, reduced wellbeing and problems with attainment. They are more likely than their peers to experience public prejudice, family breakdown and bereavement.

Sibling young carers have significantly lower educational attainment at GCSE level and are more likely than the national average to be not in education, employment or training (NEET) between the ages of 16 and 19.

Sibs Talk can help you support this group of pupils.

Your school can also help siblings celebrate the many positives around being a sibling such as developing patience, tolerance and kindness.

Sibs Talk links in with school policies and initiatives on:

- Wellbeing and resilience
- Young carers
- Difference and diversity
- Anti-bullying and safeguarding
- SEND support.

I get woken up at night when my sister has seizures.




What is Sibs Talk?

Sibs Talk has been designed by the UK charity Sibs to help schools support siblings. It is a one-to-one support intervention for school staff to use with siblings in Key Stage 2. Its purpose is to improve siblings' wellbeing and their engagement with learning.

Each page of the booklet is a short session for the sibling to work through with a member of staff.

There are ten sessions that can be spread out over a term.



I am not the only person that goes through this. I can use my feeling box.

The activities in the booklet aim to:

- normalise the experiences that siblings have growing up in their families
- acknowledge the feelings that siblings have about their lives
- teach siblings coping strategies for dealing with difficult situations
- enable schools to make positive changes that enhance siblings' school life.

“Sibs Talk is put together with great understanding and thought for the experiences and feelings of these siblings. It is very easy to deliver with excellent training and preparatory resources.”

Charlotte Partridge,
Assistant SENCO from St Andrew's C of E Primary, Hove.

Getting the Sibs Talk KS2 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.youngsibs.org.uk

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.

Training (max. 8 staff) including course materials and Sibs Talk instruction manuals for participants **£200**

Sibs Talk intervention packs

5 packs **£35** 10 packs **£65** 20 packs **£100**

Contact schools@sibs.org.uk to find out more.

www.sibs.org.uk

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