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*Family Connection* is a publication of the Fleet and Family Support Program.

The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Fleet and Family Support Program, [ffsp.fct@navy.mil](mailto:ffsp.fct@navy.mil).

Visit us online at:



## Welcome to the Navy!

New to the Navy? Need to know how to ship household goods? Wondering what type of receipts you need to keep while you are on official travel? Do you need to know how to get a dependent ID card? Get the answers to these questions and more from the "New to the Navy" mobile application.

The "New to the Navy" app is for Sailors (enlisted and officers) who are fresh out of Boot Camp or Officer Candidate School and ready to report to their first commands. The app answers common questions new Sailors may have on pay and personnel matters as they transfer to a school or a new duty station. The content has been organized to provide information on the following topics:

- **Transfers** – Provides information on preparing to report to your first command, travel claims, PCS orders, pay and allowances, overseas screening, relocating your family and personal belongings and the Hometown Area Recruiting Program (HARP).
- **Sponsor Program** – Learn how the program works, how to request a sponsor and how your sponsor can help with housing, vehicles, moving your household goods and other issues.
- **Pay, Personnel and Advancement** – Provides information on military pay, taxes, leave and earnings, direct deposit, the Thrift Savings Plan (TSP), legal issues, personal advancement, the

Navy Standard Integrated Personnel System (NSIPS) and the Electronic Service Record (ESR).

- **Marriage and Family** – Offers information on Navy-related issues pertinent to you and your spouse: getting married while on leave, obtaining an ID card for your spouse, Temporary Lodging Expenses (TLE), the TRICARE health care program and Navy Spouse 101.
- **New Officers** – Provides useful information on the duties and responsibilities of those assigned as division officers or placed into a position of leadership over enlisted personnel.
- **Emergency** – Provides various hotlines, such as the National Suicide Prevention Lifeline, Military OneSource, Veterans Crisis Link and more. Also includes links to military and civilian emergency service organizations.
- **What Does This Mean?** – Defines many terms and acronyms common to this app and the Navy.
- **Favorites** – This section is the repository for information you mark for future reference as you go through the app.

"New to the Navy" is now available for download from [Google play](#) and the [Apple iTunes App Store!](#)



***New to the Navy Mobile Application***  
***Now Available for Download to Apple iOS and Google Android Mobile Devices!***

An official US Navy mobile application, produced by the Navy PMW 240 Program



## Sexual Assault Awareness and Prevention Month (SAAPM) is Around the Corner

April is around the corner, which means that the Navy and Department of Defense (DoD) community will be observing Sexual Assault Awareness and Prevention Month (SAAPM). Though sexual assault prevention and victim support is a year-round effort, SAAPM is a great opportunity to shine a spotlight on all of the ongoing efforts of the Sexual Assault Prevention and Response (SAPR) Program.

DoD is continuing the prevention drumbeat with the 2016 SAAPM theme, "Eliminate Sexual Assault: Know your part. Do your part." Eliminating sexual assault is an all-hands effort. Every Sailor, civilian and family member plays a part in preventing and responding to sexual assault. Understanding how to recognize opportunities for intervention is vital to stopping unsafe behavior. Each day we can take steps to foster a culture of dignity and respect with proper ethical behavior.

Participating in SAAPM events and activities is a great way to show your support for survivors and to send a powerful message that the Navy community is taking a stand against sexual assault. To learn more about SAAPM events and activities on your installation and in your local community, please [contact your installation's Sexual Assault Response Coordinator \(SARC\)](#). Your time spent volunteering even for just one event will be greatly appreciated, and there are many ways you can get involved during SAAPM and with the SAPR program year-round. Remember, know your part, do your part!

Confidential [DoD Safe Helpline](#) services are available 24/7, both in the United States and abroad. DoD Safe Helpline is a crisis support service specially designed for members of the DoD community affected by sexual assault. Contact DoD Safe Helpline at 877-995-5247 from anywhere in the world. When in doubt about your immediate safety, always call 911 or base security first.



### New Spouse Orientation

New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

### Relocation Tip

Check out a best-kept secret to learn how to save money on lodging: [Joint Services Campgrounds and Facilities](#) (PDF).



### PFM Video Series

The Personal Financial Management program has created a [series of four videos](#) to provide a brief introduction to financial issues of importance to Sailors and their families. These three-minute videos will help Sailors and families navigate some of the financial issues they face: Credit Reports / Credit Scores; Marriage and Money; Vacation Planning; and Renting vs. Buying.



