

July 2024

Volume 17 | Issue 7



As we celebrate Military Consumer Month this month, let's delve into how cuttingedge technology is empowering military families to safeguard their finances. These





Talking to your child about their bodies and sexual health is important in their healthy development from childhood to adulthood.





See the full list of webinars available on www.MyNavyFamily.com this month.



July 10

July 10

July 11

July 17

July 17

July 22

12 p.m. ET

2 p.m. ET

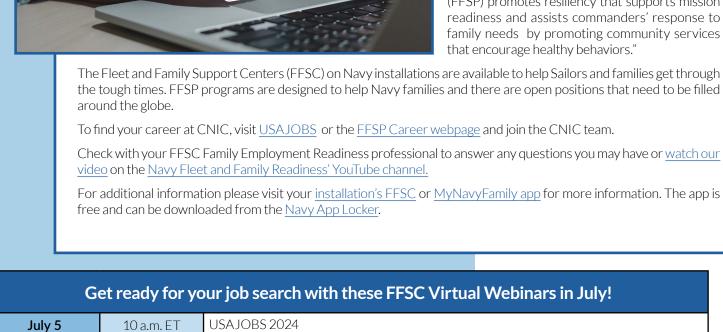
Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation



Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

Commander, Navy Installation Command (CNIC) is actively campaigning to fill open in-person, deployed and remote positions throughout the enterprise. According to Family Employment Readiness Program Analyst, Ebonie Powe, the goal is to fill positions with professionals who will continue to support Sailors and their families.

civilian team and make a real difference in the Navy," said Powe. "The Fleet and Family Support Program (FFSP) promotes resiliency that supports mission readiness and assists commanders' response to



family needs by promoting community services that encourage healthy behaviors."

"We're hiring civilians, military spouses, and transitioning service members to join our diverse

▶ National Parks & Recreation Month

USAJOBS 2024 10 a.m. ET Acing the Interview 12 p.m. ET 1 p.m. ET Effective Resume Writing Hire Expectations 11 a.m. ET Improve Your Professional Presence: Job Search Strategies 12 p.m. ET

Resume Writing Simplified

Roadmap to Your Suitcase Career

July 24 10 a.m. ET Innovative Interviewing



➤ Department of Justice ➤ Environmental Protection Agency > U.S. Pacfic Fleet ➤ Department of Treasury > Federal Highway Administration > Internal Revenue Service ➤ Naval Criminal Investigative Service > And More! National Science Foundation

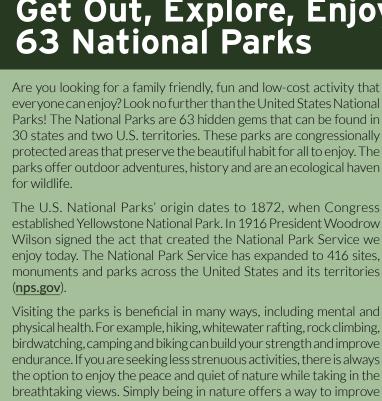
22-25 JULY 2024 SIGN

CNIC

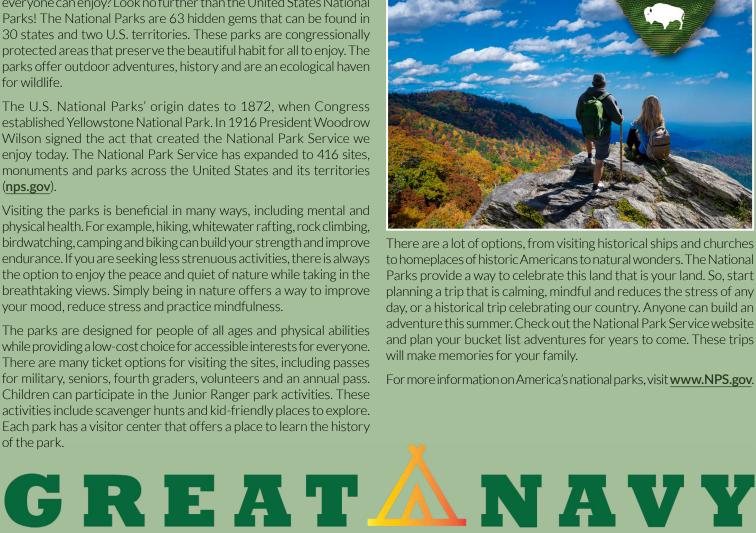
Social Security Administration

United States Military Entrance Processing Command

Register at MyNavyFamily.com



of the park.



