

Moving **Out**, Moving **Up**, Moving **On!**



At [Military Youth on the Move](http://apps.militaryonesource.mil/myom), you'll find advice on topics like relocation, deployment and everyday issues faced by military teens like you. Visit the site, check out the podcasts and read through some great articles written just for you!



<http://apps.militaryonesource.mil/myom>



Let's move it!



# Moving Out, Moving Up, Moving On!



Great advice, helpful tips and resources are just a click away! Get the scoop on topics like staying fit and healthy, changing schools and dealing with a parent's deployment.



See what's happening at [Military Youth on the Move](#):

- 🌀 Check out the advice on moving, dating, friendship and more
- 🌀 Read helpful tips on issues that matter to you
- 🌀 Check out the latest podcasts
- 🌀 Share your own experiences
- 🌀 Find answers to your questions
- 🌀 Link to other sites designed for teens

*Hear from real kids,  
preteens and  
teens about their  
experiences!*



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