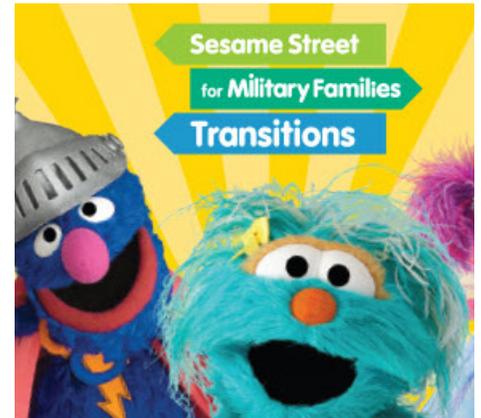
## Nutrition Tips for Parents of Teens

Teenagers worry about many things, but you will be hard-pressed to find a teen who is concerned about nutrition. It is critical, however, that we make good eating habits a priority for them because the teenage growth rate is rapid and by the end of adolescence, teens will have reached most of their adult height and weight. Moreover, while a given diet will not produce or eliminate a particular feeling, eating healthy foods can help adolescents manage their complex and often unpredictable moods.

Complicating everything for parents is the fact that it is absolutely healthy and normal for adolescents to get most of their guiding messages from sources outside the family, and very often these messages are just not helpful.

So what is a parent to do? Here are a few ideas:

1. Ask teens to help plan meals, shop for groceries or cook and bake. Use these activities to start a conversation about the main nutrients an adolescent diet should have: protein, calcium, iron, zinc, omega-3 fatty acids and five or more "smart carbs" like whole grains, fruits, vegetables (vegetable juices count!) and legumes every day.
2. Encourage and model eating a balanced breakfast every morning. Teens who eat a breakfast including protein, calcium, a "smart carb" and fruit may do better in school and sports and have healthier weights. Eating breakfast improves memory, helps with focus and lifts mood.
3. Eat at least three or four meals together each week as a family. Teens who share meals with parents have higher vocabulary and better family connections.
4. Encourage a positive body image. Find ways to praise things your teen does and says that are not related to outward appearance ("That was a great comment!" "You are so much fun to be with—it's easy to see why everyone calls to have you babysit!"). Avoid criticizing body types – adolescent or adult – and do not refer to mindful eating as a "diet." Call it what it is: healthy nutrition!
5. Snacking throughout the day is important for teens, so encourage them to keep it up! Have healthy snacks readily available: fresh fruit, walnuts or almonds, mini carrots, low-fat yogurt, string cheese, peanut butter and whole wheat crackers.
6. When you eat out, say "no" to supersize options, offer to split an entrée with your teen or make sure he or she knows it is fine to ask for a take-home box. While you are waiting for your meal (or better yet, before you go out) take the Portion Distortion Quiz (<http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>) for a fun way to see how all this works.



## “Sesame Street for Military Families: Transitions” Launched

Sesame Workshop has launched “Sesame Street for Military Families: Transitions,” the latest effort in its 11-year commitment to meet the needs of military families. The innovative resources offered by this workshop feature the loveable Elmo and Rosita with success strategies for every member of a family facing the major milestone of leaving military service. Adults are provided tips for maintaining everyday routines, keeping lines of communication open and reaching out for help if needed; children will find fun, comfort and coping tactics with characters they love.

Previous military-focused Sesame Street initiatives approached issues like [deployment](#), [homecoming](#), [injuries and grieving](#). Now Elmo and Rosita address an unmet need in the community, emphasizing a child's perspective on families transitioning from active duty to civilian life. “Sesame Street for Military Families: Transitions” was designed to help alleviate anxiety and stress service members and their families may experience as they transition. The resources are available free of charge.

To learn more, or to view the available resources, visit <http://sesameworkshop.org/>.





## Space-A Travel on Military Flights

One of the best perks of the military is that service members and their families can use "Space Available" flights to jet around the world — at little or no cost. That is right! You can fly for next to nothing on an Air Mobility Command (AMC) flight.

Sure, military flights can be a little unpredictable, but if you can handle a delay or three, you could find yourself cruising along to Hawaii, Italy or Japan at zero (or very low) cost.

Visit Military OneSource and take a tour of [Space-A travel](#) for tips to assist you in understanding and using this benefit.

