

Parenting Teens through Deployment

Group One Worksheet – Worry

1. What do teens worry about during deployment?
2. What are some ways to help teens with deployment worries/fears?
3. What are some checks and balances you can put into place to ensure teens are dealing with their worries in a healthy way?

Group Two Worksheet – Watching the News

1. How does watching the news affect teens?
2. What are some ways to filter media information teens come in contact with?
3. What are a few strategies to deal with conflicting information you are getting from the deployed family member and what the media is reporting?

Group Three Worksheet – Coping

1. What are some healthy ways teens cope with deployment?
2. How can parents help their teens cope?
3. What are some checks and balances to put into place to ensure teens are not getting out of control?

Group Four Worksheet – Warning Signs

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

2. What are some ways to express to teens you are concerned about them?
3. What are some checks and balances to put into place to ensure teens are not getting out of control?

Group Five Worksheet – Support

1. What people or organizations can help you support teens during deployment?
2. In what ways could you develop a strategy to create a support system for teens?
3. How would you implement your support system?

Group Six Worksheet – Lessons Learned

1. What are some steps to prepare teens for deployment?
2. What are some ways to balance how much information you are going to share about what's going on in your world (at home or in theater)?
3. What are some ways to help teens adjust to the new normal during the reintegration stage?

Group Seven Worksheet – Personal Growth

1. What are some positive outcomes teens 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 you can communicate your approval and appreciation to teens?