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| Armed Forces family members being away for long periods of time |  | Short notice when Armed Forces family members go away. Little time to prepare. |
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| Worrying about your Armed Forces family member being in danger  |  | Bossy parents who order you around (like you're in the military too) |
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| Losing people close to you |  | Moving a lot |
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| Friends – leaving, loosing and missing friends. No opportunities to keep in touch |  | Difficulties bonding with parents as they are away when you are young. |
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| Having to plan contact time |  | Feeling lonely and isolated  |
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| Sometimes hiding your emotions and feelings  |  | Missing family e.g. Grandparents  |
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| Armed Forces family members missing special events e.g. Fathers Day, Christmas  |  | PTSD e.g. family members having had bad experiences that impact their sleep, what they can and can’t do and their mental health  |
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| Every time you say goodbye worrying it might be the last time  |  | Leaving houses, places, countries, schools etc you liked  |
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| Missing or repeating learning at school |  | Military houses – not being able to paint your bedroom |

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