



CONNECTING AFTER THE MOVE

It's important to feel supported and connected after a transition. Moving requires you to adjust to a new school, including different academic activities and rules, to make new friends, and to adjust to a new community.

You can learn more about making and building relationships below. In addition to making friends, here are three types of relationships that can help you adjust to your new environment:



MENTORS

You still have to rely on adults to get your needs met, so it is important to find trusted adults to talk with and identifying who is part of your support system. This type of person is a mentor. Mentors are people who can act like a coach or an advisor that you admire and respect.

ROLE MODELS

A role model is someone you can look up to as a positive example or who you would like to imitate. Role models can be real or fictional characters. It is helpful to know of one or two people you admire that can be like a mirror. Looking at them can give ideas about approaching situations that you might be unsure of.



COMMUNITY RELATIONSHIPS

At first, you might not be involved with your favorite activities. Identify what you like to do in advance. Find out how you can reach out in your new community to restart those activities.

LEARN MORE

Learn more about activities, like volunteering, and connecting with your interests no matter where you go at:

<https://militarykidsconnect.health.mil/Military-Life/Moving>

