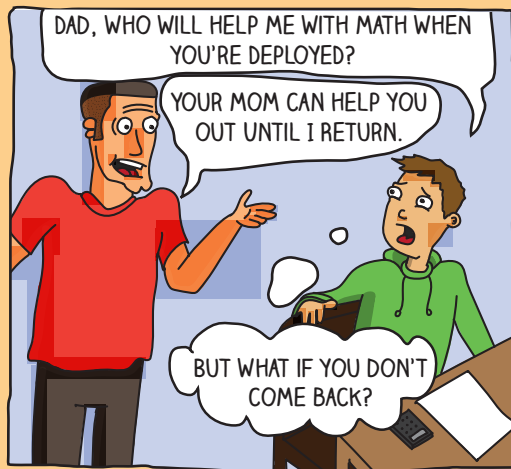
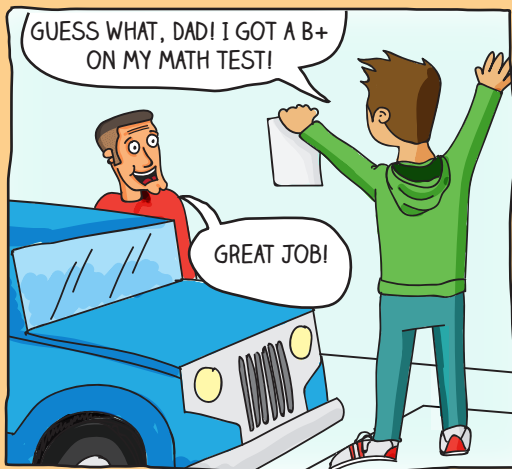
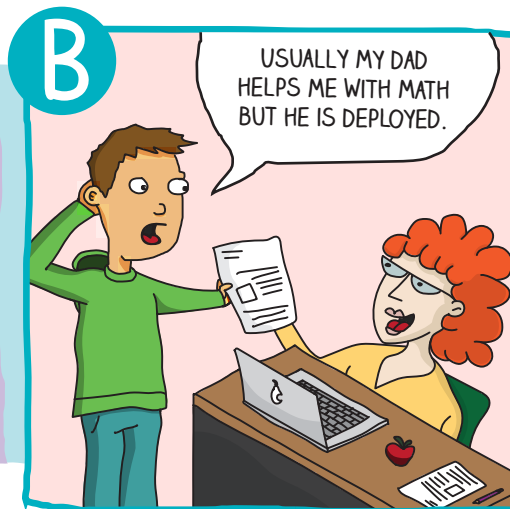


# HOW TO COPE

WITH YOUR PARENT'S DEPLOYMENT

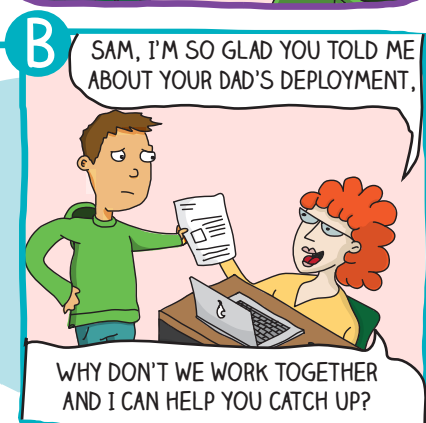
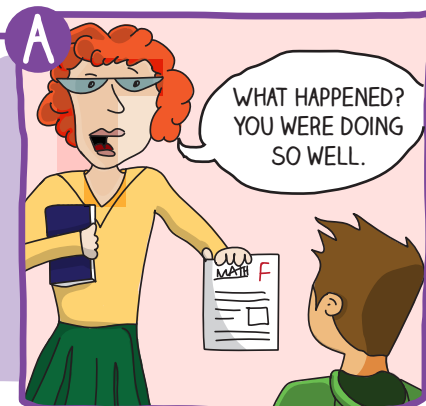


## PICK A PATH



## SEE WHERE YOUR PATH LEADS

## TRIVIA TIME



**1** WHEN MILITARY KIDS WERE ASKED WHY THEY DON'T GO TO ADULTS FOR HELP WHEN THEY HAVE A PROBLEM, THE MOST COMMON REASON(S) WAS:

- A. THEY ARE EMBARRASSED.
- B. THEY DON'T REALIZE THEY HAVE A PROBLEM.
- C. THEY THINK THEY SHOULD SOLVE THE PROBLEM ON THEIR OWN.
- D. ALL OF THE ABOVE.

**2** TRUE/FALSE: ALMOST HALF OF MILITARY KIDS SURVEYED SAY THAT CIVILIAN FAMILIES DON'T UNDERSTAND WHAT DEPLOYMENT IS LIKE.

**3** TRUE/FALSE: MOST KIDS WHO'VE HAD A PARENT DEPLOY SAY LIFE DOESN'T CHANGE MUCH WHEN THEIR PARENT IS GONE.

**4** YOU CAN COUNT ON GETTING HELP AND SUPPORT ON THE MKC MESSAGE BOARD BECAUSE:

- A) YOU'LL LIKELY GET A RESPONSE.
- B) IT'S A SAFE AND SECURE PLACE TO GO ONLINE.
- C) MESSAGE BOARD PEEPS UNDERSTAND BECAUSE THEY'VE BEEN THERE.
- D) ALL OF THE ABOVE.

ANSWERS 1: D, 2: TRUE, 3: FALSE, 4: D

HAVING A PARENT LEAVE FOR DEPLOYMENT CAN BE A MAJOR EVENT, AND IT CAN MAKE FOR A LOT OF CHANGES. ALTHOUGH HE MAY NOT REALIZE IT, SAM HAS MANY OPTIONS FOR SUPPORT WHILE HIS DAD IS AWAY. IT'S IMPORTANT TO REACH OUT FOR HELP WHEN YOU NEED IT.

LEARN 'HOW TO COPE' WITH MORE ASPECTS OF MILITARY LIFE AT:  
**MILITARYKIDSCONNECT.DCOE.MIL**

