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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 resiliency of
Sailors and their families. We provide information
that can help you meet the unique challenges of
the military lifestyle.

If you have questions or comments, contact
Timothy McGough at timothy.mcgough@navy.mil.

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Month of the Military Child

Frequent moves and lengthy separations from deployed parents are just two of the many sacrifices made daily by our military children. In honor of their "service," Fleet and Family Support Centers (FFSC) around the world will hold more than 800 special events celebrating military kids. [Click here](#) for a complete listing of activities.

Installation	Activity	Date	Phone
NRC Singapore	Annual Art Contest	13 April	6752 8273
NIOC Sugar Grove	MOMC Carnival	19 April	304-249-6309
JEB Little Creek CDC	Patriotic Day	05 April	757-462-2400
NAS Fallon	Essay Contest	1-12 April	775-423-5808
NAB Point Loma CDC	Parent/Child Dress Up Day	26 April	619-553-0765
NS Mayport	Parent/Child Spring Dance	04 April	904-270-5681
NAS Jacksonville	MOMC Carnival	20 April	904-778-2278
NAF Atsugi	KidzFest	20 April	264-4187
CFA Sasebo	Play/Story Time	09 April	252-3604
NSA Naples	Family Campout/Bonfire	27 April	081-526-1579
NSA Bahrain	MOMC Kickoff	30 March	439-3335

First Lady Michelle Obama, Dr. Jill Biden salute military children



There are 1.7 million American children and youth under 18 years old with a parent serving in the military and about 900,000 with one or both parents who have deployed multiple times. Click the image to watch a video of First Lady Michelle Obama and Dr. Jill Biden speaking about the important role military children play in the community.

"If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."

– Albert Einstein





Sexual Assault Awareness Month

Every year at this time, the Sexual Assault Prevention and Response (SAPR) program, at installations around the world, recognizes Sexual Assault Awareness Month (SAAM) with a variety of events and activities to increase awareness of sexual assault prevention and response. You can learn more about specific activities on your installation by contacting the Sexual Assault Response Coordinator (SARC), who manages the installation's SAPR program and annual SAAM activities.

Statistics reveal that sexual assault negatively impacts the lives of many. The Centers for Disease Control and Prevention's National Intimate Partner and Sexual Violence Survey (2011) found that nearly one in five women (18.3 percent) and one in 71 men (1.4 percent) in the United States have been sexually assaulted at some time in their lives. Friends and family of sexual assault survivors can play a vital role in supporting their loved ones. When a survivor take the courageous step to tell others about their assault, the immediate reactions they receive can have a significant impact on the success of their healing process. Friends and family can help ensure that this is a positive impact by following the recommendations below:

- **Believe them.** It is important to remember that, no matter what the circumstances of the assault, there was no way your loved one could have known that she or he would be assaulted.
- **Be understanding.** The survivor needs to feel comfortable in sharing what happened, and may not want to discuss the event at all.
- **Listen** to what they have to say about what happened, and be there for them. Remind them that it is not their fault.
- **Be supportive.** Ask what you can do to help. Do not assume you know what is best. Support their right and ability to make their own decisions.
- **Be patient.** Remember that it may take your loved one some time to deal with the crime.
- **Educate yourself.** Become educated about the impact of sexual assault, post-traumatic stress disorder (PTSD), and other related subjects.
- **Encourage them** to contact the DoD Safe Helpline (877-995-5247) or go on the website (www.SafeHelpline.org) for more information about reporting options, local resources and crisis intervention. They can also contact the National Sexual Assault Hotline (1-800-656-HOPE) or the local rape crisis center.
- Be sure to **take care of yourself** through this process. You can provide more effective support when you are tuned in to and addressing your own feelings and needs.

Commissary on-site Guard, Reserve sale locations for April

On-site commissary sales for April are being held in Gassaway, W. Va.; North Little Rock, Ark.; Warrenton, Ore.; Greenville, Ky; and Houston. For more information visit [Commissary on-site Sales](#).



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by finding
resources
that will help
smooth the
move for your
children.



Did you update/verify your contact information in NFAAS during the last cycle? Updating and verifying information is required semi-annually for all Navy personnel: uniformed (active and reserve), civilians, dependents and OCONUS contractors. The last update cycle ended on 31 March. If you did not update/verify your information, please go to <https://navyfamily.navy.mil> and log in to NFAAS today.

Child abuse prevention – BREAK THE CYCLE

April is Child Abuse Prevention Month and Month of the Military Child. This year's Child Abuse Prevention Month theme is "Break the Cycle." Each year, children die or are severely injured due to child abuse and neglect incidents. Child maltreatment is an epidemic that crosses all demographic and cultural boundaries. This problem continues to plague many of America's most sacred institutions, including family life, education, government, the armed services and religious and charitable organizations.

