Dealing with Deployment as Teens

Handout available for download on the YRRP website at:
www.yellowribbon.mil/yrrp/handouts.html

Group One – Worry

1. What do you worry about during deployment?

2. Who can help you with your deployment worries and fears?

3. What kind of help or assistance do you need to ensure you are dealing with your worries in a healthy way?

Group Two – Watching the News

1. How does watching the news affect you?

2. How does your family handle the media information?

3. What are a few strategies to deal with conflicting information you receive from the deployed family member and the information the media is reporting?

Group Three – Coping

1. What are some healthy ways you can cope with deployment?

2. How can parents (or others) help you cope?

3. What are some checks and balances you can establish to ensure you are not getting out of control?

Group Four – Warning Signs

1. What are some warning signs that demonstrate you are not coping well with deployment?

2. What are ways others can express their concerns about you?

3. What are some checks and balances you can establish to ensure you are not getting out of control?

Group Five – Support

1. What people or organizations can help you during deployment?

2. In what ways could you develop a support system for teens?

3. How would you implement your support system?

Group Six – Lessons Learned

1. What are some steps you can take to prepare for deployment?

2. What are some ways to balance how much information will be shared about what is going on at home or in theater?

3. What are some ways to help you adjust to the *new normal* during the reintegration stage?

Group Seven – Personal Growth

1. What are some positive outcomes you will or have experienced because of deployment?

2. How can you ensure through these positive outcomes that personal growth continues after deployment?

3. What are some ways others can communicate approval and appreciation to you?