



Operation: Military Kids Ready, Set, Go! Training Manual

November 2005

2nd Edition

Operation: Military Kids, Ready, Set, Go! is a program of the USDA Army Youth Development Project, a collaboration of the U.S. Army Child and Youth Services and the Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture through Washington State University/Washington State Office of Superintendent of Public Instruction. Users are encouraged to use all or parts of this information, giving credit to U.S. Army Child and Youth Services and USDA Cooperative State Research, Education, and Extension Service in all printed materials.

Contributors:

Darrin W. Allen, USDA/Army Youth Development Project

Linda Bull, Washington State Office of Superintendent of Public Instruction

Nancy Campbell, U.S. Army Child and Youth Services

Karla Dolph, Project Manager, Washington State University Extension

Mona M. Johnson, Washington State Office of Superintendent of Public Instruction

Kate Painter, Editor, Washington State University Extension

Gerald Steffen, Graphic Designer, Washington State University Extension

Rob Stout, Print Manager, Washington State University Extension

Kevin Wright, Washington State University 4-H Youth Development

The work of the committee could not have been successful without the support and encouragement of the Operation Military Kids Partner Organizations:

Boys & Girls Clubs of America, Military Child Education Coalition, Nora Clouse, National Guard Outreach Liaison Specialist, Pamela McBride, United States Army Reserve Outreach Liaison Specialist, Veteran Service Organizations, M.-A. Lucas US Army Child and Youth Services, Sharon KB Wright, USDA, Cooperative State Research, Education and Extension Service

Special thanks to Washington State OMK Team for developing the original manual:

LTC Beverly White, Washington State National Guard

Renee J. Weglage, United States Army Reserve 104th Division

M. Christine Price, Washington State University 4-H Youth Development

Annie DeAndrea, Washington State National Guard Family Programs

Astri Zidack, Educational Service District 101

Ruthy Cowles-Porterfield, Washington State Office of Superintendent of Public Instruction

Visa Detsadachanh, Washington State University 4-H Youth Development

Table of Contents

Chapter 1: Introduction to Ready, Set, Go!

Lesson Plan	1-1
Evaluation Questions	1-2
Training Session Content	1-3
Background Material	
RSG! Training Agenda	1-18
RSG! Training Materials Supplemental Resources CD	1-19
RSG! Participant Pre-/Post-Test	1-20
RSG! Participant Pre-/Post-Test Answer Key	1-22
“Walk This Way” Activity	1-24
Appendix A: Read-Ahead Materials	A-1
Participant Agenda	A-18

Chapter 2: A New Reality: Impact of the Global War on Terrorism

Lesson Plan	2-1
Evaluation Questions	2-2
Training Session Content	2-4

Chapter 3: Operation: Military Kids—An Overview and Framework for Implementation

Lesson Plan	3-1
Evaluation Questions	3-3
Training Session Content	3-4
Background Material	
Overview of National 4-H Program	3-48
Boys & Girls Clubs of America	3-53
Operation Proud Partner (OPP) Sites (Boys & Girls Clubs)	3-57
The American Legion OMK Fact Sheet	3-58
Military Child Education Coalition (MCEC) Description	3-61
Speak Out for Military Kids (SOMK) Program Overview	3-65
Hero Pack Initiative Overview	3-69

Chapter 4: Exploring Military Culture

Lesson Plan	4-1
Evaluation Questions	4-2
Training Session Content	4-3
Background Material	
Army Values	4-22

The Soldier’s Creed	4-22
The Soldier’s Code	4-23
US Army Chain of Command	4-23
US Army Ranks and Insignias	4-23
Military Service Ribbons and Awards	4-23
US Army Acronyms	4-24

Chapter 5: The Deployment Cycle: Mobilization and Deployment

Lesson Plan	5-1
Evaluation Questions	5-2
Training Session Content	5-3
Background Material	
Activity Instructions: A Blanket Community	5-28
The Emotional Cycle of Deployment: A Military Family Perspective	5-29
Strengths Resulting from the Deployment Cycle/Stages	5-37
Helping Children Adjust While Their Military Parent Is Away	5-38
Helping the Nonmilitary Parent during a Spouse’s Extended Absence	5-39
Talk to Your Children about Deployment...Before It Happens	5-40
Deployment Stress Related Issues	5-43

