

MILITARY KIDS SPEAK OUT



TOGETHER,
EVERYWHERE.



About...

...always being the new kid

Being the new kid definitely is not easy. I was very shy, but after about a week, two weeks, I kinda got into a rhythm, got into a groove. I met a lot of friends, and it just grew from there. Especially with athletics – athletics helped me out a lot.

—Gabriel, 16

Being the new kid in a school or neighborhood is sometimes almost like being a celebrity and other times just like being kind of ignored. It depends.

—Paige, 15

Being the new kid is kinda fun because you meet new people, and some of the people, they are nice to you and they help you out when you're new.

—Heidi, 11

Being the new kid is kinda scary at first, but then when you start talking to someone, they make you laugh. Or you meet your teacher or your friends in the neighborhood. You play a game with them and you feel like these are going to be my new people to hang out with.

—Ja-Tyler, 15

You walk around because you don't know anybody, and sometimes people invite you to sit with them. If you see a group, then you just go over there and say hi. Even though you probably might not want to because it's scary 'cause you think they might not accept you. You just gotta be yourself.

—Cyierra, 13

To see what other military kids have to say about moving, check out the Military Moves playlist on the Military Kids Connect YouTube channel at [youtube.com/user/MilitaryKidsConnect](https://www.youtube.com/user/MilitaryKidsConnect).

About...

...mom being deployed



"My mommy went to Afghanistan to help people and it made me want to help, too."

—Demaris

"When my mom was deployed, I felt kinda sad at first, but I knew she was helping other people, so it kind of eased away my pain inside."

—Dezjia

"She went to help people who didn't have a lot of things, like toys and clothes and stuff. I felt kind of sad. I didn't want (her) to leave."

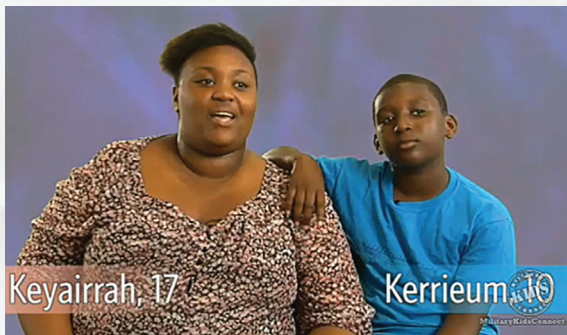
—Raven

Watch the video about these sisters (called Family Talk) and lots of other military family stories at militarykidsconnect.dcoe.mil. From the Teens, Tweens or Kids track, click Deployment, then Personal Stories, then 4Real.

Military Kids Speak Out

About...

...posttraumatic stress disorder (PTSD)



I remember when he first started pulling away. It kinda hurt my feelings a little bit and I just stayed away for a little while. But then I would always come back and try again, and see if maybe it would be different. I thought that he just didn't want to be around us anymore. I didn't really understand what was going on, so I started to act out at school, I stopped cleaning my room at home, and stuff like that. I came to understand about post-traumatic stress because I read a lot and I was always interested in the psychological problems of people. After I connected the dots about post-traumatic stress, it helped me not to blame my dad for everything that he was going through, and it helped me feel at peace.

—Keyairrah, 17

Find Keyairrah's video (called Connecting the Dots) and other videos about handling a parent's posttraumatic stress disorder at militarykidsconnect.dcoe.mil. From the Tweens or Teens track, click Deployment, then Tough Topics, then Posttraumatic Stress Disorder. *Note that this content addresses difficult topics. Please view or talk about this information with a trusted adult.*

About...

...mild traumatic brain injury (mTBI)

Some of the changes that I noticed in dad were that he was more tired, he was a bit more scattered, and he wasn't all together. So he would kinda detach from the family. He was still there, but you could see that his mind wasn't there, like he was totally thinking about something else and in a whole different world than we were in. He had mood swings, and you just couldn't really predict what he was going to be like that day — if he was going to be grumpy dad or happy dad or playful dad or, who knows?

—Zoey, 13

Find Zoey's video (called He was More Tired and Scattered) and other videos about handling a parent's mild traumatic brain injury at militarykidsconnect.dcoe.mil. From the Tweens or Teens track, click Deployment, Tough Topics, Mild Traumatic Brain Injury. *Note that this content addresses difficult topics. Please view or talk about this information with a trusted adult.*

