



Supporting children and young people from Armed Forces families during conflict and war.

The number of children and young people of Armed Forces families in Scottish schools is a sizeable group. Most of the Forces children make a very positive contribution to their schools/settings and communities and can capitalise on their own unique life experiences successfully. However, it is also true that these children may have moved several times and experienced different school and childcare systems, making friends, separation, disrupted family life, and possibly bereavement.

Planning and supporting the mental health and wellbeing of this group of children and young people is a priority.

“The Scottish Government is aware that Armed Forces children are a particular group that may face challenges that affect their mental wellbeing, and should they need support, school counselling will provide a quicker, more effective response” (*The Armed Forces Covenant Report 2019, page 48*)

Increasing staff awareness of the emotional cycle of separation and loss for example deployment in peace time, in times of conflict or through mobility, is important in understanding the possible impact at various developmental stages for forces children.

Loss change and Separation

Angus Council has developed **Loss, Change and Separation** a sustainable resource available to all schools on a lending basis. It provides support for children and young people during times of transition and loss to-mitigate the effects of exceptional mobility and deployment. Download the pdf case study on how this resource can be used.

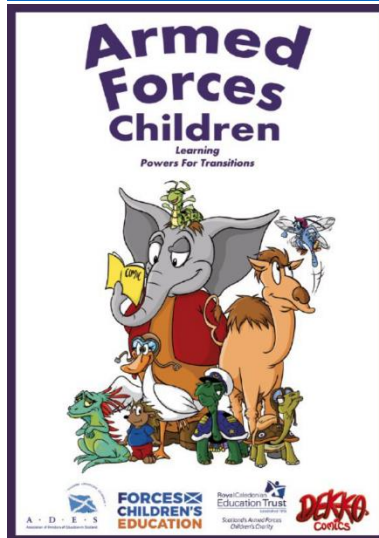
<https://forceschildrenseducation.org.uk/best-practice-angus>

Signposting

[Forces Children's Education web link](#)

[Mindfulness cards for children launched > RAF Families Federation \(raf-ff.org.uk\)](#)

[Forces Childrens Education \(pagesuite.com\)](#) A free digital comic



The Families Federations are three organisations which support the families of Armed Forces personal. They are the:

- **NFF** Naval Families Federation
- **AFF** Army Families Federation
- **RAF-FF** RAF Families Federation

ELC and schools can access the Family federations for information.