

FORCES LIFE

SILENT STORIES:
A COMIC BOOK WRITTEN BY YOUNG PEOPLE FROM
SERVING, RESERVIST AND VETERAN FAMILIES.

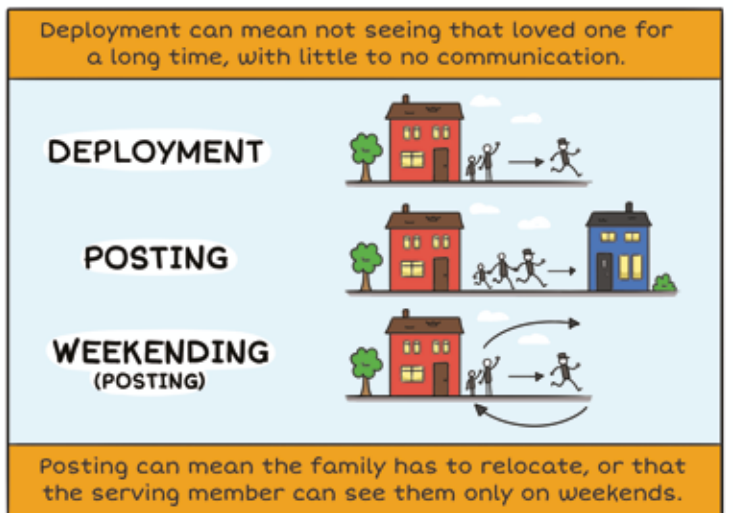
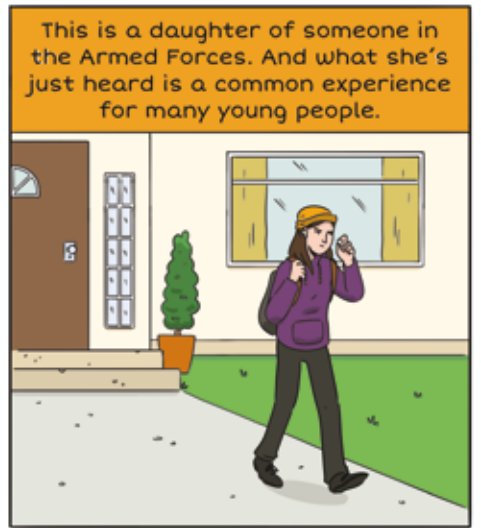


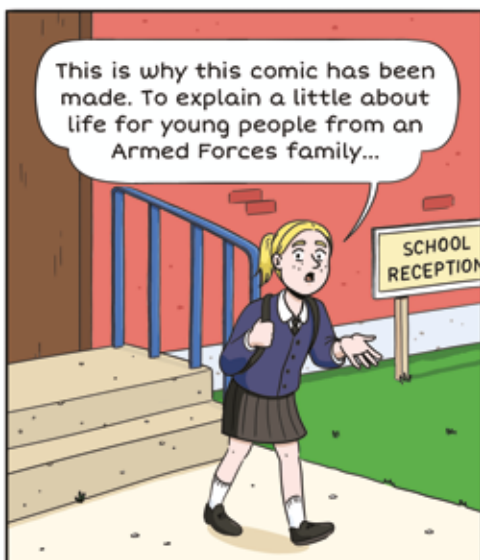
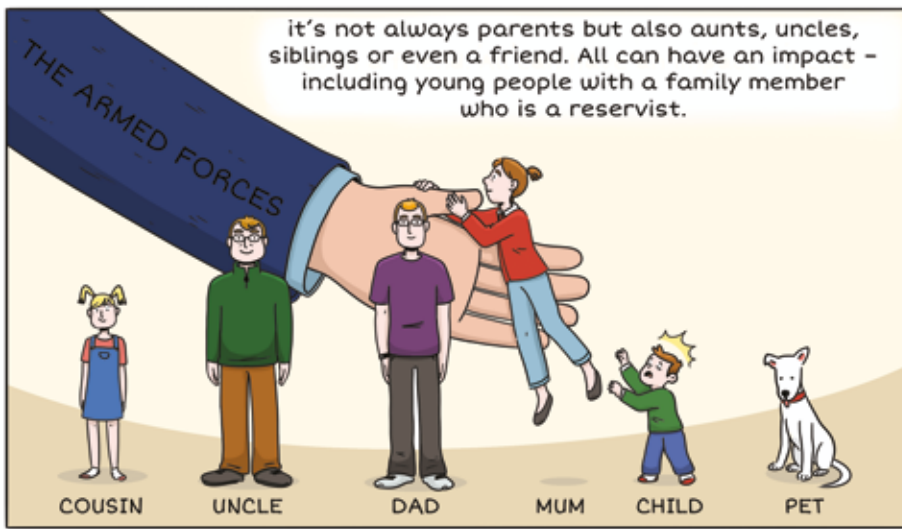
The Army's National Charity



