

Building resiliency in children of military families

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URI: <http://hdl.handle.net/10211.2/1503>

Date: 2012-06-14

Abstract:


Often we think of the military men and women who serve this country with great pride and feel appreciation for their bravery. There has been much attention given to the sacrifices and the negative effects that war has on them, but very seldom do we think about their children. With so many of these children living quietly on military bases and some in our public schools, we often forget about the struggles that they face on a daily basis. This population is raised with certain pride and strength that often leads them to mask their emotions to the difficult situations they face on a daily basis. Children of military families struggle with such challenges as relocating, deployment, low achievement, marital distress caused by war, substance abuse, physical and emotional distress, and masking their emotions to demonstrate bravery and strength.

Description:

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