

MINNESOTA NATIONAL GUARD CHILD, YOUTH & SCHOOL SERVICES

WORKING WITH MILITARY-CONNECTED YOUTH EDUCATOR'S TOOLKIT GUIDE

MENTAL HEALTH

Courage to Care

Check out curriculum and supplemental videos and resources consisting of nine lessons that teach empathy, caring for others, and attacks school meanness by increasing students' social and emotional skills. www.courage2care.net

Resilience and Vulnerability Articles

The Deployment Experiences of Youth in Military Families:
www.ca4h.org/files/78039.pdf

Home Base Program

Information on talking with children during challenging times including preparing for a deployment, preparing for a parent's return home and talking about the news when a parent is deployed. homebase.org

Kids Health

General Q&A, articles, and resources relating to healthy choices with discussion tabs for parents, kids, teens and educators. www.kidshealth.org

PARENTS

National Military Family Association

Created to help manage stress and affirm the positive aspects of military life as a kid.
www.militaryfamily.org

Military Child Education Coalition (MCEC)

Ensures educational opportunities for military youth.
www.militarychild.org

Military Kids Connect

An online community of military children:
www.militarykidsconnect.org

Family Assistance Centers

Offer resources, referrals and support 888-234-1274

Military Families Learning Network (MFLN)

To serve military families through engaged online communities which identify and make use of the highest quality practices. <http://militaryfamilies.extension.org>

Our Military Kids

Offers a one-time, monetary grant up to \$500 for National Guard and Reserve kids ages 3-18 to support extracurricular activities during a loved one's deployment. www.ourmilitarykids.org

Military OneSource

24/7 support for the military community.
www.militaryonesource.mil

Students Online Achievement Resources

An innovative program that makes it easy for parents to play an active role in their children's education.
<https://uni.edu/ctlm/content/soar-info>

ADAPT 4-U

Build positive parent/child relationships by adding some "tools" to your parenting toolbox. To be eligible for the program, you or your spouse must be a current or former member of the U.S. Armed Forces, been deployed overseas since 2001, and have a child between ages 5-12.
<http://www.cehd.umn.edu/fsos/projects/adapt/default.asp>

TRAINING

Military Child Education Coalition (MCEC)

Ensures educational opportunities for military youth. www.militarychild.org

Military Families Learning Network (MFLN)

To serve military families through engaged online communities which identify and make use of the highest quality practices and programming activities and efforts.
<http://militaryfamilies.extension.org>

Tough Topics

Provides practical, hands-on information to help with the tough topics students experience in the school setting.
<http://www.k12.wa.us/MilitaryKids/pubdocs/ToughTopicsMilitaryKids.pdf>

AASA Toolkit

Guidance for school leaders on meeting the unique educational needs of military youth.
www.aasa.org/militarychild



MISSION

TO SUPPORT THE READINESS AND RESILIENCE OF GEOGRAPHICALLY-DISPERSED SERVICE MEMBERS AND THEIR FAMILIES BY REDUCING THE CONFLICT BETWEEN PARENTAL RESPONSIBILITIES AND MISSION REQUIREMENTS THROUGH AGE-APPROPRIATE YOUTH PROGRAMMING WITHIN THE PROGRAM CORE ELEMENTS.

Find us on facebook at [MnNationalGuardYouthPrograms](https://www.facebook.com/MnNationalGuardYouthPrograms)



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STUDENT SUPPORT

K-12 Military Kids Toolkit

A free online curriculum for school counselors to lead a military kids club for military-connected students. The curriculum is broken down for K-2, 3-5, 6-8 and 9-12th grade students.

www.surveymonkey.com/s/toolkitapplication

Tutor.com

Free professional online tutoring for military families. Students work with a tutor in an online classroom.

www.tutor.com/military

Students Online Achievement Resources

An innovative program that makes it easy for parents to play an active role in their children's education.

<https://uni.edu/ctlm/content/soar-info>

Military Scholar

Scholarships for military youth. www.militaryscholar.org

Military Kids Club

A school-based club that increases networking and peer-to-peer support between military-connected students.

BOOK RESOURCES

You and Your Military Hero: Building Positive Thinking Skills

Guided workbook of activities and games for 5-12 year olds

Children of Military Service Members Guide

Addresses mental and emotional well-being of youth.

www.nrd.gov

My Story

Blog book for teens that addresses the unique challenges that accompany deployments. www.seedsofhopebooks.com



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TEEN SUPPORT

Teen Summit

The Teen Summit is an opportunity for up to 50 teens to develop leadership, team building and communication skills.

Teen Panel

A one-year commitment during which the Teen Panel meets four times, serves a minimum of 50 hours/year of community service hours, works with fellow teens to develop programs and opportunities and informs military leadership about the needs of teens.

Teen Leadership Forum

An opportunity for teens in grades 6-12 to challenge, grow and develop leadership skills by participating in a group project, volunteering for a community service project and connecting with other military teens.

National Guard Teen Camp

A week-long camp for military-connected teens. www.mngyc.org

Tween Overnights

Overnight camps for tweens ages 9-12 including activities that enhance networking and communications skills, peer support, and resilience-building.

Follow us on Facebook **MN National Guard Youth Programs**



CONTACT