



NATIONAL
MILITARY FAMILY
ASSOCIATION

The Military Teen Experience

A snapshot of America's Military Teenagers and Future Force

Over **2,000 military teenagers** between the **ages of 13 and 19** responded to the NMFA + Bloom Military Teen Survey during a two-week period in May of 2021. (n=2,116)

Military Teens Of Today Are The Future Force Of Tomorrow

We asked our military teens if they plan to serve in the military in the future.

A stunning majority (65.15%) answered yes.

The Kids Are Not Okay

Military teens' wellbeing is low. Leaning on validated instruments, we wanted to get an accurate understanding of military teens' mental health. The results weren't good: **42% of respondents experience low mental well-being** on the Warwick scale; the majority (45%) reported moderate mental well-being. Only 13% of respondents indicated a high level of mental well-being.

Connection can help, but military life makes that hard.

Military kids move often — sometimes as often as every two to three years. They are uprooted from their neighborhoods and school communities and move across the country — or across the globe. All of these separations impact the teens' mental well-being.

Too Many Military Teens Are Hungry

more military families struggled to put food on the table during the pandemic than ever before, and military teens took note. When asked if, within the past year, they had worried about whether their food would run out before they had money to buy more, **35.98% of respondents expressed concern: 28.41% told us that this was sometimes true. An additional 7.57% said that this was often true.**

To read the full report, visit

[MilitaryFamily.org/The-Military-Teen-Experience](https://militaryfamily.org/the-military-teen-experience)