

Peer Relationships Among Military Connected Adolescents

FRIENDSHIPS

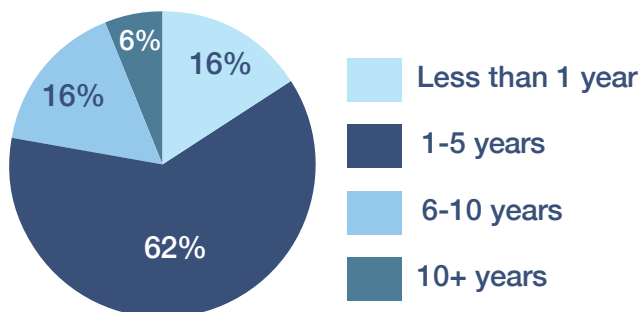


Most adolescents reported having a best friend, however, **6%** reported they did not have a best friend

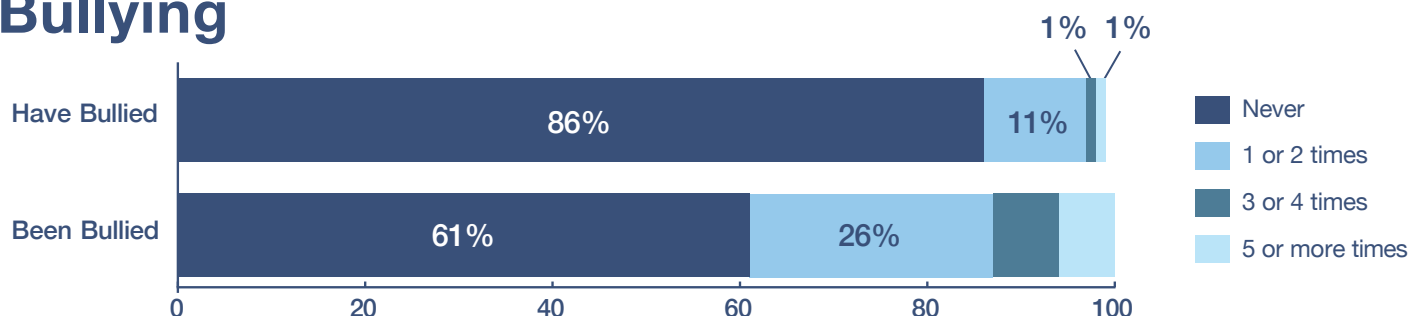


Almost **20%** of adolescents reported that it was not easy to make friends or to fit in the last time they changed schools because of a military move

Length of Friendship with Best Friend



Bullying

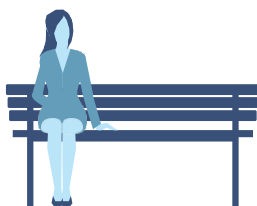


- Most adolescents had **never** been bullied (victim) and **never** bullied (perpetrator)

Peer relationships and mental health



Prosocial behavior (such as helping, sharing, cooperating) was associated with significantly **lower odds** of screening for anxiety or depression*



Peer difficulties (such as not having friends, not feeling liked, being bullied) were associated with significantly **higher odds** of screening for anxiety or depression*



Both **bullying** and **being bullied** were associated with significantly **greater odds** of screening for anxiety or depression*

Resources

Military youth and teen programs are designed to support military-connected youth as they transition into adulthood. Youth centers are available on almost every installation where families PCS. Youth Centers are staffed with trained professionals who understand how to connect with adolescents, support them in their teen years and recognize the signs of stress. Continuity of programming between installations can help youth feel part of the military community and make the transition to a new installation smoother.

*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