Supporting armed forces children & young people







DEPLOYMENT

When a member of your family is in the armed forces, it's quite likely that you'll have to cope with changes in your life.

One change might affect where you live. (Posting)

Because serving people need to be based in different parts of the world depending on the job.

If they change jobs they might need to move somewhere else.

Another change is when they are needed to work away from home for a period of time. This is called DEPLOYMENT.

They could be sent anywhere in the world and it might last anywhere from 3 months upwards!

Communication can be very difficult when keeping in touch with someone who's been deployed. Especially if the serving person is a submariner!

If the serving person is a parent, routines often change while they are deployed.

This often means stepping up to help with extra chores, housework, and looking after siblings.

Having a caring role can bring even more duties and responsibilities.

EXTRA PRESSURE

YOUNG CARER

EXTRA SUPPORT

CARING ROLES:

- Keep brother safe
- Give Mum support
- Give medication

The difficulties, worries and feeling of isolation can be even heavier.

And when a serving person comes back...

...there can often be tensions as old routines clash with the new.

OLD ROUTINE

NEW ROUTINE

But perhaps the hardest thing about being the child of a deployed parent is worrying about them.

Not to mention how much you miss them.

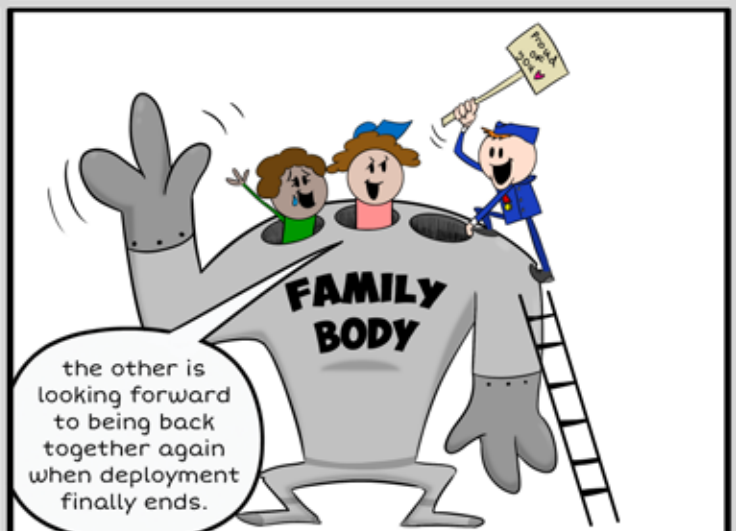
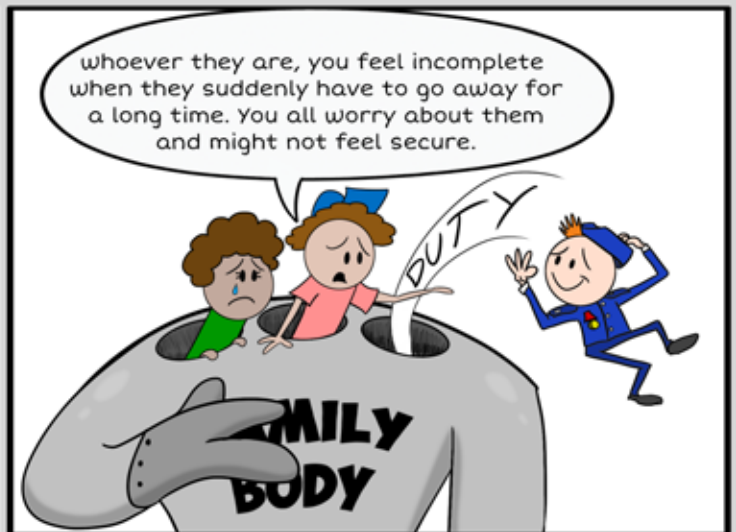
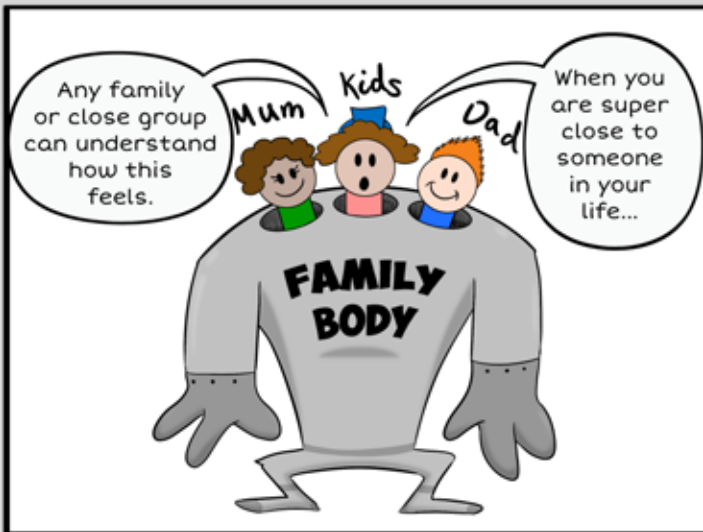
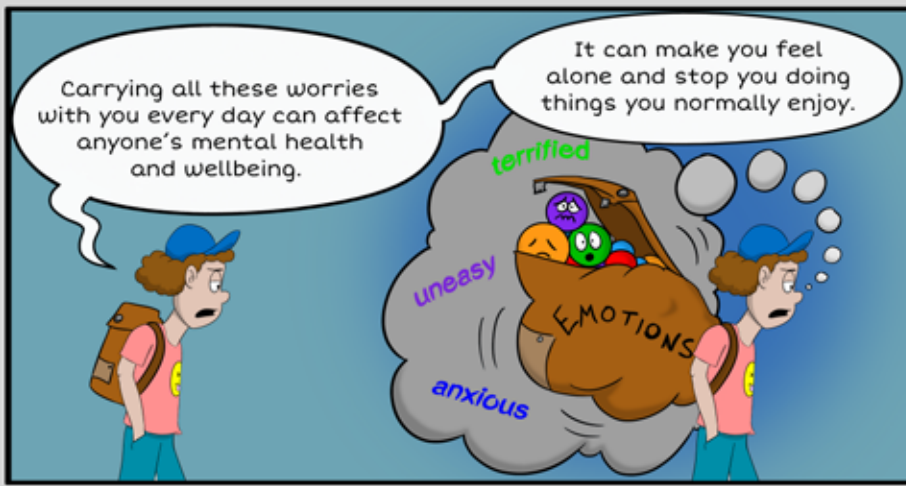
Relieved Dad is okay.

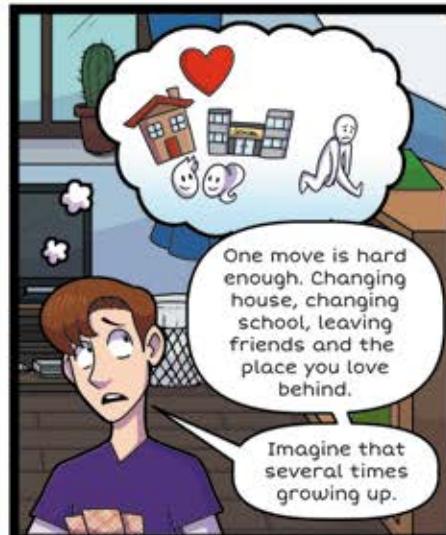
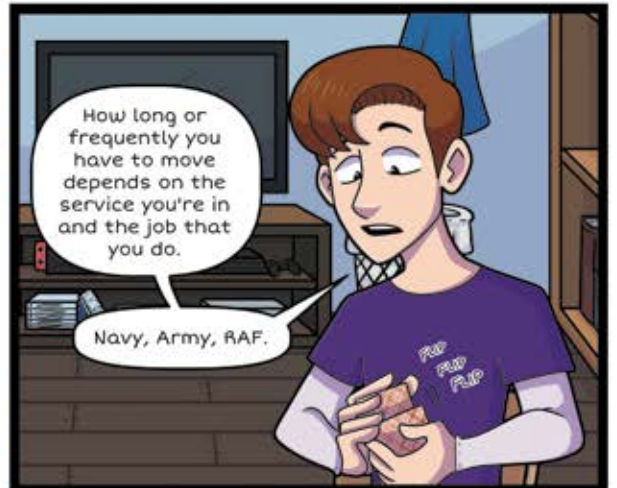
Worrying if Mum is alright.