Chapter 6: The Deployment Cycle: Homecoming and Reintegration

Lesson Plan	6-1
Evaluation Questions	6-2
Training Session Content	6-3
Background Material	
The Myth of the “Perfect” Reunion (Activity)	6-13
Helping Children Adjust to Reunion	6-14
Tips for Parents to Keep in Mind	6-16
Tips for the Service Member	6-17
Tips for Spouse	6-19
Children and Reunion	6-20

Chapter 7: Stress and Coping Strategies

Lesson Plan	7-1
Evaluation Questions	7-2
Training Session Content	7-3
Background Material	
Potato Head Family (Activity Instructions)	7-40
Stress and Coping In Childhood-Avis Brenner	7-41
Stress and Young Children-ERIC Digest, Jan Jewett, and Karen Peterson	7-49
Helping Children Cope With Stress-Karen DeBord	7-53

Recognizing Stress In Children-NC State University, A&T State University Cooperative Extension	7-59
Strategies for Parents and Teachers-NC State University, A&T State University Cooperative Extension	7-64
Types of Prevention Strategies-National Institute of Drug Abuse	7-72

Chapter 8: Impact of Grief, Loss and Trauma

Lesson Plan	8-1
Evaluation Questions	8-2
Training Session Content	8-3
Background Material	
Children and Grief: What They Know, How They Feel, How To Help	8-34
Resources for Wounded or Injured Servicemembers and their Families	8-42
America at War: Our Attitude Makes a Difference	8-50
America at War: Helping Children Cope	8-52
Fears	8-54
Drugs, Alcohol, and Your Kid	8-58
Reactions and Guidelines for Children Following Trauma/Disaster	8-61

Chapter 9: Fostering Resilience in Children and Youth

Lesson Plan	9-1
Evaluation Questions	9-2
Training Session Content	9-3
Background Material	
Fostering Resiliency in Children and Youth: Four Basic Steps for Families, Educators, and Other Caring Adults	9-20
Resiliency Requires Changing Hearts and Minds	9-30
Fostering Resiliency in Kids: Protective Factors in the Family, School, and Community	9-35
The Children of Kauai: Resiliency and Recovery in Adolescence and Adulthood	9-63
40 Developmental Assets	9-73
Risk and Protective Factor Framework	9-74
Fostering Resilience in Time of War	9-75
Building Resilience in Children in the Face of Fear and Tragedy	9-76
Promoting Resilience in Military Children and Adolescents	9-80
Bounce Back (Activity Instructions)	9-93

Chapter 10: Understanding the Influence of the Media

Lesson Plan	10-1
Evaluation Questions	10-2
Training Session Content	10-3

Background Material	
Talking to Children about Terrorism and War	10-12
Children and TV Violence	10-18
Talking with Kids about Violent Images of War	10-21

Chapter 11: Building Community Capacity to Take Action

Lesson Plan	11-1
Evaluation Questions	11-2
Training Session Content	11-3
Background Material	
Collaboration Framework...Addressing Community Capacity	11-27
Community Tool Box—VMOSA	11-47
Community Tool Box—Proclaiming Your Dream: Developing Vision and Mission Statements	11-54
Community Tool Box—Creating Objectives	11-64
Community Tool Box—Developing Successful Strategies: Planning to Win	11-73
Community Tool Box—Action Plan	11-79
Community Wellness Multiplied	11-86

Chapter 12: Additional Resources and Best Practices

Lesson Plan	12-1
Evaluation Questions	12-2
Training Session Content	12-3
Background Material	
Sample 2-Hour Training Outline.....	12-10
Operation: Military Kids Website Listings for Resources	12-11
Operation: Military Kids Best Practices	12-14