

# MONTH OF THE MILITARY CHILD 2025



Supporting armed forces  
children & young people





# AIMS



I can explain why 'Month of the Military Child' is an important celebration



I can describe who the Armed Forces are and can explain what they do



I can identify some challenges that military children might face



I can describe some strengths of military children



I can identify some on my own strengths





# WHAT IS MONTH OF THE MILITARY CHILD?

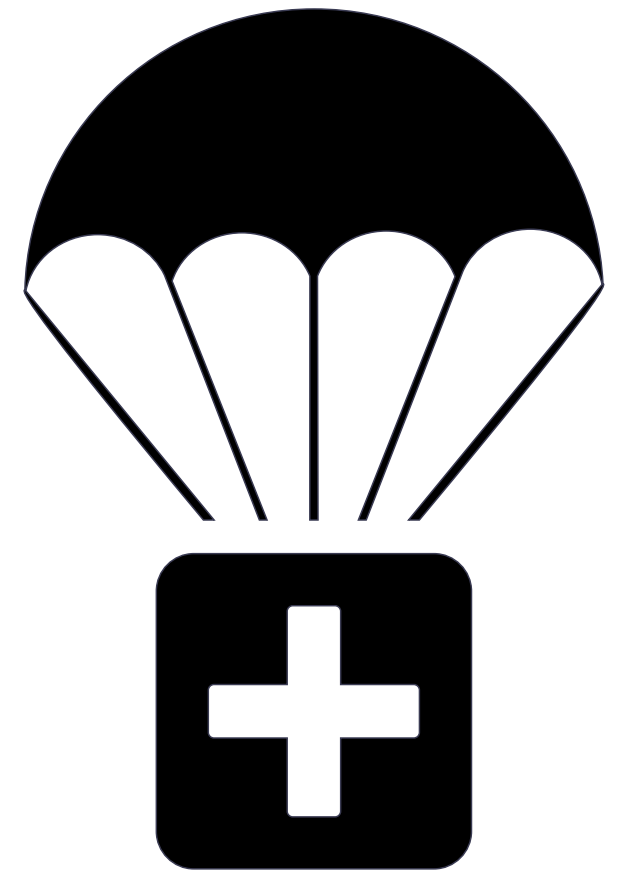
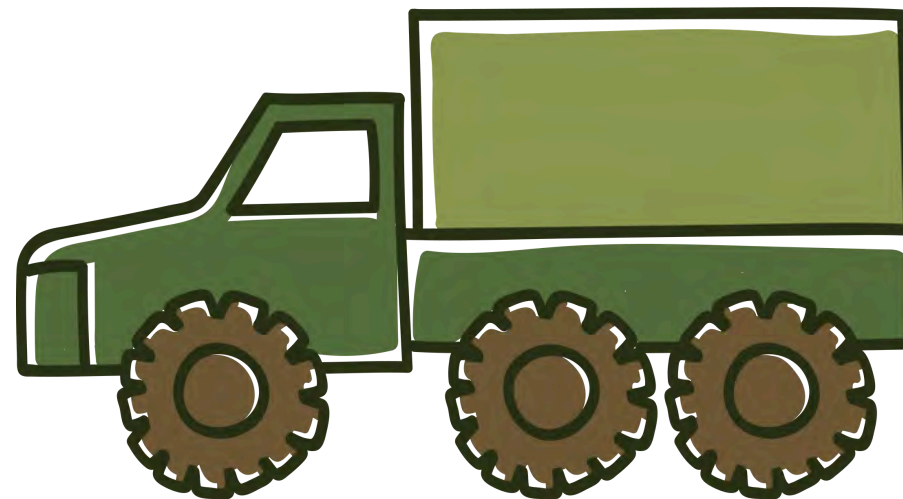
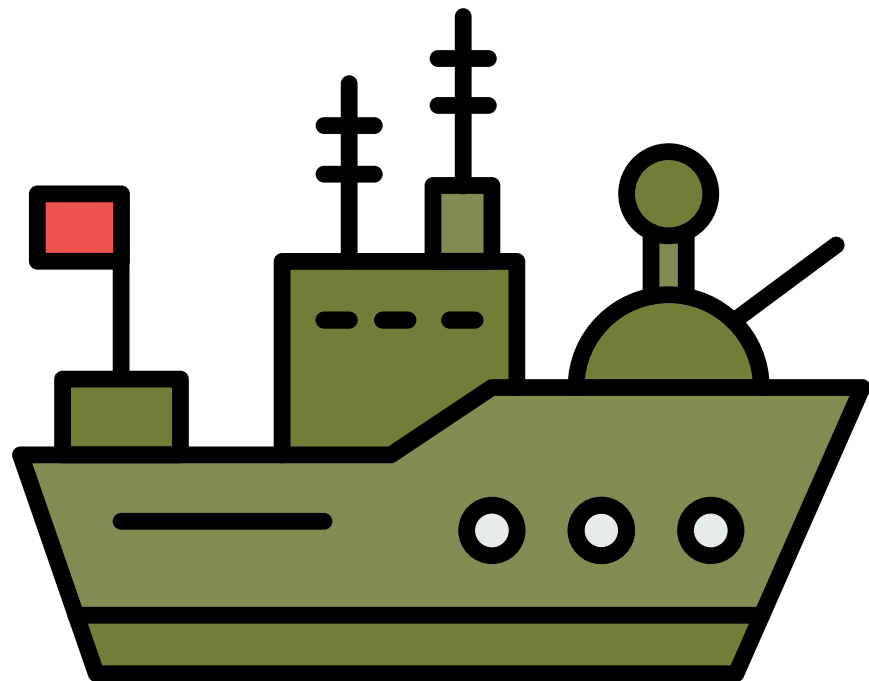
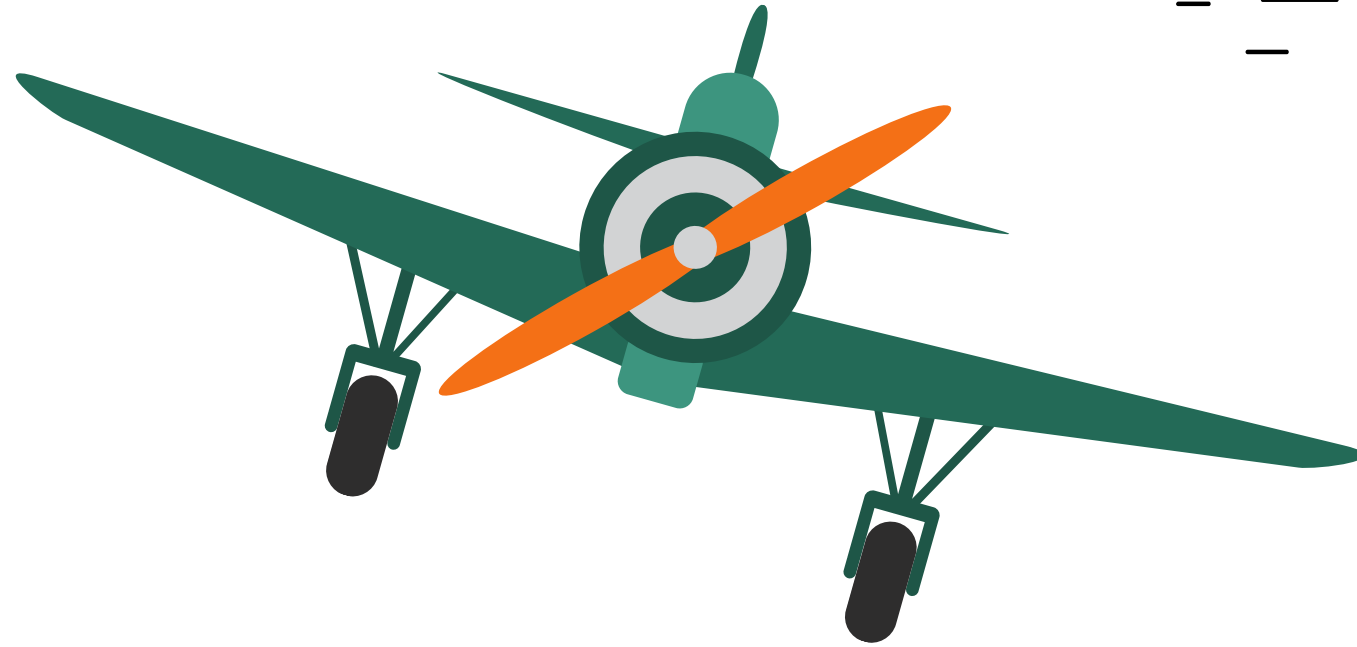
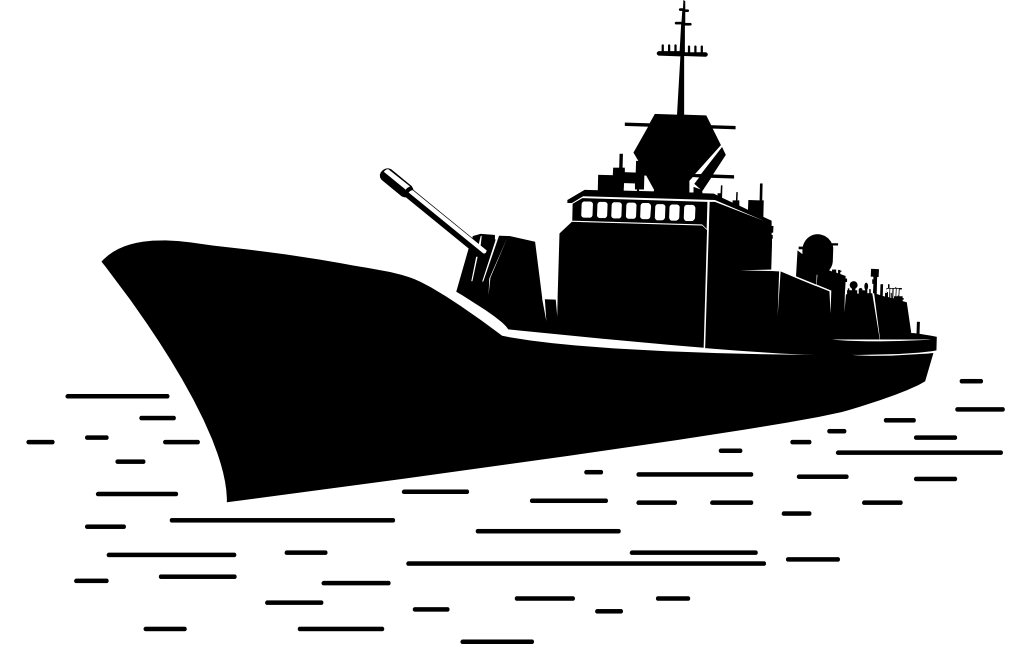
FORCES  
CHILDREN  
SCOTLAND





