

# Sibs

For brothers and sisters  
of disabled children and adults

## Teen Talk

A guide for teachers in working with secondary aged siblings who are growing up with a disabled or seriously ill brother or sister.

### **Who is it for?**

These Teen Talk worksheets are for siblings of children and young people who have a disability, illness, long term health condition or additional needs. Their brother or sister may have had the condition since birth or may have received a new diagnosis.

### **What is it about?**

It is designed to help siblings talk about having a disabled brother or sister and how they feel. The activities reassure the siblings that they are not alone and that there are people to talk to. Siblings build resilience by learning coping strategies. It covers issues commonly experienced by siblings as they move through secondary education. Further information can be accessed at [www.sibs.org.uk](http://www.sibs.org.uk)

### **How should it be used?**

Each activity is designed to be completed alongside an adult in school and takes no longer than 15 minutes. No prior knowledge about sibling issues is needed, the focus is on helping siblings think about issues related to their sibling experiences and learn that they are not alone.

## **What equipment do you need?**

Writing equipment

## **How can school help?**

By putting aside regular times to complete the worksheets and following up on any school related issues identified by the sibling. By identifying appropriate adults who siblings can go to in school hours when things are hard

## **How can home help?**

By listening to siblings when they talk about the sheets and what activities they have completed.

Further information can be accessed at [www.sibs.org.uk](http://www.sibs.org.uk)

## **About Sibs**

Sibs is the only UK charity representing the needs of siblings of disabled people. There are over half a million young siblings and at least 1.7 million adult siblings in the UK, who have grown up with a disabled brother or sister. Sibs aims to enhance the lives of siblings by providing them with information and support, and by influencing service provision throughout the UK.

Thank you for supporting siblings of disabled children in your school.

Email [info@sibs.org.uk](mailto:info@sibs.org.uk)

Youtube [Sibscharityuk](#)

Tel 01535 645453

Facebook [SibsCharity](#)

Mailing list [sibs.org.uk/subscribe](http://sibs.org.uk/subscribe)

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Sibs relies on donations and grants to support siblings. If this information has helped you in your work, please consider making a small donation at

[www.sibs.org.uk/donate](http://www.sibs.org.uk/donate)