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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.

Visit us online at:



Teen Dating Violence Awareness and Prevention Month

February is National Teen Dating Violence Awareness and Prevention Month. The Navy recognizes that dating violence is detrimental to the future of teens and young adults, as it sets the tone for accepting destructive ways of resolving conflict in relationships. The cost to teen victims includes:

- depression and suicidal thoughts.
- school failure.
- alcohol and drug abuse.
- sexual activity.
- unwanted pregnancy.
- long-term mental illness.

The costs to our community are enormous and include:

- increased medical costs.
- increased crisis intervention costs.

- absences from school.
- increase in teen violence/bullying.

Is there violence in your dating relationship or to a teen or young adult relationship that you know of? Please reach out for support from your local Fleet and Family Support Center. Together we can identify those that need assistance and teach our community about healthy dating and respectful relationships. Together we can end this epidemic.

For more information:

- www.ffsp.navy.mil
- www.MilitaryOneSource.mil
- www.loveisrespect.org
- Call the National Teen Dating Violence Hotline at 1-866-331-9497
- Text "loveis" to 22522

Together We Are
ONE VOICE
 Against Teen Dating Violence



Respect Yourself. Respect Others. Share the Message.



www.ffsp.navy.mil
www.loveisrespect.org
www.militaryonesource.mil



When a Sexual Assault Occurs in Overseas Locations

Living in or visiting an overseas country can be exciting for many people. The opportunity to learn a different culture and tour new sites is an eye-opening experience. Unfortunately, there are times when experiences are not positive, specifically if someone becomes the victim of a sexual assault. The crime of sexual assault knows no boundaries. Sexual assault can happen to anyone, at any time, in any place, including overseas locations.

Before heading into a new overseas location, active-duty service members, DoD civilians and contractors receive training on sexual assault response and resources, local customs and mores in the destination country, and prevention strategies. Additionally, before every liberty-connected port call, deploying commands receive sexual assault briefs with information and resources related to that specific country. It is important to remember that each country's sexual assault procedures may vary.

Sexual Assault Response Coordinators (SARCs) are assigned to every Navy installation to assist with program oversight, as well as managing and supporting sexual assault cases. They are responsible for maintaining awareness and disseminating information to inbound personnel on local country laws, procedures and jurisdictions with impact on sexual assault response.

When visiting any country, remember that DoD Safe Helpline services are available 24/7, both in the United States and abroad. Victims of sexual assault outside the U.S. can text their location (zip code or installation/base name) to 001-202-470-5546 to receive the local SARC or SAPR Victim Advocate contact information. Deploying commands experiencing an overseas port call visit will be handed a business card with local SAPR contact information of the nearest Navy installation. The U.S. Navy and the SAPR program remain committed to providing effective response as well as quality support and advocacy to victims worldwide.



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

Conduct an inventory annually and update it as needed so you stress less if your household goods are lost or damaged.



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.



DoD

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Preparing for a Chemical or Nuclear Emergency

As we approach the six-year anniversary of the Deepwater Horizon oil spill in the Gulf of Mexico and the five-year anniversary of the nuclear disaster in Japan, we are reminded that large-scale chemical or nuclear emergencies do occur.

A nuclear power plant emergency can result in dangerously high levels of radiation, especially within 10 miles of the plant. Exposure to high levels of radiation is extremely dangerous to you and your family. Radiation also can contaminate the water and soil within a 50-mile radius.

A major chemical emergency is an accident in which large amounts of hazardous chemicals are released into the surrounding environment. Accidents may happen anywhere, including chemical and manufacturing plants, highways, railroad tracks, underground and even in the ocean.

Chemical or nuclear emergencies also may result from deliberate attacks targeting such facilities. Although you cannot smell or see any evidence of radiation and may not smell or see evidence of chemicals, this does not diminish the high level of danger if they are released.

To prepare for a chemical or nuclear emergency, learn about the local facilities in your area that could affect you, create a family emergency plan that includes evacuation routes and have an emergency kit.

