

# BUILDING STRONGER FAMILIES

## INTRODUCTION



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The self-directed KIRVIC  
supporting couples



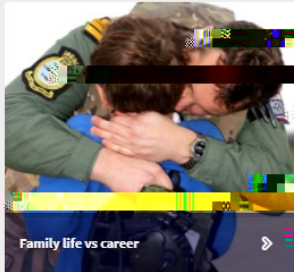
# Sample of module Me, You and the Military

## Module Menu

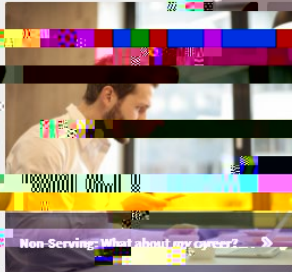
This module explores the balance between life within the naval service and the expectations on the civilian family. The different couples and families may have, some of the parts are informative and some will give you something to think about or do.



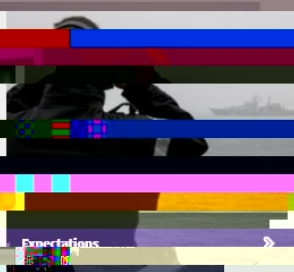
**Activity** - Click on each image below to reveal the different sections within this topic. There is no need to go through each section, then finish this module to move on to the next.



Family life vs career



Non-Serving: What about my career?



Expectations



Adaptation



## Family life vs. career

Having a career in the Naval Service, in several ways, is not the same as a career in civilian life. Being in the Royal Navy is a life, not just a career. The expectations on Service Personnel (SP) and their families, and can cause issues around priority and loyalty.



Family circumstances and roles

Family events and milestones

Everyday family life

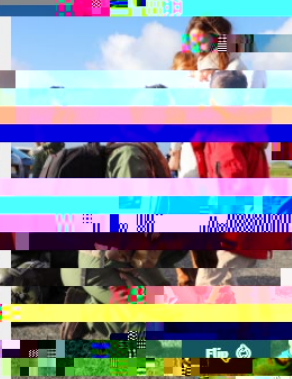
Different Royal Navy and Royal Marines family circumstances



Flip



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