CONNECT WITH A

PFM TO ENHANCE YOUR FINANCIAL

Reach out to your nearest

PFM to learn how to boost

your financial security by

overall financial well-being.

Unlock financial success with Virtual FFSC Webinars during Military Consumer Month

Understanding the Cost of Convenience

Credit Code: Decoding Financial Success

Christmas in July: Saving Money for the Holidays

Couples Communication: Communicating About Finances

The Ins and Outs of Continuation Pay

7 Healthy Money Habits

Managing Short-Term Rentals

SECURITY

FINANCIAL PROTECTION This Military Consumer Month, take a proactive step toward securing your financial future by exploring how biometric technologies can help protect your financial information. With the robust security provided by these technologies, military families can safeguard their financial assets and deter identity theft, no matter where their service takes them. For the latest consumer protections and financial security information, visit your installation FFSC and connect with the local PFM for an unbiased approach to safeguard your data so you do not have to continually worry about your information getting into the wrong hands and you can make informed decisions to enhance your

CONCLUSION: EMBRACING TECHNOLOGY FOR

safeguarding your financial accounts. PFMs help families understand

the consumer protection landscape and provide information on the

most effective ways to protect your personal financial information.

PFMs provide necessary support to military families to navigate

consumer protection effectively. PFMs help families identify and

apply the best strategies to secure their financial assets, including how technologies can play a key role in their overall security approach.

Approachable Prevention and Education SHAPE is a modular course that allows learners to attend the sections most relevant to their child's age group. For example: ■ Module 1 – Introduces an overview of the facts and sets the tone for language. Modules 2 through 5 cover the developmental stages, age-appropriate behaviors and communication strategies. ■ Module 2 – for ages 2-4 ■ Module 3 – for ages 5-9

This parenting curriculum was designed to be in person at your local

Fleet and Family Support Center (FFSC) but has now been modified

"I think this program helps to bridge the gap. Frankly, this is a difficult

topic for most, and this curriculum helps to make it approachable,"

said Fustino. "This curriculum represents a fundamental step toward

fostering healthy sexual development and mitigating problematic

Fustino, with more than a decade of experience with CNIC, states if

parents are not teaching their children and having these discussions

about sexual development and sexual behavior, they will learn from

"Today's kids live in a world where so much can be found online,

which is not safeguarded. As parents, we need to ensure that what

they learn and are exposed to is appropriate," she said. "Parents

should be proactive in supporting their child's sexual development in

the same ways that they support other areas of their development. When parents encourage open communication and understanding

from an early age, children are better equipped to assert their rights,

■ Step 1: Log on or make a free account at www.MyNavyFamily.

■ Step 2: Click the "Parenting" tile on the homepage, then click

■ Step 3: Click the "Upcoming Webinars" tab for course descriptions

■ Step 4: Click your chosen date to register. Receive reminders and

For more information, contact your installation's FFSC through the

com. Follow the on-screen instructions. (NOTE: Be sure to enter

behaviors and instances of abuse in children."

Sexual Health through

■ Ebonie Powe MSW, MBA, Family Employment Readiness Program analyst ■ Fran Jackson, MBA, AFC®, Personal Financial Management Program analyst

> 7:00 PM ET College Bound: Survivor Secrets Money matters!

> > the Holidays

Success

Your Terrific Toddler

Tear Free Dinner

coping, managing the move, moving with children and resources available

12:00 PM ET

1:00 PM ET

11:00 AM ET

1:00 PM ET

12:00 PM ET

11:00 AM ET

12:00 PM ET

2:00 PM ET

Improve Your Professional Presence: Job Search Strategies Resume Writing Simplified Roadmap Your Suitcase Career Innovative Interviewing

M AAA LAKEE

Anniversary (1979)

Mark Your Calendar:

for job hunters and future employers to get to know one another. Do not miss out on additional education opportunities including:

(MSEP) will talk about opportunities for military spouses.

about the federal hiring process.

