

# MYOM

*has an additional section just for you!*

"Just for Parents" is designed to make moving easier for your entire family by providing you with information and resources on topics specific to relocation, military life, and everyday parenting!

- ★ Get helpful advice to support your children through difficult relocations and deployments, as well as information about online safety, bullying, and much more.
- ★ Access links to additional websites and resources designed for military parents.
- ★ Read information that speaks directly to your concerns including financial planning information, healthy living tips, and child care resources.
- ★ Find specific moving information that meets your family's needs such as moving with a pet, relocating overseas, or planning a move for a family member with special needs.

<http://apps.mhf.dod.mil/myom>



*Resources to make your next move a smooth one:*

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

Plan My Move  
<http://planmymove.mhf.dod.mil>

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

MilitaryHOMEFRONT  
[www.militaryhomefront.dod.mil/moving](http://www.militaryhomefront.dod.mil/moving)

Military OneSource  
[www.militaryonesource.com](http://www.militaryonesource.com)



Contact Military OneSource 24/7/365 for additional moving information.  
1.800.342.9647



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



  
MILITARY YOUTH  
ON THE MOVE

**Moving Out**  
**Moving Up**  
**Moving ON!**

*Let us help you get your kids moving!*

# MILITARY YOUTH ON THE MOVE

*is an easy to use, informative website designed with your children in mind!*

## EASY TO USE

Military Youth on the Move (MYOM) is designed for three target audiences: elementary school, middle school, and high school. Your children simply click on their age group and begin searching through topics related to relocation, deployment, and much more!

## INFORMATIVE

MYOM provides a safe place for your children to get information and advice on a variety of topics.

MYOM offers many great features:

- ★ Age-specific advice on topics such as changing schools and making new friends
- ★ Answers to common questions such as *“How do I say goodbye?”* or *“What can I expect in middle school?”*
- ★ Helpful links to other websites designed for youth such as Tutor.com, LetsMove.gov, and more
- ★ Up-to-date information about social networking and other topics your children can relate to
- ★ Bright colors, photographs, and quotes from military youth to make the site friendly and engaging

## DESIGNED FOR YOUR CHILDREN

MYOM is designed for your children, so it is filled with short articles, easy to follow tips, and helpful links for all age groups:

- ★ Elementary and middle school children can read information about bullying, divorce, and how to start over at a new school.
- ★ High school teens can find topics tailored to their needs such as preparing for life after high school, opening a bank account, and writing a resume.

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*“Being a teenager is hard. Period. Having to move every three years only makes it that much harder. It’s like being confused all the time. One day, I just decided to give up the tough guy act and told my mom how scared I was really feeling about another move. I guess since then, talking with my parents has helped me with the problems I had with our move here.”*

*~Tyler, 17*

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**LOOKING FOR A WAY TO HELP YOUR CHILDREN BEAT THE MOVING BLUES?**

Let MYOM help your entire family successfully navigate the challenges of relocation.