

# HOW TO COPE

WITH YOUR FAMILY CHALLENGES

DYLAN NOTICED A CHANGE BETWEEN HIS PARENTS AFTER HIS MOM RETURNED FROM A DEPLOYMENT.

FAMILY DINNERS AREN'T THE SAME ANYMORE. INSTEAD OF SHARING FUNNY STORIES FROM THEIR DAY, HIS PARENTS ARGUE.

HE WORRIES THAT HIS PARENTS MIGHT GET A DIVORCE.

DYLAN JUST WANTS TO LEAVE HIS WORRIES BEHIND. SO...



ONE NIGHT WHEN DYLAN'S PARENTS GO OUT, HE THROWS A PARTY WITH FRIENDS.

DYLAN, WHAT HAPPENED HERE LAST NIGHT?



## PICK A PATH

A

OH, NOTHING. SAM JUST CAME BY AND WE WORKED ON MATH FOR A COUPLE HOURS.



B

I HAD A COUPLE FRIENDS OVER LAST NIGHT. I'M SORRY. I WANTED TO ASK YOU GUYS, BUT YOU JUST SEEMED SO STRESSED. I DIDN'T WANT TO BOTHER YOU.



C

IT'S NONE OF YOUR BUSINESS, MOM!



## SEE WHERE YOUR PATH LEADS

A

IT LOOKS LIKE MORE PEOPLE THAN JUST SAM WERE HERE LAST NIGHT.



WHY WOULD YOU LIE TO ME? I'M DISAPPOINTED, DYLAN. YOU'RE GROUNDED FOR A WEEK.



B

WELL, THANK YOU FOR BEING HONEST. I'M SORRY THINGS HAVE BEEN A BIT HECTIC LATELY. BUT, IT'S IMPORTANT WE KEEP TALKING.



IN THE MEANTIME, THOUGH, YOU HAVE SOME VACUUMING TO DO.



C

THAT'S IT! I'VE HAD IT, DYLAN! YOU ARE GROUNDED FOR A MONTH.



WHATEVER, MOM! I'M DONE TALKING TO YOU!



## TRIVIA TIME

1

WHEN PARENTS AND TEENS DISAGREE, THE BEST WAY(S) TO WORK IT OUT IS(ARE) TO:

- A) BE HONEST AND STATE YOUR POINT OF VIEW.
- B) BEFORE THE DISCUSSION, ASK FOR SOME TIME TO COOL OFF IF YOU'RE UPSET.
- C) MAKE SURE YOU LISTEN AS MUCH AS YOU TALK.
- D) DO ALL OF THE ABOVE.

2

TRUE/FALSE: PEER MEDIATION TRAINING IN ELEMENTARY, MIDDLE, OR HIGH SCHOOLS HAS NO EFFECT ON STUDENTS' SKILLS OR ON RESOLVING CONFLICT.

3

TRUE/FALSE: DIVORCE RATES ARE LOWER FOR ACTIVE DUTY MILITARY THAN THEY ARE FOR CIVILIANS OR FOR VETERANS.

4

THE PHASE OF DEPLOYMENT THAT FAMILY MEMBERS SAY IS THE MOST STRESSFUL IS:

- A) BEFORE THE PARENT LEAVES FOR DEPLOYMENT.
- B) DURING DEPLOYMENT.
- C) DURING REINTEGRATION: IMMEDIATELY AFTER THE DEPLOYMENT.
- D) THEY ARE ALL EQUALLY STRESSFUL.

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

THERE CAN BE A CHANGE FOR EVERYONE WHEN A PARENT RETURNS FROM DEPLOYMENT. BUT DESPITE THE STRESS, IT'S IMPORTANT THAT DYLAN KEEPS TALKING WITH HIS PARENTS – AND THAT HE'S HONEST WITH THEM, PARTICULARLY ABOUT WHAT HE'S FEELING.

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