

Cover Letter

Military Youth Coping with Separation: When Family Members Deploy



Thank you for taking the time to view the enclosed video product designed specifically for older children and adolescents as they go through military deployment in their family. This product was developed by military pediatricians and adolescent medicine specialists to help youth understand that they are not alone as they experience family separation. It also provides tools for young people to use to begin to process and cope in healthy ways with their feelings and emotions related to a military deployment in their family.

Military children are strong and resilient. Most children and adolescents will do just fine with their family deployment process, but all will be emotionally affected in some way. Some will be significantly affected, needing intensive support from family and community. Others will do well, needing little more than genuine community understanding and support of their unique situation and military culture.

The video is narrated by Cameron, a teen who experienced family deployment, who takes the audience through multiple interviews with older children and teens who have also experienced separation during deployment. The interviews are candid and capture the true feelings and coping strategies of military youth. The video accentuates the inherent resiliency of military children and thanks them for their personal service and sacrifice to the nation.

Also included on the DVD is a facilitator's guide and an interactive military youth stress management plan. For further information about this product's development and more resources visit the Military Youth Deployment Support Web Site at : www.aap.org/sections/unifserv/deployment/index.html