# **WHAT DO THE ARMED FORCES DO?**







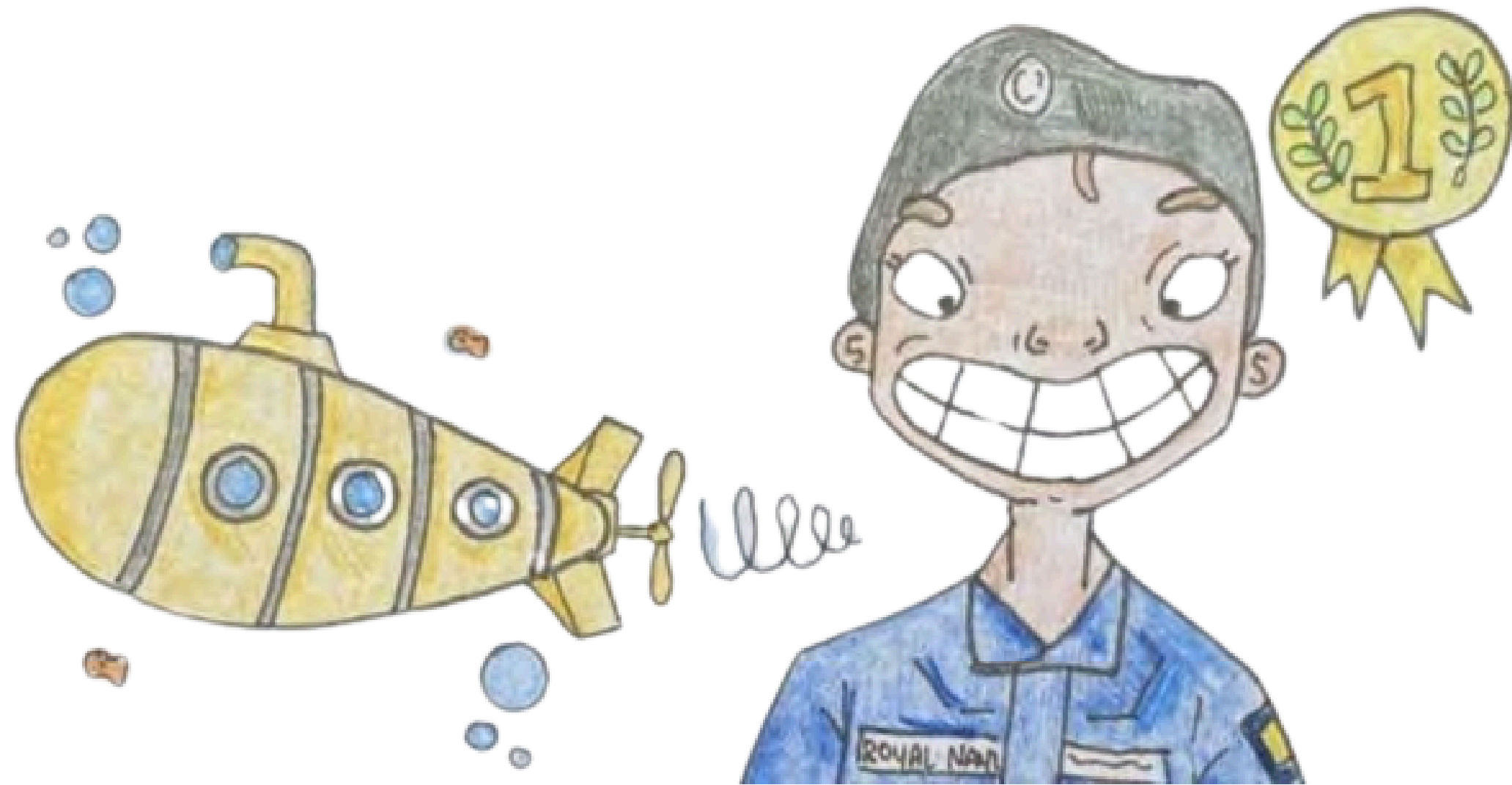


The Armed Forces are like our country's superhero team! They work hard to keep the United Kingdom safe, and sometimes help to protect other places around the world too.

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CHILDREN  
SCOTLAND**



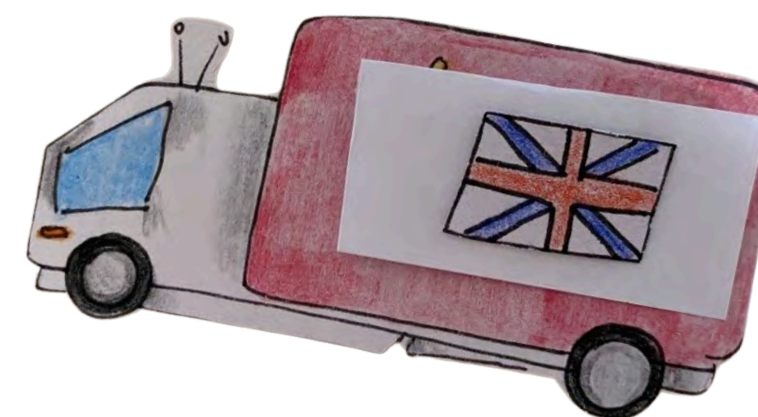
This special team has three different groups that work together. Do you know what they are called?



## THE ROYAL NAVY

The Royal Navy keeps us safe at sea. When they're out on the water, they protect other ships, watch over our beaches and guard our busy ports. The Royal Navy is made up of sailors, submarine crew, engineers, medics and many other skilled people.

