

# MYOM

has an additional section just for you!

The "Parents" section 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 web sites 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, and planning a move for a family member with special needs.

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

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

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

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



Contact Military OneSource 24/7 for additional moving information.  
(800) 342-9647

To connect with other parents, join the Military Youth on the Move Parents Discussion Board on HOMEFRONTConnections.



## Moving Out, Moving Up, Moving On!



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



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

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: kids, pre-teens, and teens. 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 StopBullying.gov, 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:

- 🌀 Kids and pre-teens can read information about bullying, divorce, and how to start over at a new school.
- 🌀 Teens can find topics tailored to their needs such as preparing for life after high school, opening a bank account, and writing a résumé.

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

Looking for a way to help your children beat the moving blues?



"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

Let's Move it!

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