Department of Energy

families are welcome.

> Department of the Interior

July Federal Hiring Summit

public service! Countless possibilities await you within the federal government.

Are you eager to explore federal government career opportunities? Would you like to serve your community and country with meaningful and fulfilling employment? Look no further than a career in

Join us July 22-25 for the virtual FFSC Federal Hiring Summit, hosted by Commander, Navy Installations Command's (CNIC), featuring worldwide in-person and remote career opportunities. The four-day event kicks off with two days of presentations by hiring officials from federal agencies, each describing their organization's hiring practices and veteran and spouse hiring initiatives. Employer presentations will be followed by two days of 20-minute informal Q&A job booths. The booths are an excellent opportunity

■ Monday, July 22, at 4 p.m. ET, representatives from the Military Spouse Employment Partnership

■ Tuesday, July 23, at 4 p.m. ET, state spouse liaisons will explain the process of transferring professional licenses from state to state.

Wednesday, July 24, at 12:30 p.m. ET, several federal hiring officials will participate in an employer panel discussion to answer your questions

■ Thursday, July 25, at 12:30 p.m. ET, the Office of Personnel Management (OPM) will provide an overview of USAJOBS and the federal resume.

Participating federal employers include:

Eager to make a difference? Register now on MyNavyFamily.com to reserve your virtual summit seat. All service members, veterans and their

Get Out, Explore, Enjoy America's 63 National Parks Are you looking for a family friendly, fun and low-cost activity that everyone can enjoy? Look no further than the United States National Parks! The National Parks are 63 hidden gems that can be found in 30 states and two U.S. territories. These parks are congressionally protected areas that preserve the beautiful habit for all to enjoy. The parks offer outdoor adventures, history and are an ecological haven The U.S. National Parks' origin dates to 1872, when Congress established Yellowstone National Park. In 1916 President Woodrow Wilson signed the act that created the National Park Service we enjoy today. The National Park Service has expanded to 416 sites, monuments and parks across the United States and its territories

55.52 July 2024

Meet hiring officials from:

your unique features, such as a fingerprint or your distinctive facial characteristics, act as a fortress for your personal financial information. They not only make it incredibly difficult for anyone to replicate your identity but also provide a sense of security and control over access to your money. This is particularly beneficial for military families who often face the challenges of deployment and frequent PCS moves. **KEY BIOMETRIC TECHNOLOGIES:** ■ Fingerprint Recognition uses the unique patterns of ridges and valleys on an individual's fingertips to verify identity. ■ Facial Recognition analyzes the features of a person's face to

■ Iris Scans use distinctive patterns in the colored ring of a person's

These biometric systems offer robust security built on the reliability

of unique physical traits like fingerprints, facial features and eye

patterns. This is crucial for military families managing their finances

throughout the world. These systems instill trust and reliability by

ensuring that only authorized individuals can access your sensitive

Additionally, biometric technologies are less likely to be affected

by common security threats such as phishing or password theft.

Since accessing financial information requires being physically

present, it greatly lowers the chance of someone breaking into

Personal Financial Managers (PFMs) at the Fleet and Family Support Center (FFSC) are crucial in educating military personnel and their families about consumer protections. While PFMs do not train on biometric technologies directly, they provide vital information on how to safeguard against financial fraud and scams. They help families understand the tools available to protect their financial interests.

PERSONAL FINANCIAL MANAGERS: EDUCATING

12 p.m. ET

12 p.m. ET

1 p.m. ET

1 p.m. ET

11 a.m. ET

12 p.m. ET

2 p.m. ET

ensure secure access to financial systems.

eye to bolster security measures.

financial information.

your accounts remotely.