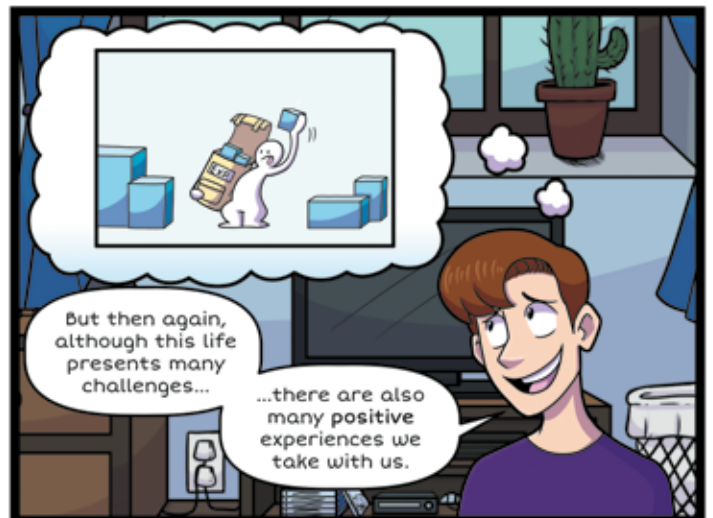
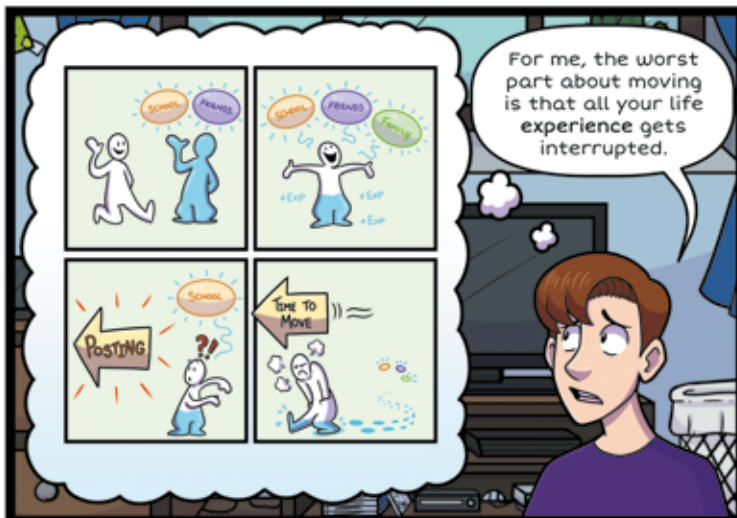
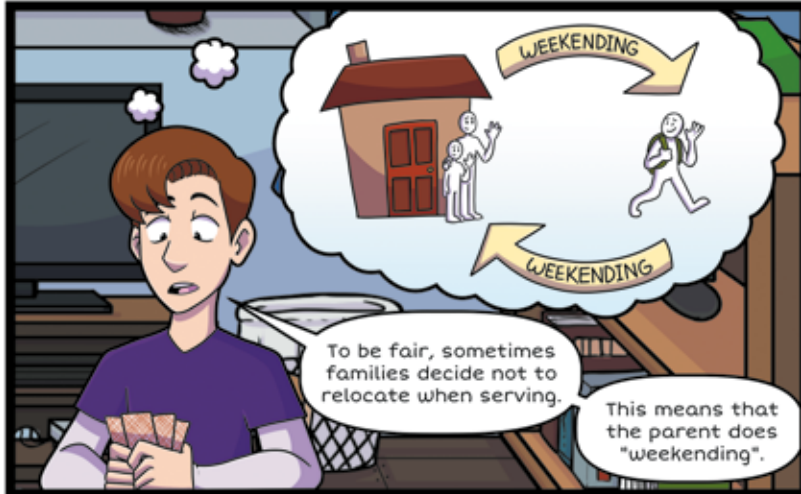
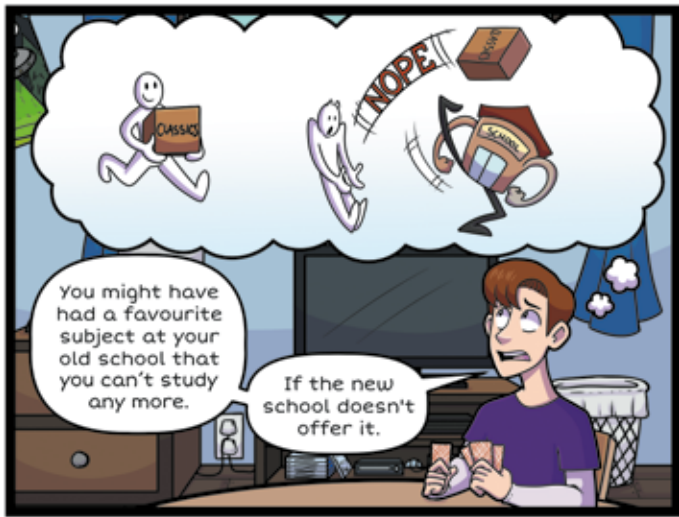
Stressed from taking on too much extra work.

