

AF Family Video Series

"Sacrifice" Discussion Guide

Purpose

A guide to discuss the impact of the sacrifices families make when members are performing the Air Force mission and to suggest some tools to mitigate the challenges.

Description

There are many things that service members often overlook in the execution of their sworn oaths to the country. Not the least of these is the sacrifices the family members make. Whether it's celebrating special events such as birthdays, anniversaries, holidays, graduations, a sports championship game, or even the birth of a child, these are all significant events that many family members may bear alone while members are supporting critical missions in defense of our national interest. This discussion guide provides an opportunity to recognize and appreciate those sacrifices while offering some ways to help mitigate the associated struggles.

Employ

- Take a moment and view the "Sacrifice" video with members of your unit.
- After viewing the video, have members share some of the key moments in their family's lives that they've missed due to absences supporting the Air Force mission. The events can include birthdays, anniversaries, graduations, championship games, weddings, funerals, and the birth of children.
- Have your personnel brainstorm for ideas on how they can help mitigate the impact of missing these key events. A few examples could include:
 - Celebrating special events such as birthdays, anniversaries, or a holiday early or as soon as possible upon return from duty.
 - Use web cameras and other IT solutions (Skype, Facetime, etc....) to be virtually present during events.
 - Setup a personal webpage with streaming video capability. When you video tape the various events, you can upload them to the website for easy viewing regardless of where you are at. An even better alternative is to setup a Facebook account. Facebook has incredible capabilities already configured to facilitate sharing of information (videos, pictures, hyperlinks, live webcam, etc...). If you are worried about privacy, Facebook has settings that you can configure which limits who can view the page.
 - Record messages (audio or video) ahead of time to be played on the day of the special event.
 - Obtain a phone sim card with pre-purchased minutes from the country you will be deployed to or arrange for your cell phone carrier to provide international service ahead of time. This helps avoid roaming charges from your current cell phone provider.
- Finally, encourage your members to have the above discussions with their family members. They may have some good ideas as well to help ease the struggles of their sacrifices.
- The desired result is for members and their families to grow closer together and recognize that they become a more closely knit family unit as they live the unique experiences of the Air Force life together.