July 1

July 8

July 16

July 18

July 23

July 24

July 25

ON CONSUMER PROTECTION

As we celebrate Military Consumer Month this month, let's delve

into how cutting-edge technology is empowering military families to

safeguard their finances. These innovative systems, which recognize

June Is...Military Consumer Month

HARNESSING TECHNOLOGY TO PROTECT MILITARY FAMILIES' FINANCES

FFSP Webinars Help Navy Parents with 'The Talk'

problematic sexual behavior or PSB-CY (problematic sexual behavior in children and youth)." SHAPE gives parents and caregivers information and tools to effectively respond to their child's sexual behaviors and questions. Facilitators teach parents appropriate terminology to identify body parts in discussions with their child, using person-first language to express behavior and promote healing in incidents of PSB-CY. SHAPE was developed to help parents and caregivers become proactive partners to support healthy child sexual development and prevent or reduce problematic sexual behavior. The webinars give parents age-appropriate responses with factual and honest conversations. "What you say to a 9-year-old is completely different than what you would say to a teenager; however, it should always be factual and honest," said Fustino. "These classes give parents the information to

understand what is normative and expected at each age and builds

their confidence by providing specific examples on how they can

According to Fustino, a child's sexual development is a vital aspect

of a child's overall growth, covering biological, psychological and

"Despite its importance, many parents feel ill-equipped to talk about

this sensitive subject confidently," she said. "Often, discussions are

delayed until a child reaches puberty, yet research indicates that early

and frequent education, beginning as early as 2 years old, produces

By supplying parents with accurate information and age-appropriate

communication strategies, parents will have the resources to

empower their children to grow in supportive environments where

they can explore their development and sexuality, set boundaries

and confidently seek assistance. Additionally, such education enables

parents to identify and address signs of abuse or problematic behavior,

SHAPE gives parents the tools they need to proactively talk with their children about sexual health and development topics through

SPECIAL THANKS TO THIS MONTH'S CONTRIBUTORS:

thereby safeguarding their children's well-being.

demonstrations, videos and practical exercises.

■ Tim McGough, Communications analyst

Webinar

Schedule

July 2024

Step #1: Make a free account at

Follow the on-screen instructions to create a new account. Be sure to

Step #2: Click on "Live Webinars" at

the top of the page to view the full list

Step #3: Click on the title of a session

Step #4: Click on "Register Now" to

You will get reminder emails with your

spouses and family members such as

Fleet & Family Support

Could you use helpful tips for your job search?

9:00 AM ET

12:00 PM ET

1:00 PM ET

11:00 AM ET

12:00 PM ET

2:00 PM ET

2:00 PM ET

10:00 AM ET

11:30 AM ET

12:00 PM ET

1:00 PM ET

New Spouse Orientation, the Navy Family eHandbook, and the Navy

In addition, the FFSC LMS has comprehensive resources for Navy

How to register:

MyNavyFamily.com or

use the QR code to the right (NMCI users should

register at least one day

before the webinar.

enter your time zone!

to view the information

register for the course.

and description.

personal link.

Spouse library.

Fri

Wed

Thurs

Wed

Mon

Wed

Thurs

Thurs

Tues

CNIC

5 Jul

10 Jul

11 Jul

17 Jul

22 Jul

24 Jul

18 Jul

Life Skills for Your Family

18 Jul

23 Jul

For EFMP Families

of offerings.

■ National Parks Department

respond to their child at various ages."

social dimensions.

the best results."

Talking to your child about their bodies and sexual health is important

Commander, Navy Installations Command's (CNIC's) Fleet and Family

Support Centers (FFSC) help families overcome the negative stigma of

these discussions through a series of webinars titled "SHAPE" (Sexual

"SHAPE webinars are designed for parents and caregivers who are seeking information on how to discuss sexual health and development

with their child," said Amy Fustino, clinical analyst with CNIC. "It's

also for parents who have a child who has exhibited or is impacted by

in their healthy development from childhood to adulthood.

Health through Approachable Prevention and Education).

On the move? Your FFSC LMS Relocation

Wed

Thurs

Tues

Thurs

Tues

Thurs

Mon

Tues

Wed

Thurs

Tues

Wed

Tues

Wed

Mon

Mon

USAJobs 2024

Hire Expectations

Planning

When was the last time you visited the LMS?

Well, take a look at this, then log into the LMS and tour the new interface! You are

sure to love the new user-friendly navigation. Jump to the Live Webinars tab (or the

new Live Trainings icon) and discover that you can now read complete webinar titles on the calendar and expand the days to show all webinars offered on a given day.

