

BROTHERS AND SISTERS

Brothers and sisters play their part to protect and care for children and young people in their community by being supportive, caring and looking out for each other.

Be a positive role model for your siblings to learn from. Be aware of your behaviour and take responsibility for it – what you say, how you say it and the way you act. Children and young people learn from the people they spend time with, so make your influence positive!

Be a good listener, support and encourage your brother/sister.

Understand that families have good times and hard times.

Enjoy spending time with your brother / sister and give yourself time apart from your family too.

If you are worried that your brother/ sister is unhappy, scared or unsafe encourage them to speak to an adult that they trust. This person could be a parent, teacher, counsellor. You can offer to go with them for extra support.

If you are old enough, offer to spend time with your brother/sister. Take them to the park, play outside with them, or do some other activities to make your relationship even stronger.