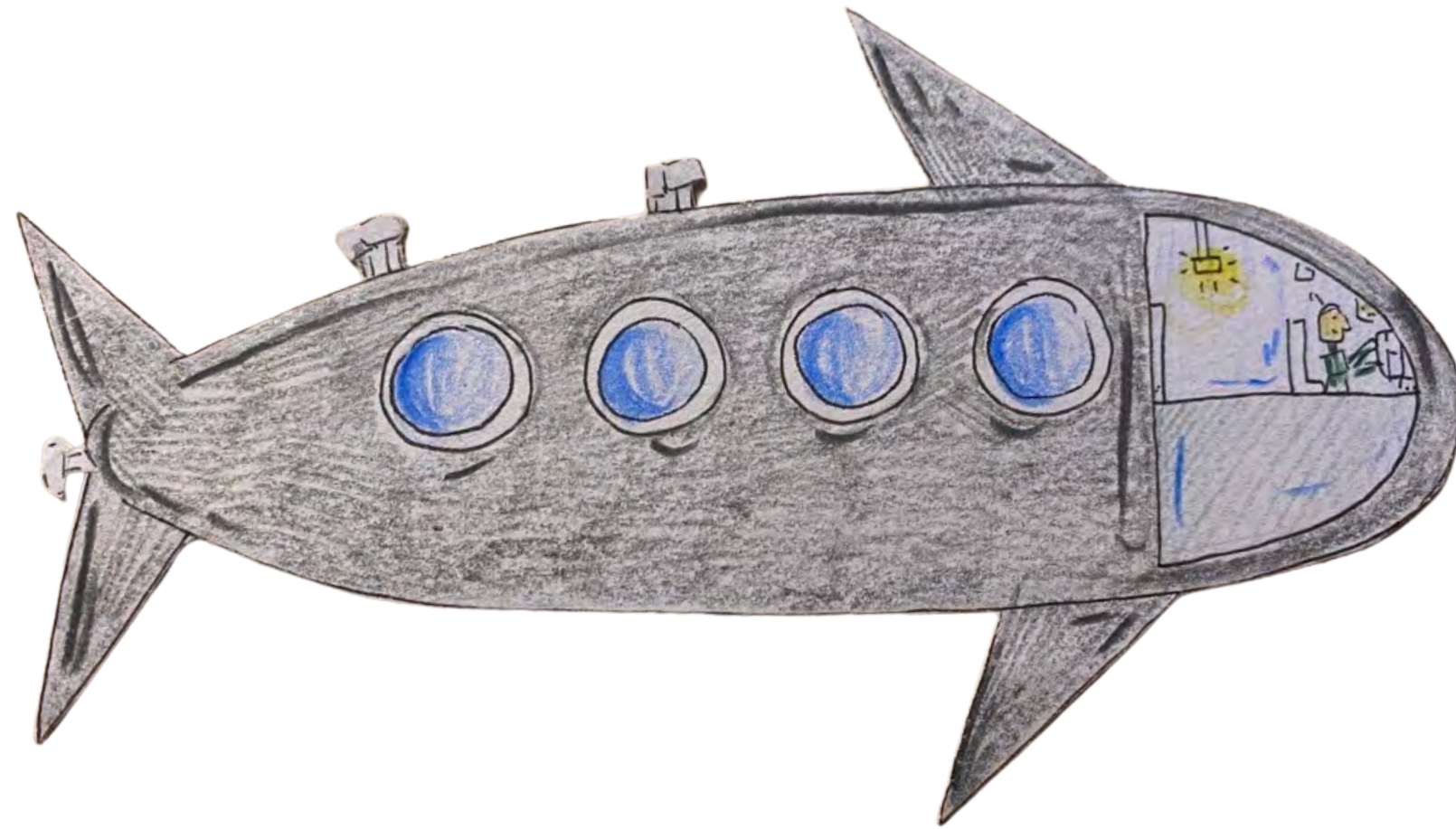




## **THE ARMY**

The British Army keeps us safe on land. They protect our homes, cities and countryside using special vehicles, equipment and skills. They work hard to keep our country peaceful and make sure everyone is safe. The Army also deliver aid and food to places where natural disasters have caused damage.





## THE ROYAL AIR FORCE

The Royal Air Force fly special aircraft. They protect and patrol British skies, help people during emergencies and disasters, and work together around the world to keep peace. They also do amazing air shows where they paint the sky with colorful smoke trails!





The Armed Forces help keep everyone safe, help during emergencies like floods or storms and protect our freedom. They're always there to lend a helping hand when anyone needs it, whether that's at home or anywhere else in the world!

**FORCES  
CHILDREN  
SCOTLAND**



Do you know anybody who serves in the Armed Forces?

Do you know anybody who has a mum or dad in the Armed Forces?



**WHAT IS LIFE  
LIKE AS A  
FORCES CHILD?**





During Month of the Military Child, we celebrate the amazing children and young people in this community who often show incredible strength, bravery and understanding whilst their parents serve our country. They may have to move house, make new friends and be separated from their parents.

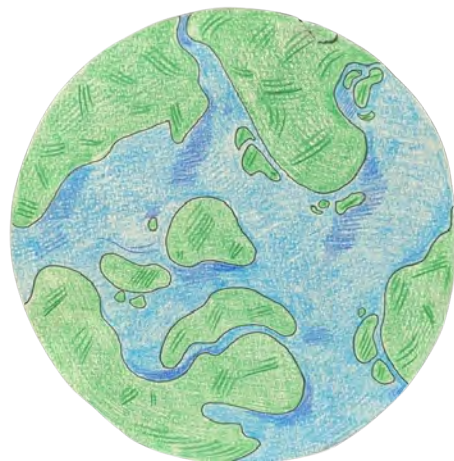
**FORCES  
CHILDREN  
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What are some of the **positive experiences** of being an forces child?