If you have any problems with the FFSC LMS or accessing training, please contact the Help Desk at learning Spalders.com

Acing the Interview

Effective Resume Writing

The Road Ahead: Special Needs Future

Motivating by Appreciation

Organize Your Life

throughout the relocation process.

Looking for parenting topics?

9 Jul

11 Jul

16 Jul

18 Jul

8 Jul

23 Jul

24 Jul

25 Jul

9 Jul

10 Jul

16 Jul

17 Jul

22 Jul

29 Jul

comprehend appropriate relationship boundaries and seek assistance if feeling uneasy or unsafe." SHAPE's goal is to supply parents with the necessary tools to educate their children on body autonomy, boundaries and consent so they can prevent and reduce the risk of sexual behaviors, abuse and exploitation. Armed with accurate information and support, parents can navigate distress, secure assistance for their children and foster

vour time zone)

a positive outlook for the future.

"SHAPE" for details and resources.

and upcoming schedules.

a personal access link.

FFSC Directory.

To learn more about the SHAPE webinars and register:

■ Module 4 – for ages 10-12

■ Module 5 – for ages 13-18

someone or somewhere else.

to be offered virtually.

It's PCS season, and these webinars could enhance your move or that of a fellow service member. 10 Jul 2:00 PM ET Sponsorship Training This training teaches Navy personnel to serve as sponsors.

Communicating About Finances Navigating Mental Health in Today's World

10:00 AM ET

2:00 PM ET

2:30 PM ET

2:00 PM ET

10:00 AM ET

1:00 PM ET

2:30 PM ET

What's it all about? and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain practical skills that can be utilized daily. Some of the practical

skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as a challenge to overcome, rather than a threat. Over the course of six sessions, MBMF can help you and your command by teaching

Teen Dating Violence Prevention Stress Management and Resilience

Coparenting: Working with Domestic

Pets are Family Too: Linking Animal

Abuse and Domestic Abuse

Mind-Body Mental Fitness

neuroplasticity and mental toughness can alone.

4. Flexibility

6 Aug 1:00 PM ET Module 2: Mindfulness and Meditation

1:00 PM ET

10:00 AM ET

1:00 PM ET

10:00 AM ET

12:00 PM ET

10:00 AM ET

2:00 PM ET

10:00 AM ET

6. Connection Module 1: Stress Resilience Tues

Parenting and Sexual Development (SHAPE Module 1) What About the Kids?

The Ins and Outs of Continuation Pay

Christmas in July: Saving Money for

Credit Code: Decoding Financial

Couples Communication:

Understanding Anger

Anger Management

Violence Families

Tues Tues Tues

The MBMF modules are: 1. Stress Resiliency

5. Problem Solving

Tues

be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one session can stand

2. Mindfulness and Meditation 3. Living Core Values 2 Jul 10:00 AM ET 13 Aug 1:00 PM ET 10:00 AM ET

Module 3: Living Core Values Module 4: Flexibility Tues Tues

Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance. 2:00 PM ET Smooth Move On the road again! Join us to learn tips to better assist those on a PCS/EAO move. Topics include smooth move, moving process overview, techniques for

> Temper Taming: The Healthy Way of Dealing with Anger Preventing and Responding to Intimate Partner Violence

The primary goal of Mind-Body Mental Fitness is to enhance the mind, body, spirit

service members and families that

9 Jul 20 Aug

16 Jul 27 Aug Module 5: Problem Solving 23 Jul 21 Jun Fri Module 6: Connection

Tues

Stress Management Wed

Tuesday

30 Jul

10 Jul

16 Jul

and Transition.

innovative systems, which recognize

Commander, Navy Installation Command (CNIC) is actively campaigning to fill open in-person, deployed and remote positions throughout the enterprise. Are you eager to explore federal government career opportunities? Would you like to serve your community and country with meaningful and fulfilling employment? Look no further than a

Are you looking for a family friendly, fun and low-cost activity that everyone can enjoy? Look no further than the United States National Parks! The National Parks are 63 hidden gems that can be found in 30

- **CNIC Hiring Virtual and**