If a chemical or nuclear emergency does occur, you will be notified through local and Navy media. Stay tuned to the radio or TV, listen for instructions and follow them carefully. Specific actions will vary based on the type of release.

For low levels of a radiation or chemical release, you may be told to shelter in-place. Sheltering in-place means to seek temporary protection in a structure or vehicle, typically your workplace, residence or car. Do not go

outside. Keep windows, fireplace dampers and vents closed. Turn off air conditioners, ventilators, furnaces and any other air intakes.

If a disaster is declared, be sure to muster with your command or through the [Navy Family Accountability and Assistance System](#). For more information on how to prepare for emergencies caused by a chemical or radioactive release, visit readynavy.mil.

Where to Find Additional Information

- [Chemical Emergencies Overview](#) (PDF)
- [Chemical - Specific Chemical Fact Sheets](#)
- [Chemical Agents - Facts About Evacuation](#)
- [Chemical Agents - Facts About Sheltering in-Place](#)
- [Personal Cleaning and Disposal of Contaminated Clothing](#)
- [Nuclear Power Plants](#) (Ready.gov)

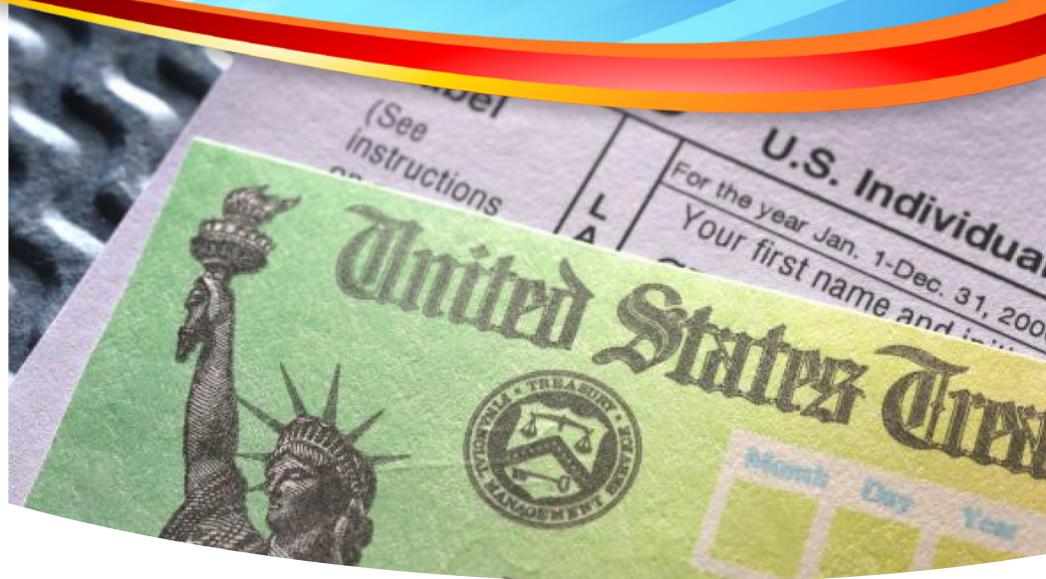


Saving at Tax Time

Now that 2016 has arrived, will you spend weeks eagerly anticipating your tax refund? When the money finally comes in, will it be gone immediately? Many people view tax refunds as unplanned bonuses. They see the money as a gift from the government to be used for splurges or treats. Instead, a tax refund could be utilized as an opportunity to improve your financial situation.

Here are some tips to get the most value from your tax refund:

- **Pay down your debt.** Use your refund for some much-needed debt relief. Pay off your credit card balance(s). Try to pay off the smaller, high-interest balances first, freeing up funds to put toward larger balances. Alternatively, you can apply your refund toward other debts, like a car loan or a home equity loan.
- **Save for a rainy day.** Give yourself an even bigger return on your tax refund by putting the money into a savings account, CD or retirement fund. Your refund grows if you put it into savings or invest the money. It is helpful to have a savings account to draw from when a major car repair bill, medical emergency or other unexpected expense comes along. That way, you do not borrow money and add to your debtload.
- **Consider your financial goals.** Trying to save for a house or car down payment or your child's college tuition? Consider applying your refund toward these goals. If you do not yet have a set



of short-term and long-term financial goals, put some together. You will be more conscientious about how you spend your refund or any other extra money that comes your way.

