

Are you thinking of joining the military?

This is one of the biggest decisions of your life
Make the best decision for **YOU**

What do **YOU** want out of life?
Seriously, what are your dreams?

- ✓ College?
- ✓ To make enough money to support yourself and your family?
- ✓ Adventure?
- ✓ To move away from a bad home situation?
- ✓ A rewarding job?

You deserve these things.

What career alternatives are out there? *

DO YOUR RESEARCH!

WATCH

READ

LISTEN

REFLECT
CHALLENGE

your recruiter,
yourself
us!



to those that
came before

joining the military
will change you
forever!

DO YOU KNOW ABOUT...

Being sex and gender diverse in the military

Different opportunities to **pay for college**

College **debt** and the military

Getting out of the **DEP** (Delayed Entry Program)

Military discharges and Conscientious Objection

First, the **MOST CRITICAL**
but **OFTEN OVERLOOKED**
question to ask yourself:

Am I willing **to kill without hesitation**,
be it civilian, woman or child,
or **be killed myself**
in service to a mission
I may have **serious**
doubts about?



Go here for more links,
info, and stories

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WHAT WILL LIFE IN THE MILITARY BE LIKE?

Even when off duty or on leave,
you must obey your commanders
without hesitation or face punishment.

No matter what job you're assigned,
every position is a potential
combat position.



You may end up being paid less than the
minimum wage for your hours.

Military life is dangerously stressful:
very boring or highly traumatic.

You can suffer a physical,
mental, or moral wound as a
result of your military service.

Some military families end up
qualifying for food stamps!

The military is not a safe space
where you can be yourself.

Racism and white supremacy are
REAL problems in the military

The military always puts the
needs of the mission first.
Service members come second.



MILITARY LIFE FOR WOMEN

Being a woman in the military is tough.

Military Sexual Trauma (MST) covers everything
from sexual harassment to rape and murder.



Official MST rates are 1 in 4.
(including for male on male rape)

But much goes unreported.



REPORTING MST CAN RESULT
IN TRAUMATIC AND
CAREER-ENDING
RETALIATION.

YOUR BODY IS
NOT YOUR OWN.
EVEN YOUR HAIRSTYLES
ARE POLICED,
NOT TO MENTION YOUR
BODY MASS.



WOMEN IN THE MILITARY
STILL FEEL THEY HAVE TO
WORK TWICE AS HARD
AS MALES TO GET
HALF THE RESPECT

FAMILY PLANS CAN FAIL!
MAINTAINING YOUR FAMILY
OR RELATIONSHIP WHILE DEPLOYED
IS STRESSFUL AND DIFFICULT.
WHO WILL TAKE CARE OF YOUR KIDS
WHEN YOU'RE GONE?





“When I joined, I knew that women in the military faced an uphill battle, but I didn't fully understand how serious the issues were and how reluctant leadership is to doing anything about it. The truth is that there's a culture of

pervasive sexual discrimination,

harassment and assault that is incredibly harmful to all troops, but especially to **gender minorities.**

”

BRITTANY RAMOS DEBARROS

Scan this to read more!

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Are you a **GAMER?**
Check out
bit.ly/VFPGamers

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Before Enlisting

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AFTER YOUR MILITARY LIFE

You will be changed by your military experience.

Military training is designed to break down individuals and make them into one part of a unit. You learn to follow orders without thinking, at an instant's notice. It makes it hard to reflect and make wise choices.



MORAL INJURY

You may come home with profound shame and regret about things you participated in.

SUICIDE

In 2018, there were more than **17 Veteran suicides per day.**
(including all veterans)

MILITARY SEXUAL TRAUMA

41.5% of women

4% of men

MENTAL HEALTH DISORDERS AND SUBSTANCE ABUSE

Drug and alcohol abuse is way high in veterans.

OTHER PHYSICAL WEAR AND TEAR INJURIES

- ★ Hearing loss
- ★ Back/Knee/Neck trauma
- ★ Exposure to Toxic Chemicals (e.g depleted uranium, burn pit exposure, etc.)
- ★ Exposure to toxic water in military bases
- ★ Ionizing Radiation
- ★ Toxic Embedded Fragments

PERMANENT DAMAGE FROM WAR WOUNDS

- ★ Amputations
- ★ Blindness
- ★ Burns
- ★ Brain Trauma
- ★ PTSD
- ★ Fertility Problems
- ★ Miscarriages

WHAT EVERY YOUNG WOMAN SHOULD KNOW ABOUT THE MILITARY



(AND WHAT YOU CAN DO ABOUT IT)