Research shows that child abuse and neglect is a learned behavior fostered through secrecy, shame and silence. One of the most effective intervention strategies proven to break the cycle is education. Parents and childcare providers who embrace healthy parenting practices significantly reduce their risk for child abuse and neglect. Child abuse subject matter experts recommend that all parents and childcare providers become familiar with the risk factors and signs frequently associated with child

abuse and neglect.

Numerous studies have confirmed that most child victims know their perpetrators. Unfortunately, a large percentage of child abusers are parents, family members, close family friends and professional childcare workers. This factor alone increases the chance for child victims to be re-victimized. Another contributing factor attributed to re-victimization involves parents and caregivers who refuse to disclose the abuse. They do so because of their own feelings of shame. Consequently, child victims tend to internalize this reaction and respond with silence.

Below are a few risk factors frequently associated with perpetrators of child abuse and neglect:

- Social isolation
- Substance abuse
- Lack of family cohesion
- Young maternal age
- Poor problem solving skills



- Presence of domestic violence in the home
- Single parent (full-time or periodically)
- Domestic violence abuser
- Grew up in an unstable home environment
- Lack of basic parenting skills
- Lack of knowledge of child development
- Low maternal/paternal attachment
- Use harsh physical discipline with children

Visit the [Fleet and Family Support Program](#) webpage to learn more about child abuse and neglect prevention.



Exceptional Families

Exceptional Service

Respite care for families enrolled in the Navy Exceptional Family Member Program (EFMP)

The U.S. Navy and Child Care Aware® of America

partner to provide respite care to Category IV and V Navy Exceptional Family Members. This includes exceptional family members whose medical condition requires assignment near major medical facilities in the continental United States

or whose needs are complex and specialized requiring continuity of care. EFMP respite care helps Navy families with children with special needs by providing 40 hours of free respite care per month, giving parents the opportunity leave the house, go to an appointment or just rest, knowing that their children are well cared for.

Once eligibility has been confirmed, Child Care Aware® connects the family

with the local agency administering the [Navy EFMP respite care](#). This agency works individually with each family to complete the necessary application and assists in the connection to a respite care provider that will meet the family's care needs.

Remember, caring for an Exceptional Family Member begins with taking care of you, the primary caregiver. Call Child Care Aware® at 1-800-424-2246 to apply or to learn more about the program.



Child identity theft: Safeguard your child's future

Child identity theft happens when someone uses a minor's personal information to commit fraud. Information may be used to get a job, government benefits, medical care or establish utility service. Avoiding, discovering and undoing the damage resulting from the theft of a child's identity can be a huge challenge.



Adults can monitor their own credit reports every few months and order a fraud alert or freeze their credit files if they see something amiss. But most parents do not expect their youngsters to have a credit file, and as a result, rarely request a child's credit report, let alone review it for accuracy. A thief, or, most commonly, a family member who steals a child's information may use it for many years before the crime is discovered. The victim may only learn about the theft years later, when they apply for a loan, apartment or job.

Parents can do a lot to protect their child's identity:

- Keep all documents regarding your child's date of birth, Social Security number (SSN) or other identifying information locked up, and don't carry their Social Security card with you.
- Share your child's SSN only when you know and trust the other parties. If someone asks for their SSN, ask why they want it and how they will safeguard it. If you are not satisfied with their answers, do not share the information.
- Limit the chances that your child's information will be stolen or misused at school. Find out who has access to their information and read the notices schools are required to send explaining your rights under the Family Educational Rights and Privacy Act (FERPA). That law protects the privacy of student education records and gives you the right to opt out of the release of directory information to third parties, including other families.
- Talk with your child about privacy settings on social media sites and what information and photos to share on them. Remind them that someone can use the information posted on a social media profile to guess account passwords, which may allow them to gain access to their personal information.

Employment and Transition Corner

Volunteer in 2013



The Corporation for National and Community Service is a federal agency that engages more than four million Americans in service through Senior Corps, AmeriCorps and the Social Innovation Fund. It leads President Obama's national call to service initiative, United We Serve.

There are as many reasons to serve as there are people who serve, from solving problems in your community to sharing your skills to serving your country. Volunteering is not just an altruistic act. It is an opportunity to advance in all areas of your life.

If you're ready to serve visit:
www.nationalservice.gov.



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Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events
— www.ia.navy.mil. Click "Links and Resources."

IA Discussion Group Schedule

View the Fleet-wide list of classes, support groups and events.