Remember, you work hard for your money, and you deserve to enjoy a healthy financial lifestyle. Put some thought into how you use your tax refund. Making smart financial decisions is not always easy, but it will definitely benefit you and your family over the long term.

See more at: <http://www.militarysaves.org/for-savers/make-a-plan-how-to-save/saving-at-tax-time>.

For confidential, one-on-one or family financial counseling, see your Fleet and Family Support Center Personal Financial Manager. For locations and contact info, go to www.ffsp.navy.mil.

Filing Taxes When a Service Member Is Deployed

Uncle Sam expects you to file your taxes even if you or your service member is deployed. It is easier than you think to file these days. The Internal Revenue Service recognizes that service members and their families often face special circumstances and has made the annual tax filing event easier for you. If you are a service member or filing taxes on behalf of a service member, here are a few important items to know before you start the process:

- **File returns in your permanent home state.** If you are stationed somewhere other than your permanent home address, in most cases you will still pay state taxes to your home state. For example, if your legal state of residency is Kansas, but you are stationed in California, you will file state taxes in Kansas, if applicable.
- **Access your tax statement online.** You can go to myPay to view and print your military W-2 form before it is mailed to you. You can log in and use your CAC or your personal identification number to access your military W-2.

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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. Click "Resources" then "IA Services."

NAVY ia

U.S. Navy Individual Augmentees





Filing Taxes When a Service Member Is Deployed

Continued from page 4.

- **Ensure you have a power of attorney if someone is filing on your behalf.**

If someone will be filing your return on your behalf, ensure they attach a copy of the power of attorney to the tax return using Internal Revenue Service Form 2848, [Power of Attorney and Declaration of Representative](#).

- **Find answers to your questions** with the [Internal Revenue Service Armed Forces' Tax Guide](#).

Military spouses have special considerations, as well:

- **File a state tax return for the state where you are employed, in most cases,** if you work outside your home state. However, the [Military Spouse Residency Relief Act](#) changed the rules so that spouses do not have to pay income tax to the current state where they are employed if they live with their service member in that state because of military orders. Visit the [Internal Revenue Service](#) for more specific information and to see if you qualify for this tax relief.

Article provided by: [Military OneSource](#). Military OneSource provides free confidential tax consultations, tax preparation and filing software. Call 800-342-9647 or visit the [Military OneSource tax page](#) for more information.

Introduction to SECO Webinar

Each month, Spouse Education and Career Opportunities (SECO) will highlight a different Military installation and talk about connecting with local resources. The February 2 webinar will feature **Naval Station Mayport!**

Join us for these monthly webinars at noon EST on the first Tuesday of the month.

- Learn about career counseling resources.
- Find out how to access financial assistance for education.

- Discover job opportunities within the Military Spouse Employment Partnership.

For more information on this webinar visit the [SECO website](#).

Webinar [registration](#), February 2, 2016.



Joint Base Lewis-McChord to Host Career Development for Military Spouses

When: Tuesday, February 9, 2016 – 7:00 p.m. to Wednesday, February 10, 2016 – 1 p.m.

Where: McChord Field Club, 700 Barnes Blvd., McChord Air Force Base, WA 98438

The Hiring Our Heroes event is open to all military spouses, employers and service organizations. Service members and Veterans are also welcome. The event will kick off with an evening networking reception and closes with a hiring fair. Click [here](#) to register.

The networking reception provides:

- opportunities to engage with recruiters, community leaders, local professionals and senior military spouses.

- resume guidance.
- access to valuable contacts and career advice from industry professionals.

The hiring fair features:

- employers committed to hiring military spouses.
- a Career Spark demonstration, showing military spouses how to build skills-based resumes.
- career resources and tools from non-profit partners.

