

## **ARMY FAMILY TEAM BUILDING**

### **LEVEL 1 MILITARY KNOWLEDGE/CLASS DESCRIPTIONS**



#### **K.1: Military Life . . . What Does It Mean? (Length: 75 minutes)**

The learner will understand the mission, commitment required, and challenges of military life to define realistic expectations to positively impact their military experience.

#### **K.2: Military Acronyms and Terms (Length: 60 minutes)**

The learner will be able to communicate by employing military specific language, terms, acronyms and time with Army personnel, DA Civilians, and contractors in a military environment.

#### **K.3: Chain of Command (Length: 60 minutes)**

The learner will comprehend military structure including rank, chain of command, and basic unit organization to successfully interact within the military community.

#### **K.4: Customs, Courtesies, Ceremonies, and Traditions (Length: 60 minutes)**

The learner will understand and exhibit appropriate behavior in accordance with proper military customs, courtesies and protocol in daily military life leading to personal satisfaction and a sense of belonging.

#### **K.5: Military Social Functions (Length: 60 minutes)**

The learner will apply the skills needed to assist in feeling comfortable with social aspects of the military lifestyle.

#### **K.6: Military Benefits and Entitlements (Length: 60 minutes)**

The learner will differentiate between available benefits and provided entitlements to select the most favorable to meet individual needs.

#### **K.7: Introduction to Military and Civilian Community Resources (Length: 60 minutes)**

The learner will be able to describe and select military and community resources appropriate to meet various life situations.

#### **K.8: Introduction to Family Readiness Groups (Length: 45-60 minutes)**

The learner will understand the mission; structure and purpose of the Family Readiness Group identifying the benefits FRGs bring to the Total Military Community.

#### **K.9: Military Family Preparedness (Length: 60-75 minutes)**

The learner will discuss the importance of family preparedness including legal preparation, financial preparation, preparing for emergencies and maintaining accurate record keeping of important documents.

#### **K.10: Resiliency, Be The Bouncing Ball (Length: 60 minutes)**

The learner will discuss the definition and characteristics of resilience and develop strategies to increase personal resilience.