

Sibling comic strip

The comic strip will help siblings to self-identify and encourage children and young people to seek help.

Jenny is in the playground and explains to her friend that she is a sibling of a neurodivergent brother and sister.

Hi Jenny, do you have any siblings?

I have a brother and a sister who are both autistic. They find it hard to show what they are feeling or thinking and need lots of extra help.

I can't do stuff like have friends over to play and it can be hard to leave the house because of what my brother and sister are like.

Being a sibling means that my family looks a bit different to other families because of my brother and sister.

How does that affect you?

How does that make you feel?

It can make me feel sad and a bit lonely, even though I love my brother and sister.

What helps you?

I have a teacher at school who I can talk to. I can look at the YoungSibs website to read about other children like me.

Being a sibling sounds like it could be hard sometimes. It's good that you can ask for help and know that you're not alone.