When will they return? I miss them.

But the feelings that come from constantly worrying about your loved one like that...

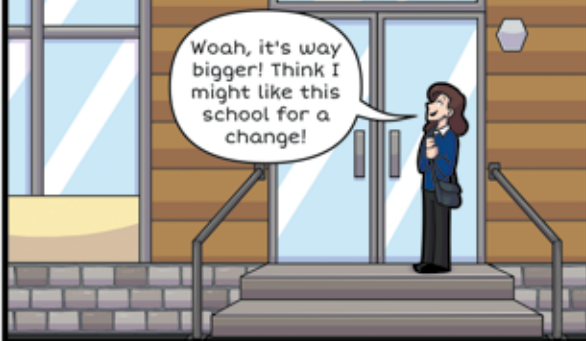






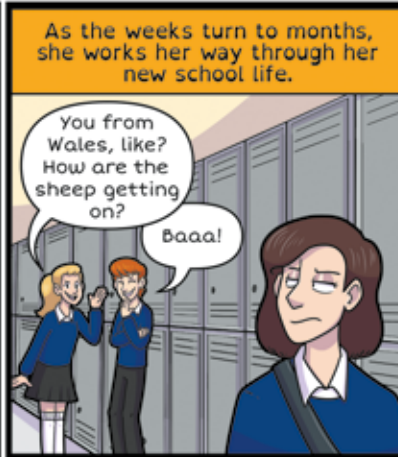
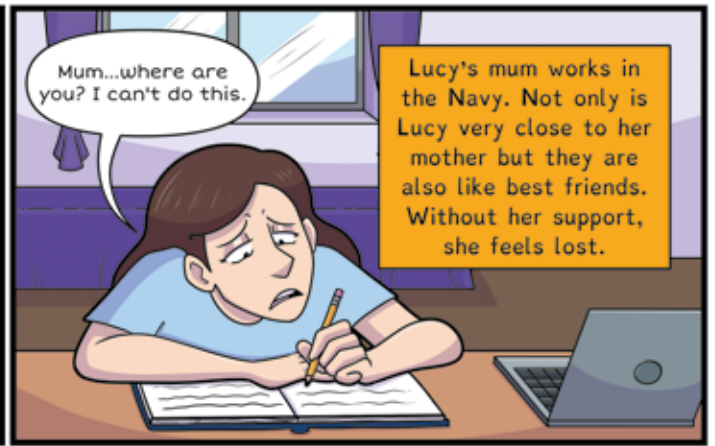
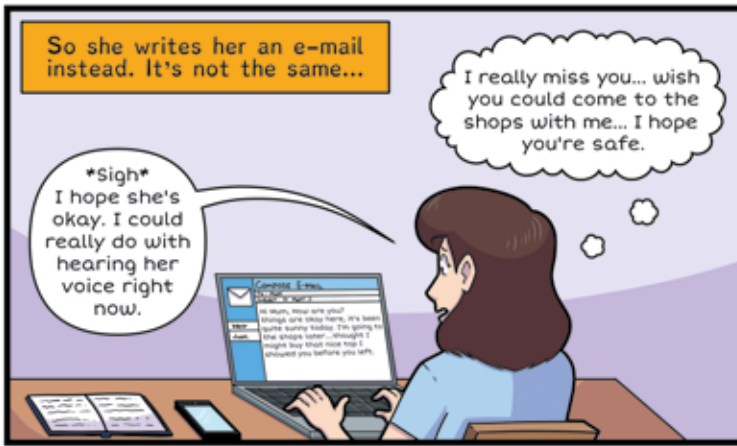
EDUCATION AND WELLBEING

