Parent-Teen Activity Series
Tour of Duty

Military jobs are sometimes risky, and this may worry members of the family. Spending time talking together and visiting the place of work (if possible and after permission is granted) may help to reduce some worries.

♦ **Tour Guide**: the military parent should be the “tour guide” for this special event. In other words, the parent should not just take the teen on some sort of official tour with other people led by an official guide; rather, this should be a private, personal event between parent and teen. However, if this is not possible, make sure to bring your spouse and children on “family day” to explain your responsibilities.

♦ **Tour Route**: take special care to plan every detail ahead. The tour should be based on “an average day in the life of mom/dad.” However, places/things which would be involved in any special deployment can also be included.

♦ **Tour Content**: at each stop, the parent should thoroughly explain what he/she does in this location or with this equipment. The teen should feel free to interact by asking questions or making comments. Whenever possible, the teen should have the opportunity to experience some of the actual duties by handling the equipment.

---

How will this activity promote the parent-teen relationship?

This activity can promote an environment of openness for good communication.

This should provide the opportunity to point out certain aspects of the parent’s job which could offer some reassurance or comfort to the teen (e.g., safety precautions and regulations, comradery between soldiers, etc.).

This may also take some of the mystery out of what the parent does.

---

Keep in mind . . .

- Make sure to get permission, have necessary keys, etc.
- Consider some special activities which could familiarize the teen to the parent’s job even more.
- Communicate honestly about potential dangers in your job; nothing is accomplished by hiding things.