



Sisters Individuals Brothers

# Sibs sheet for Sibs

If you have a brother or sister with a disability or chronic illness you may also be known as a Sib (or sibling). Most Sibs say that while they have some great experiences growing up in their family, they also face some extra challenges.

## Sibs say...

"My sister has always been judged for what she can't do instead of what she can which makes me angry."

Jacqui,  
24-year-old Sib

"I'm so proud of what my brother has achieved in spite of his illness, even though he can be really annoying some of the time!"

Ria,  
12-year-old Sib

"It's so embarrassing when I go to the shops and people stare at me because he is different to other kids."

Cameron,  
12-year-old Sib



[www.sibs.org.au](http://www.sibs.org.au)

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Sibs, parents and service providers can access three Sib-related websites from the central homepage at [www.sibs.org.au](http://www.sibs.org.au)



[www.siblink.org.au](http://www.siblink.org.au)

Support for primary aged Sibs



[www.yourshout.org.au](http://www.yourshout.org.au)

Support for adolescent Sibs



[www.acd.org.au](http://www.acd.org.au)

Support for parents of Sibs aged 0-25

Turn over for info on Your Shout...

## The Your Shout website

The Your Shout website was created BY Sibs FOR Sibs!  
Log on to Your Shout today to:



### 1 Get connected!

Sometimes all you need is to know that there is someone out there who understands what you're going through.

Sibs can connect up with other Sibs by:

- joining a sibling group or going on camp with other Sibs. Check out the *Services* page on the Your Shout website for more info on Victorian groups and camps for Sibs
- reading some of the stories and pieces written by other Sibs on the *Stories*, *Your Thoughts* or *End the Sentence* pages of Your Shout
- signing up to Your Shout and posting comments to other Sibs through the *Sib Chat* page.

### 2 Share your thoughts

Sibs also need the chance to share ideas with others about their experiences of being a Sib. Once you're connected, you might want to begin:

- talking to people you trust about your experiences. You may decide to talk to a family member or friend, a counsellor, someone you met at a sibling group or camp, or another Your Shout Sib. A list of people Sibs can talk to is available on the *Links* page of Your Shout
- writing down your thoughts and contributing them to one of the pages in the *Stories*, *Your Thoughts* or *End the Sentence* sections of Your Shout
- posting comments on the online Your Shout *Sib Chat*.

### 3 Find some headspace

It's important that all Sibs have time away from their family to develop their own interests. Sibs can try:

- checking out the *Sib Chat* page of the Your Shout website for ideas on how to get some headspace!

## Where else can Sibs go for support?

If the challenges start to be overwhelming, Sibs can talk to trained counsellors by ringing the Kids Help Line on (freecall) 1800 551 800, Lifeline on (freecall) 13 11 14 or registering as a Young Carer with the Commonwealth Carer Resource Centre by phoning (freecall) 1800 242 636.