After recently moving from Portsmouth due to her mother being posted, Lucy gets ready to start her new school.



When she gets into class.





FORCES LIFE



Today, during breakfast, a boy was finishing his toast...



when he heard the news of dad being given a new Army post.

He goes to bed that night. His mind is racing.



New city, school, weather... this move could be amazing!

But how will it impact his family and life? What if the move leads to trouble and strife?



He likes it here. His friends, his home... if he has to move, will he feel all alone?

This girl here is sending a "family-gram" today...



120 words a week to her Navy mother, far away.

For no matter what Navy role a person may have...



communication is difficult between the land and the sea.

Most nights she goes to sleep missing her mum lots...



but at least they still speak in those small weekly slots.

But as soon as her mum goes on an assignment or mission...



all of their communication goes out of commission.

This girl's friend has an RAF dad...



they're moving away to a new home.

She wonders if she will ever see her again...



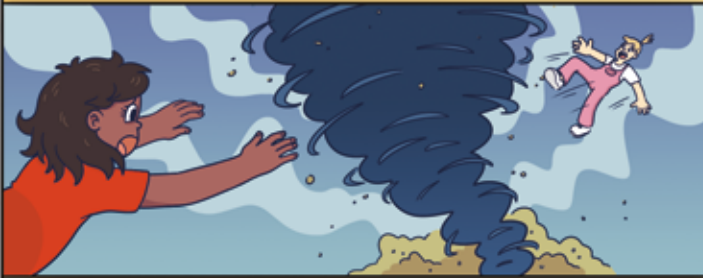
or is this a friendship based on DM.

This friend is the only one she has who understands what it is like...



to live with family members enrolled in RAF life.

The news of her leaving has come like a sudden storm!



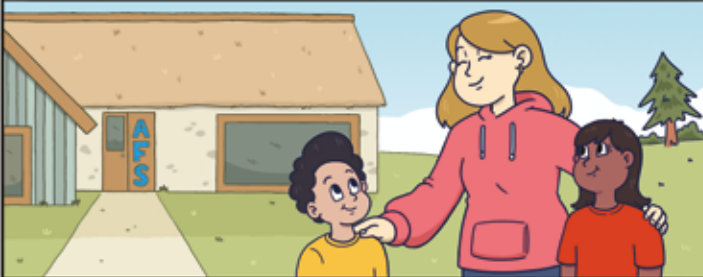
Tearing them apart. Disrupting the norm.

Leaving a huge feeling of emptiness where they once were connected.



Lonely. Isolated. Her whole life has been affected.

But thankfully they have one another,



and charities such as Forces Children Scotland help them to come together.

They can hang out with other young people who are Forces kin,



who know what it's like to be in their skin.

There's help from others offering lots of opportunities,



like activities and support from their communities.

It's essential that their experiences are heard,



through things like this comic and their spoken word.

Support such as community groups help these young people get through...



and in turn, these young people can then help each other too.

THANK YOU FOR READING OUR COLLECTION OF COMIC BOOK STORIES

We wish to thank children and young people from
serving and veteran families who made an
invaluable contribution to this project, through our
Military Youth Scotland Forum

Special thanks to Cadence, Grace, Emily and William



Supporting armed forces
children & young people

forceschildrenscotland.org.uk



Scottish Charity Number SC038722

If reading our comic book has affected your thoughts or feelings in a negative way and you would like to talk about whatever is on your mind, please call Childline on 08001111.