## Family Employment Readiness Program

The Navy recognizes that moving every few years creates career challenges for military spouses, especially those who are stationed overseas or in remote areas. Our Family Employment Readiness Program (FERP) offers family members a variety of resources to tackle those challenges.



Workshops have been created to help you plan a career, launch a job search, write a resume, learn interview techniques, find information on federal employment, conduct self-assessments, set goals and even take vocational tests. FERP also offers computer tutorial programs to help you build technical skills.

The goal of FERP is to help military family members learn how to get a job and maintain an enjoyable career. Let FERP help you today.

If you do not live near a [Fleet and Family Support Center](#), many services, such as coaching and resume reviews, can be done by phone or email.



## Identity Theft at Tax Time

Identity theft is America's fastest growing crime. More than 61 million people were notified of a data breach last year, a rate two and a half times higher than it was the year before. CNN's *Money* magazine put the estimate even higher, as many as 110 million, equal to one person in nearly every household in the U.S.

In years past, a person who discovered they were a victim of identity theft was launched onto a sometimes years-long effort to correct and repair the damages caused by this type of fraud. Now, there is additional help for victims.

The Federal Trade Commission (FTC) just announced the launch of [IdentityTheft.gov](#), the federal government's free, one-stop resource to help people fix problems caused by identity theft. This new resource makes it easier for victims to report the crime and recover from identity theft.

New features on the site allow people to:

- make a personal recovery plan and walk through each step.
- update their personal plan and track their progress.
- print pre-filled letters and forms to send to credit bureaus, businesses and debt collectors.

Whatever your situation may be, [IdentityTheft.gov](#) can help. This website is also [available in Spanish](#).

For more information about identity theft and how to protect yourself, contact your [local Fleet and Family Support Center](#).

### IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)

### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click "Resources" then "IA Services."

**NAVY** ia

**U.S. Navy Individual Augmentees**



## Love Every Day ... Strengthening Military Couples

*Love Every Day* is a free mobile solution that prompts you and your partner, via text, to connect in new ways. Each partner answers one question each day for 21 days. These questions focus on what you love about one another and provide you with new ways to get to know each other, share thoughts and memories, and show you care in fun ways.

Military OneSource provides free access to [Love Every Day](#) as part of its suite of mobile solutions, but it is more than just a solution. This interactive tool helps couples strengthen their relationship and rekindle the romance.

The daily question takes only minutes to answer, and there is a spark of excitement as you wait to see how your partner will answer the same question. *Love Every Day* takes you back to that butterflies-in-the-stomach stage of early romance. It is like getting to know your partner all over again.

Live in the moment and spark some fun in your relationship with [Love Every Day](#).

For more information and to view the full article, go to the [MilitaryOneSourceEnewsletter](#).



## Ombudsman Support for Reserve Families

Are you the spouse or family member of a Reservist? Perhaps you have not had to focus on your weekend warrior's "second" job, but suddenly he or she has been activated. The questions abound: "What does this mean? Why do we need new ID cards? Do we have to switch to Tricare? Who can help me with all of my questions?"

You may have received a letter or phone call from your Reserve ombudsman offering assistance. Now is the time to contact them and introduce yourself. The command

ombudsman is a source of information and referral and will help you navigate this unfamiliar journey.

If you need to connect with your command ombudsman, use the "Contact Your Ombudsman" link located on the [Ombudsman Registry](#). You may also contact the Navy Operational Support Center (NOSC) associated with your Sailor's Reserve command or the [Fleet and Family Support Center](#) Ombudsman Coordinator attached to the active command.

### Live! Interactive Webinars for Sailors and Families

All workshops are  
Pacific Standard Time (PST)

**March 10**  
Writing Your Best Resume  
11 a.m. - Noon

**March 16**  
EFMP Community Connections  
8:30 a.m. - 10 a.m.

Register here: [FFSC Life Skills Webinars](http://www.navyilfepnw.com/search/webinars)  
<http://www.navyilfepnw.com/search/webinars>



## Live Interactive Webinars for Sailors and Families

Join us Live! Command Navy Region Northwest is hosting two interactive webinars in March open to all Sailors and family members regardless of duty station or location.

Whether you are on the go, or cozied up at home, these interactive webinars provide information, tips and tools on how to maximize your resources and benefits. [Register today!](#)

- Writing your Best Resume  
(Thursday, March 10, 11 a.m. - 12 p.m. PST)
- EFMP Community Connections  
(Thursday, March 17, 8:30 - 10 a.m. PST)