

Your romantic and partner relationships

1. **Being a sibling can impact** our romantic and partner relationships as an adult. Our experiences and our perspective as siblings can differ from others and impacts how we find, navigate, maintain and show up in relationships. Some siblings explore this further with counselling. Read our advice on how to find a counsellor at sibs.org.uk/findacounsellor
2. **Siblings deserve to have nourishing and meaningful relationships** of their own, outside of their family and their brother or sister's needs. You deserve this in your own right, you are always the priority. However, if you need a second reason, remember that when you are more nourished you're in a better position to support others too.
3. **Some siblings feel pressured** to have a relationship and start a family for the sake of their parents. Other **siblings feel guilty** for enjoying a partner relationship, particularly if their disabled brother or sister doesn't have one. Read about relationships, feelings, parents and more sibling experiences in Sibs eBook 'Self care for siblings'. Download at sibs.org.uk/ebook
4. **Siblings are used to coming second** (or third, or fourth...) to the needs of another. All relationships involve negotiation and your voice deserves to be heard. If you struggle with this, start with small actions such as choosing the film you and a friend will watch. Build up to making your views heard in bigger decisions.



Siblings of all gender identities, sexual preferences and relationship preferences are welcome at Sibs (For example - Ace; Aromantic; Asexual; Bi; Cis; Gay; Lesbian; Monogamous; Non-binary; Pan; Polyamorous; Queer; Questioning; Straight; Trans - and more).