# POSITIVE EXPERIENCES



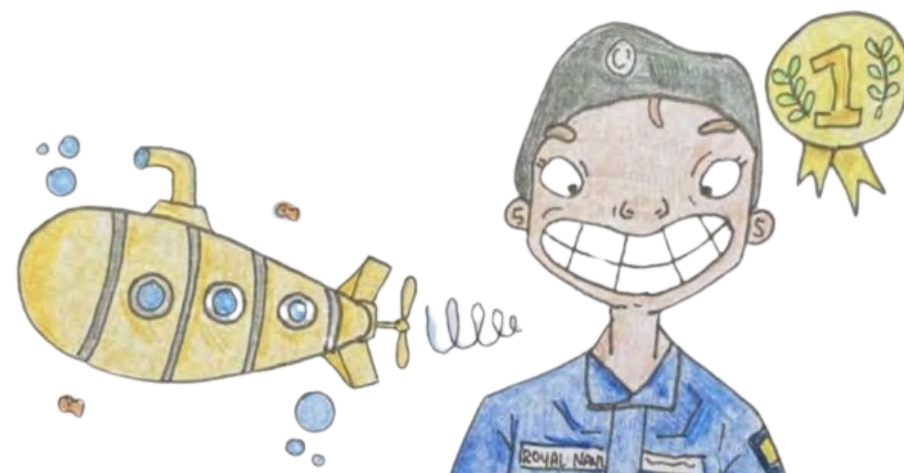
**TRAVELLING THE WORLD**



**MAKE NEW FRIENDS IN DIFFERENT PLACES**



**AWARE OF DIFFERENT CULTURES**

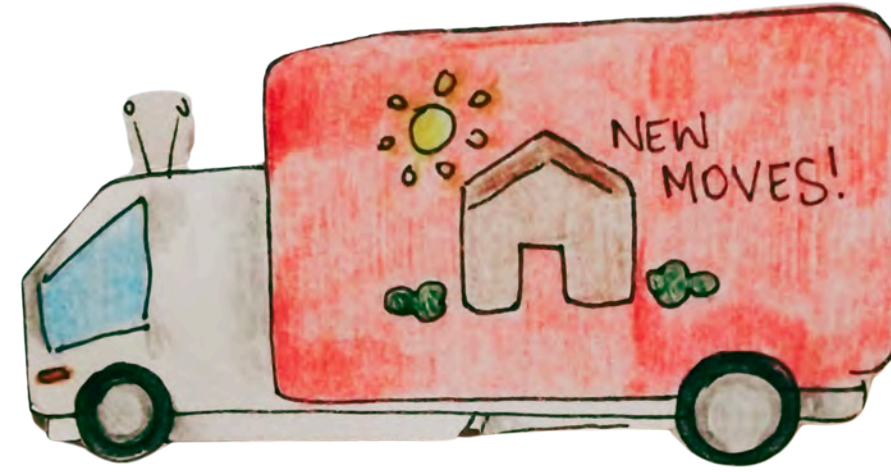
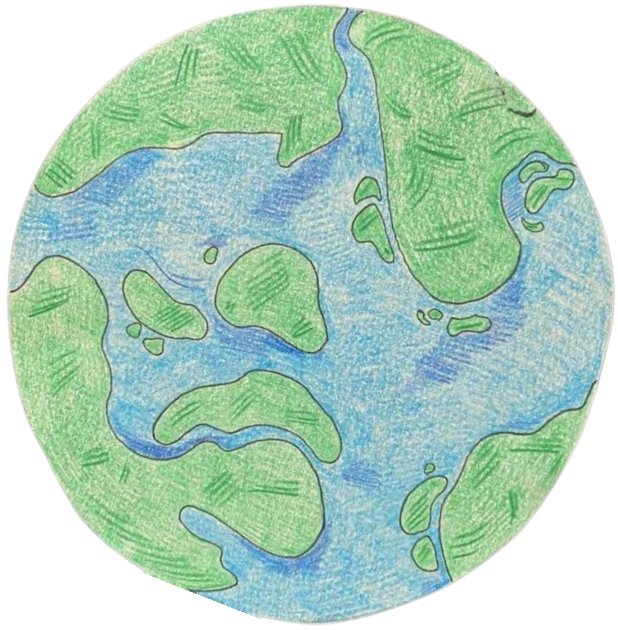


