



# BROTHERS/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 or sister.

**Enjoy spending time** with your brother or 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 or counsellor. You can offer to go with them for extra support.

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

**Share positive experiences with your siblings.** Let them know you care. It can make all the difference.