



WHEN PARENTS LEAVE THE ARMED FORCES, IT MEANS BIG CHANGES FOR THEIR CHILDREN TOO.

We listened to the voice of young people who have made this big change, who told us that specific help wasn't there when their parents decided to leave the armed forces. This led to the creation of the Ruby Boots project.

Contact:

rubyboots@forceschildrenscotland.org.uk for more information or to get involved!



PEER SUPPORT GROUPS IN SCHOOLS

We facilitate 6-8 peer support meetings at school for young people whose parents are leaving the armed forces, and those who are in veteran families (buddies).

YOUNG-PERSON BUDDIES & ADULT VOLUNTEERS

We train young people in veteran families as Buddies to help guide the peer support sessions, this is great for both professional and personal development, as well as doing something meaningful. We also take on trained adult volunteers to help facilitate sessions.

WHOLE SCHOOL ASSEMBLIES

We deliver whole school assemblies to raise awareness about experiences their peers have within armed forces families.

CO-PRODUCED RESOURCES

Young people in a veteran family, or in a family who are leaving the armed forces can join our co-production group to help Forces Children Scotland develop resources to raise wider awareness.