

Social media has become a presence in all of our lives. We use it to stay in touch, to keep with the news, and to share our opinions with the world. For Naval families, it has become a valuable tool for instant communication during lengthy periods of deployment.

Despite these benefits, there are pitfalls. Recent research conducted by the Veterans & Families Institute for Military Social Research has shown that misinformation spread online can trigger periods of anxieties for parents and children alike. We need to gain a better understanding of how social media is affecting the lives of Naval children.

The Naval Children's Charity has commissioned new research to explore both the benefits and drawbacks to the use of social media and instant digital communications.



We're looking to speak to recent leavers of the Naval service, the spouses of active or veteran Naval personnel, or the children of Naval service people aged between 11 – 18.

In small focus groups, our researchers will ask about your use of social media during deployment, and some of the advantages and disadvantages of these platforms.

All contributions are completely anonymous. We are only asking for a small commitment. A few hours of your time could make all the difference in the lives of both the serving families of today and the future.