**PROUD OF THEIR SERVING PARENT**



**EXPERIENCE NEW THINGS**





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CHILDREN  
SCOTLAND**

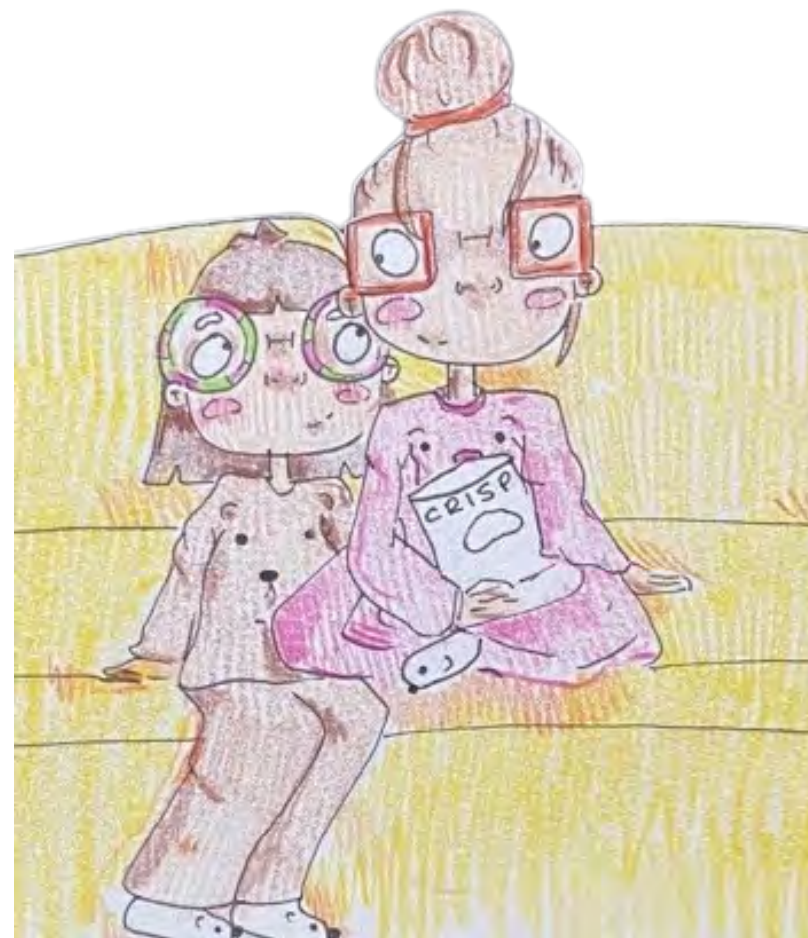


»» Forces children will often have to move with their family. For some this can be once every two years for others it can be shorter or longer. When they move they learn about different places and cultures and get to be part of special events and activities.

»» Forces children can learn important life skills like being independent, making new friends and understanding how to help others.

»» Being a forces child can also be tricky! Always changing schools and communities means some armed forces children can tire of moving and may become sad about leaving friends behind.





Sometimes, armed forces parents might need to be away from home for a while to do their important work. This is called **Deployment**. This could mean they're gone for a few weeks, or months. Some serving parents might also work away from home throughout the week and may only be able to come home at weekends.



Children from armed forces families might not be able to have regular bedtime stories or daily chats with their parents. It's a bit like when you go somewhere with no phone signal but it can last much longer!



# **STRENGTHS OF ARMED FORCES CHILDREN**



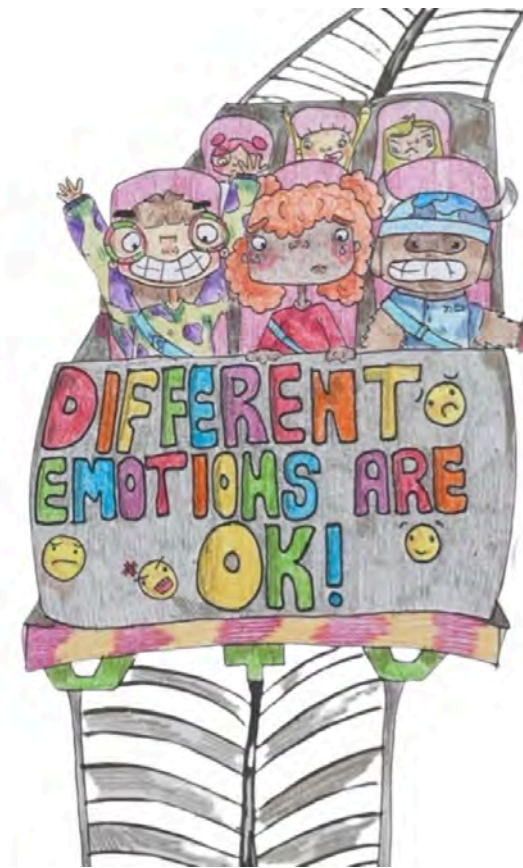
# STRENGTHS OF ARMED FORCES CHILDREN



**FRIENDLY**



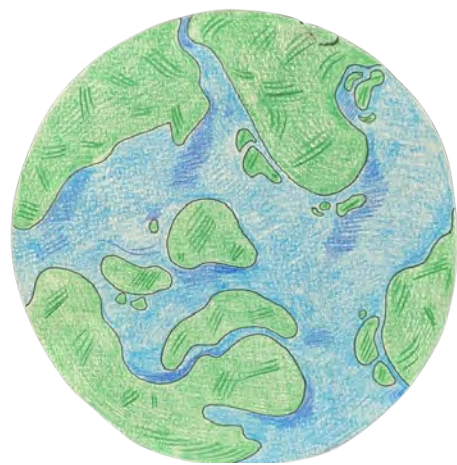
**ENCOURAGING**



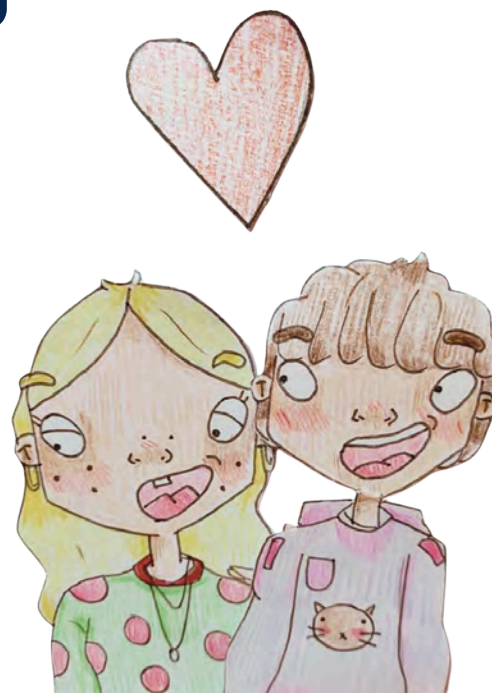
**BRAVE**



**ADVENTUROUS**



**ADAPTABLE**



**SUPPORTIVE**



**POSITIVE**



# WHAT STRENGTHS DO I HAVE?

FORCES  
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Everyone is special and different. Some people are adventurous, creative, or helpful - and some are all of these things. These are called our strengths, and they're like superpowers that can change and grow.



Did you know that strengths can be spread from one person to another?

When we notice someone else demonstrating a strength, we can be inspired to try it out!

