

Parenting Teens Through Deployment

Group One – Worry

1. What do teens worry about during deployment?
2. What are some strategies to help teens cope with deployment worries and fears?
3. What are some checks and balances you can use to help teens deal with their concerns in a healthy way?

Group Two – Watching the News

1. How does watching the news affect teens?
2. What are ways to handle the media information with which teens come in contact?
3. Name a few strategies that can be used to help teens deal with the conflicting information they receive from the deployed family member and the information they get from the media reports.

Group Three – Coping

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

Group Four – Warning Signs

1. What are some warning signs that teens are not coping well with deployment?
2. How can parents express to teens that they are concerned about them?
3. What are some checks and balances you can use to ensure teens are not getting out of control?

Group Five – Support

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

Group Six – Lessons Learned

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

Group Seven – 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 approval and appreciation to teens?