

# I am so done with moving!

"Here I am trying to get ready for my senior year, and we're on the road again. And then my dad reminds me that he's doing all this for our country and for us, so then I feel bad. I want to be supportive. And I'm proud of him. So I guess if he can do his job, I can do mine."

~Kaitlyn, age 17

# Every time I leave my friends it gets harder to say goodbye

and open myself up to getting to know other friends. But I love getting to know other people and I know it'll be good once I get used to it here."

~Lauren, age 14

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

# You are not ALONE!

For more great information or to research your new installation, check out the following websites:

Military Youth on the Move  
<http://apps.militaryonesource.mil/myom>

MilitaryINSTALLATIONS  
[www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil)



Call. 800-342-9647

Click. [MilitaryOneSource.mil](http://MilitaryOneSource.mil)

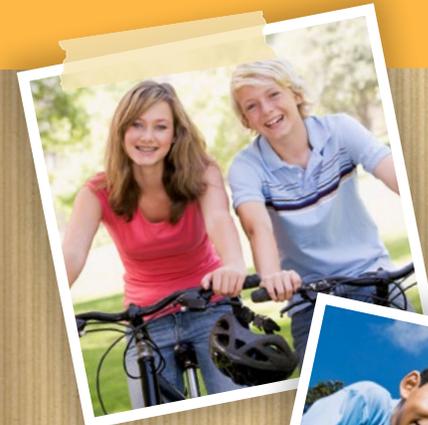
Connect. 24/7



Providing policy, tools and resources for service members and their families.



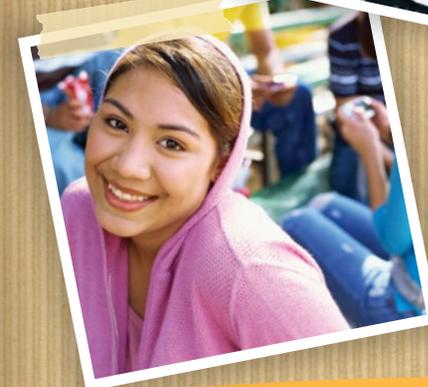
# Let's move it!



# Moving Out



# Moving Up



# Moving On

Your next adventure begins here!

Got questions about changing schools? Not sure how to handle another deployment? Then check out...

# MILITARY YOUTH ON THE MOVE!

## Easy to use

Military Youth on the Move is a fun, informative website designed with you in mind. Visit the site, click on your age group and start searching through articles about saying goodbye to friends, getting involved in your new community and much more.

## Informative

Military Youth on the Move is a safe place to go when you don't feel like talking but still need some advice.

The site offers many great features:

- 🕒 Age-specific advice on topics like changing schools, making new friends and dealing with deployment
- 🕒 Answers to your questions such as "How do I say goodbye?" or "What can I expect after high school?"
- 🕒 Helpful links to other websites designed for you such as StopBullying.gov, LetsMove.gov and more
- 🕒 Up-to-date information about social networking, finding a job and other topics you can relate to



## Designed for you

The site is designed for three target audiences: kids, preteens and teens. Each section contains age-specific advice, answers to your questions and helpful links for additional information:

- 🕒 Kids: Find cool tips on things like getting involved in sports, saving your money and getting used to middle school.
- 🕒 Preteens: Find information that relates to what you are going through such as transitioning from elementary school, fitting in and making new friends.
- 🕒 Teens: Search through topics and articles that focus on your needs such as finding a job, applying to college or buying a car.



## Not Just for Moving!

We know that it is not easy to pack up and move, so MYOM is full of great moving related tips and advice. But, you can also use MYOM anytime! If you have questions about doing your homework, opening a bank account, choosing a career or getting healthy, this site can help!

So what are you waiting for?



Let's move it!



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