This way we learn how to bring more of this strength into our own lives.





**WHAT  
STRENGTHS DO  
YOU HAVE?**



**I AM  
FRIENDLY**





**I AM BRAVE**



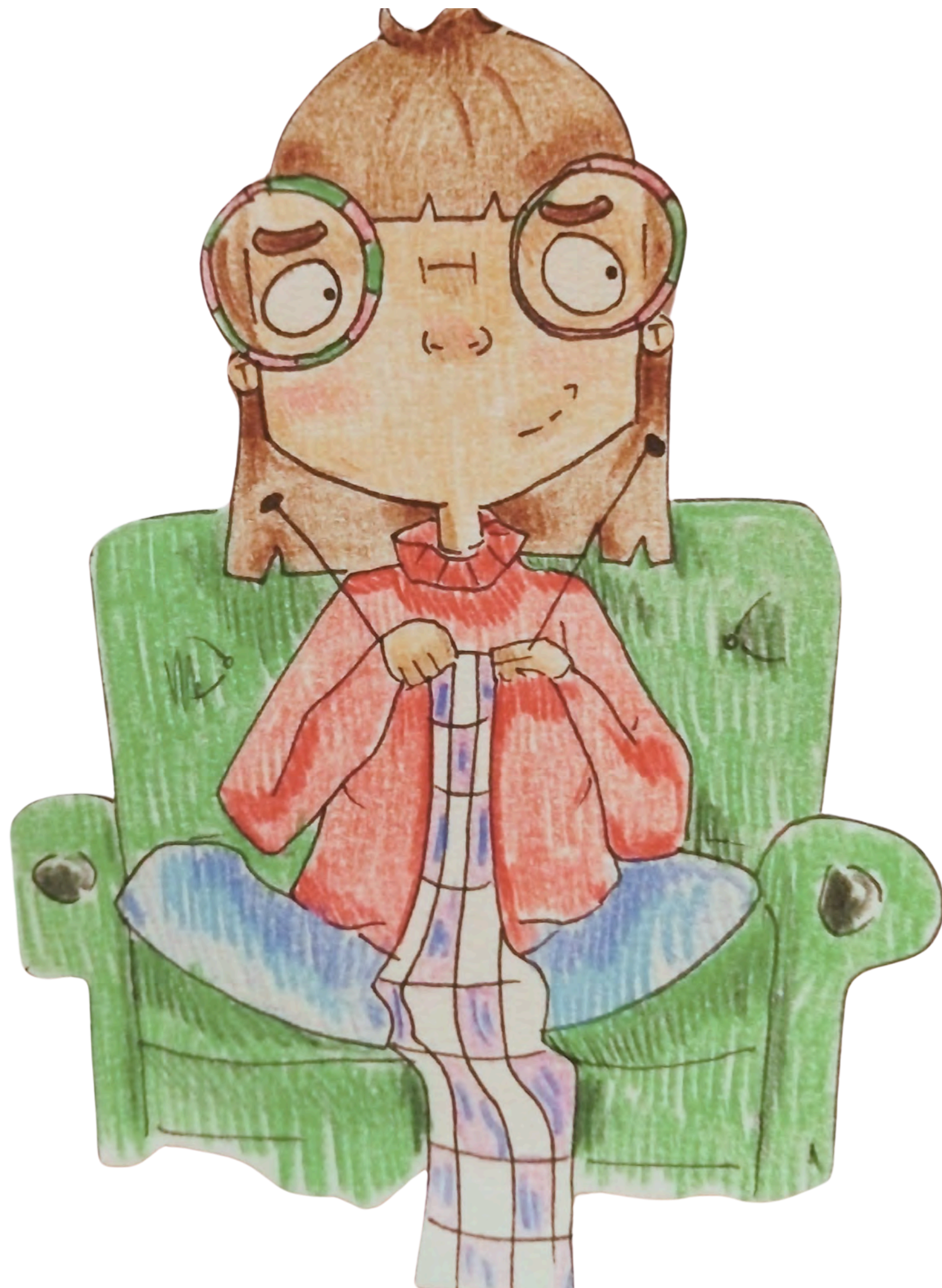


**I AM RELIABLE**



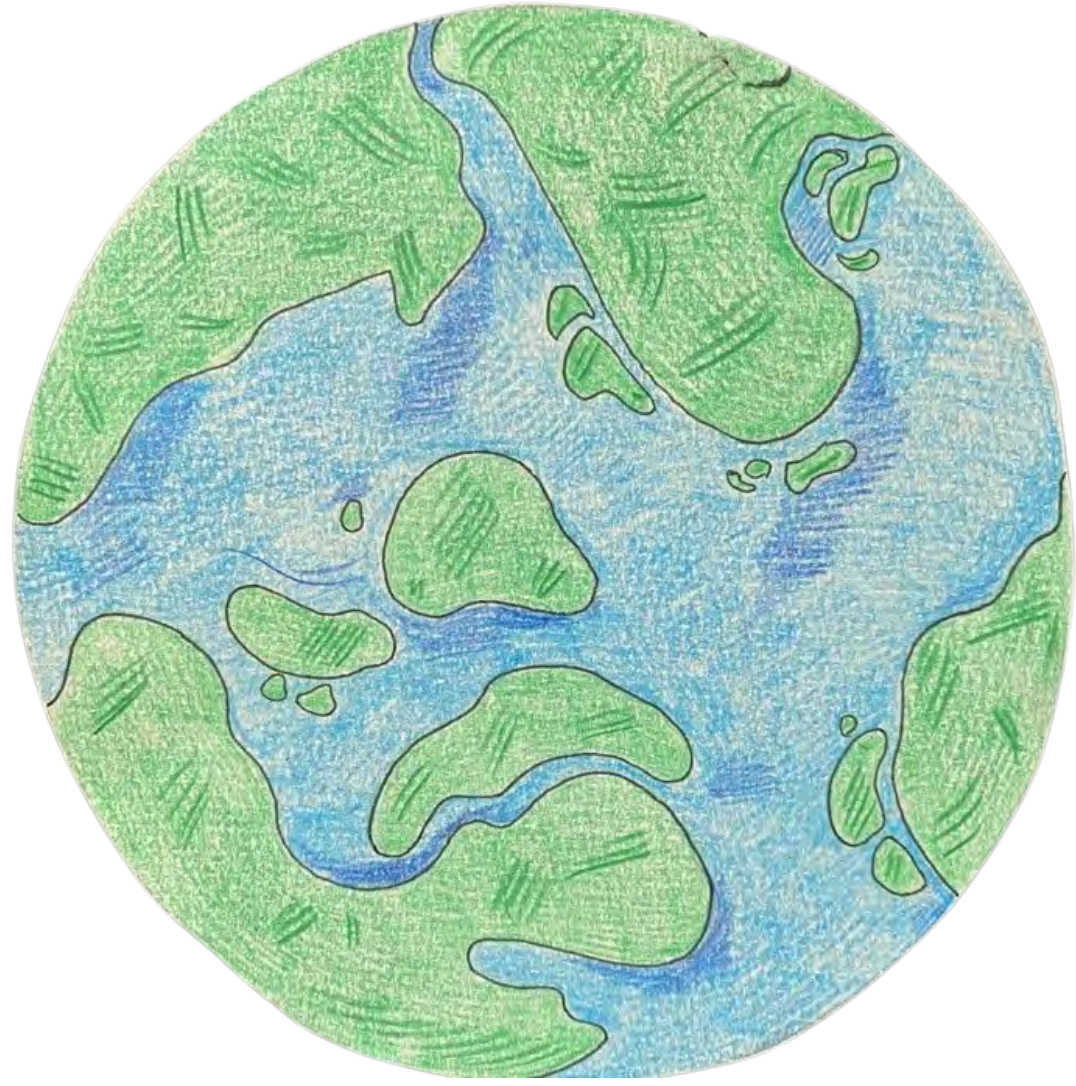


**I AM EASY TO  
GET ON WITH**

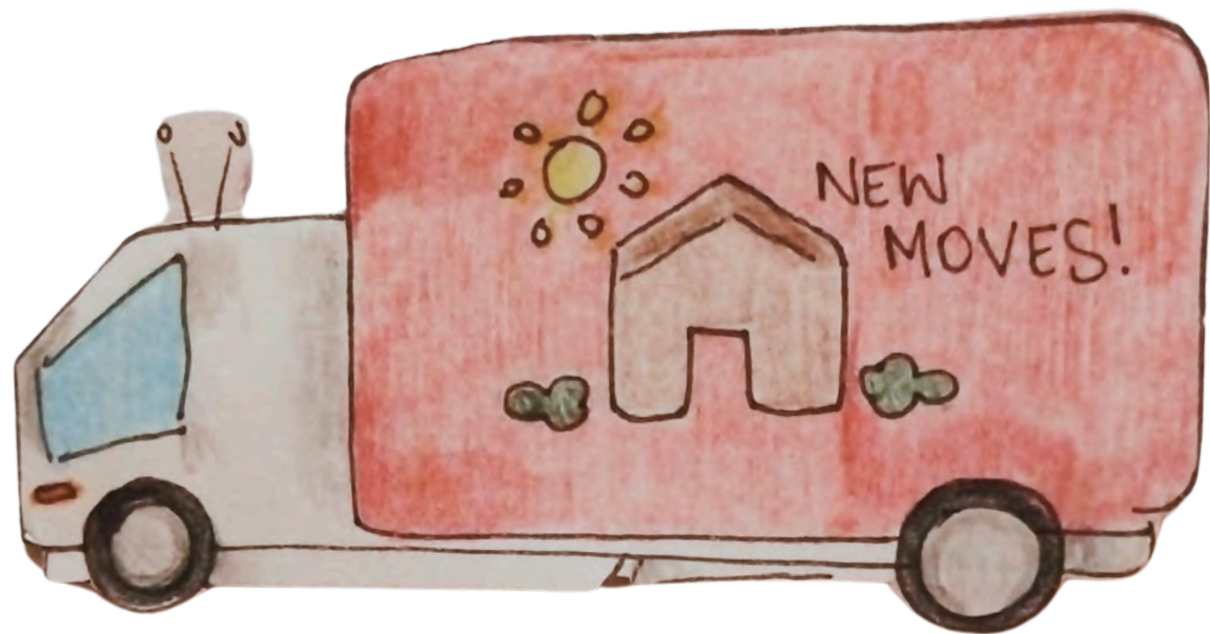


**I TRY NEW  
THINGS**





**I AM ADAPTABLE**







**I CAN START  
AGAIN**





**I DON'T GIVE UP**



**I AM PROUD OF  
MYSELF**





**I AM A GOOD  
FRIEND**



**I CAN BE  
MYSELF**





**I CAN  
BOUNCE BACK!**

# AIMS



I can explain why 'Month of the Military Child' is an important celebration



I can describe who the Armed Forces are and can explain what they do



I can identify some challenges that military children might face



I can describe some strengths of military children



I can identify some on my own strengths





# THANK YOU!



Supporting children & young people  
from armed forces communities.

For more info, visit  
[www.forceschildrenscotland.org.uk](http://www.forceschildrenscotland.org.uk)

Scottish Charity Number SC038722