

Top Tips from Armed Forces pupils



Royal Caledonian
Education Trust
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Scotland's Armed Forces
Children's Charity



- Be aware of kids' situations and give kids extra help or support if they need it
- Understand that we are not aliens and that we are not a burden for the community
- Don't leave people out
- Be more respectful of military family situations
- Recognise that we are part of the community too
- Have more events to support local Armed Forces families
- Provide more opportunities for us to talk more about our differences
- Have more talks together with us to get a better understanding of our lives
- Be supportive and help us fit in
- Ask children what clubs they want and take that into account when planning
- Get an Armed Forces spokesperson for the community

- Have an Armed Forces club
- Embrace the reality that there are kids who maybe need someone to talk to
- Be aware that they have pupils in the school that may need extra support/ support groups for when their parents are away from home
- Be aware that, at times, pupils will have to deal with sensitive issues
- Try to understand how I feel when my dad goes away and that I might not be able to work my hardest
- Have more understanding of what kids are going through when their parents are away from home
- Don't think of me differently because my dad is in the Armed Forces
- Listen to me when I need to talk, but don't force me to talk if I don't want to
- Understand the potential frustrations and why we might not be able to work 100% all of the time
- Remember that having serving parents can be hard
- Understand that my parents can't always go to parents evenings
- Treat us the same as other children but try to understand how it feels to be in a different community

MY COMMUNITY

MY SCHOOL

Welcome to my world

MY FAMILY

- Try to keep positive
- Understand that, as I'm getting older, it is harder to make friends every time we move
- Keep me in the loop
- Listen to me more
- Stay strong when a parent is away for a long time
- Keep talking to us
- Spend time with us when you can
- Try to be more happy
- Don't get mad with us when we are short tempered
- Make sure the school lets us go on holiday when our dad is home from deployment
- Ask me how I am feeling and understand what that means for me

