

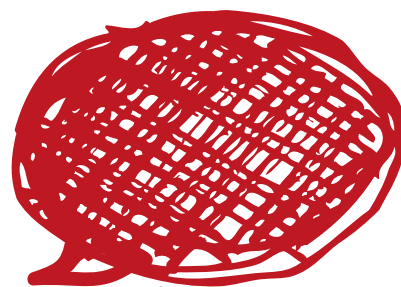
Sibs

talk

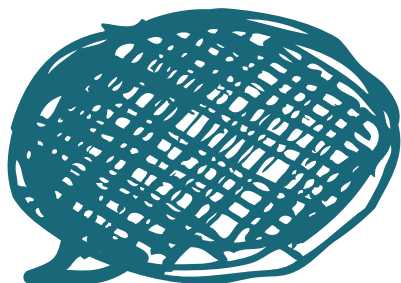


My brother keeps me awake at night so I'm really tired at school.

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

I love sport.

My sister has a disability.

I worry a lot.

What's not going well is...

What I'm finding hard is...

What's going well is...



What I'm enjoying 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...

www.sibs.org.uk

 info@sibs.org.uk
 [Sibs_uk](#)

 01535 645453
 [SibsCharity](#)

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