Visit [Hiring Our Heroes](#) for a complete list of programs near you.



Relocation Budget Plan

One of the best ways to minimize your out-of-pocket or additional relocation expenses is to set up a budget for your move. The [Relocation Budget Planner](#) is a Microsoft Excel spreadsheet that you can save and use on your personal computer, or you can print it out and keep a paper copy. Follow the instructions at the top of the spreadsheet to guide you through the process.

Keep your relocation budget planner up-to-date as estimates become actual costs and as your assumptions change. If you are moving overseas, you will need to keep track of the currency conversion so that you know what you are really spending.

You should also keep track of [expenses related to your move](#). You will need a record for tax-deduction reasons, if you itemize. It is a good idea to keep track of your reimbursements as well. Reimbursement you receive for personally procured moves is considered taxable income.

You can take the budget planner to your relocation or financial counselor at the [Fleet and Family Support Center](#) for professional assistance and more resources.



Valentine's Day Getaway (or Romantic Vacation)

Valentine's Day is not only a reminder to appreciate our loved ones, but also a fantastic excuse for a romantic vacation. A quick getaway in February does not have to break the bank, either. Navy Getaways and Navy Community Recreation provide vacation accommodations, leisure travel bookings and exhilarating recreational experiences to all active-duty military, retirees, Reservists and DoD civilians on almost any budget.

With more than 50 sites around the globe, Navy Getaways offers lodging accommodations at locations from romantic vistas to relaxing beaches that are sure to provide the sweetest Valentine's Day adventure. Navy Getaways' sites include more than 2,631 RV spots, tent sites, cottages, cabins, townhomes and resort-style vacation rentals at affordable prices. These accommodations are offered worldwide, from simple to sophisticated; there is something for everyone!

While staying at Navy Getaways or just staying in town, both you and your loved one can take advantage of outdoor and

adventure programs with Navy Community Recreation's variety of facilitated and self-directed recreational opportunities. Facilitated recreation opportunities will guide participants through leisure experiences in the form of events, activities, trips and outings. Go hiking in the morning, rock climbing in the afternoon and cozy up next to a warm fire under the starry night with your sweetheart. If self-directed is more your style, visit the Community Recreation ticket outlet for tickets to movies and attractions, or the gear rental counter for your outdoor equipment to ski, hike, climb, camp or experience other romantic outings on your own. So get up, get out and create some memorable moments for this upcoming Valentine's Day and fall in love with Navy Community Recreation!

There are so many options for you with Navy Getaways and Navy Community Recreation. This year Valentine's Day falls on the same weekend as President's Day! Take advantage and start planning your romantic weekend getaway today.

Book your reservation: [Navy Getaways](#) or call 1-877-NAVY-BED (628-9233).



Together We Are
ONE VOICE
Against Teen Dating Violence

**Respect Yourself.
Respect Others.
Share the Message.**

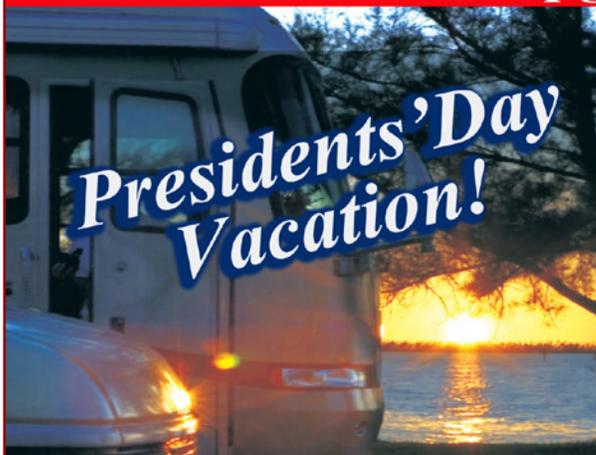
Don't stand by and
let it continue. Tell
someone or seek help at
your local Fleet and
Family Support Center.



www.ffsp.navy.mil
www.loveisrespect.org
www.militaryonesource.mil



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