

Adolescent Education, Extracurriculars, and Aspirations

EDUCATION



Most adolescents reported a **positive** school environment

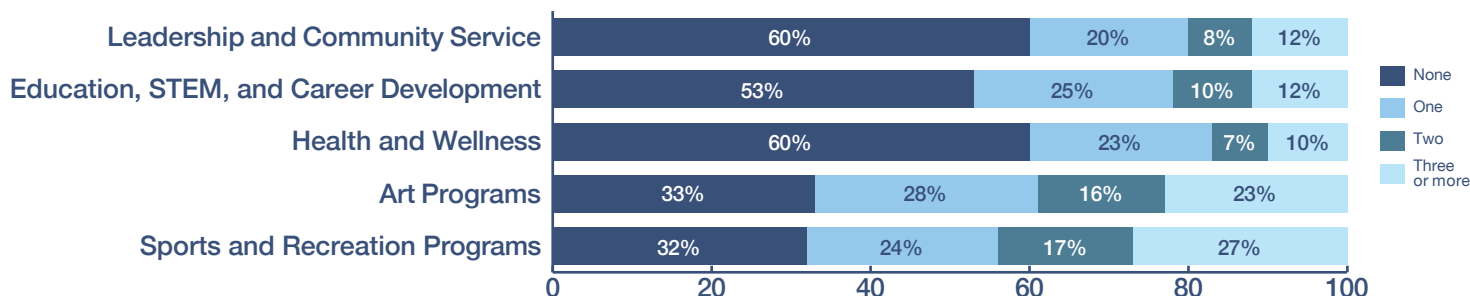


Higher grades were associated with **lower odds** of screening for anxiety or depression*



Better teacher and school environment ratings were associated with significantly **lower odds** of screening for anxiety or depression*

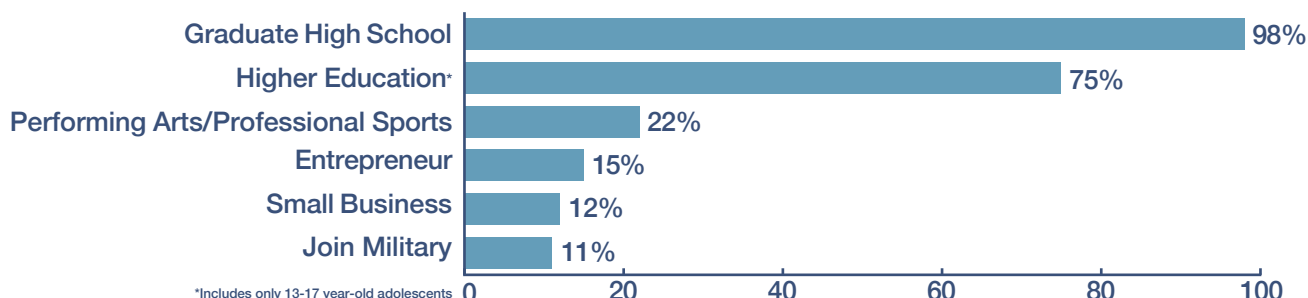
How many kinds of extracurricular activities are adolescents participating in?



Adolescent participation in leadership and community programs, or sports and recreation programs was associated with significantly **lower odds** of screening for anxiety or depression*



What are the aspirations of adolescents in SOAR?



*Includes only 13-17 year-old adolescents

Resources

Military youth programs play a vital role in fostering character and leadership, enhancing resiliency, promoting critical thinking, developing workforce readiness, and building healthy relationships, while addressing the unique needs of military-connected youth. Trained professionals serve as mentors in a fun space for youth and teens to socialize, build strong connections, pursue recreational and educational interests and more. Visit **Military OneSource** to learn more about military youth and teen programs or to connect with a child and youth counselor. You can also contact your installation Youth Programs/Center for information about local offerings.

*Logistic regressions analyses controlled for adolescent age, sex at birth, and service member branch, component, paygrade, and current military status.

For more information, go to <https://militarysoar.org>

The Millennium Cohort Study of Adolescent Resilience (SOAR) follows military-connected children through adolescence and emergent adulthood to assess the impact of military experiences on their health and well-being.

Results shown are from the baseline 2022/23 parent (n=7,870) and adolescent (n=3,772) surveys.



U.S. Department of Defense