

# DEPARTMENT PRESIDENT SPECIAL PROJECT

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## Military Sexual Trauma A Family Problem

Military sexual trauma has far reaching affects. It has a significant affect on family of the survivor.

- Victims have a hard time opening up to family and sharing their experiences.
- Spouses struggle to know how to offer support.
- Children may not know how to express their worry about the parent.
- Victims may feel uneasy or on edge when engaging with family or in social gatherings.
- Spouses struggle with learning the triggers.

- Children may look to the other parent for caregiving making victim feel they are no longer needed.
- Victims may disconnect and withdraw including from family members.
- Spouses try to get unwanted help for the victim
- Children may misbehave because they don't understand the changes in the parent.
- Victims have trust issues and may not feel safe.
- Spouses try to understand why they are not trusted.

Family members need support as well as the MST victim.

## VFW Auxiliary Dept of Florida MST Week

As Military Sexual Trauma Awareness month is April which is after our reporting year is over, the week of February 11-17 will be the VFW Auxiliary Department of Florida Military Sexual Trauma week. Each Auxiliary should be planning a fundraiser/awareness event. Events can be such as:

- Special Dinner
- Yard Sales/Flea Markets
- Motorcycle Runs or 5k walk/run
- Sock hops
- Car washes

Use these events as an awareness program.



**Donation Parade**  
Bring your donations for  
Special Project to Mid-  
Winter Conference.

## Wooden Flag Raffle

For Dept President's Special Project

\$5 each or \$10 for 3

300 Tickets Available

(Tickets Available at Mid-Winter Conference)

*Drawing at June Convention*

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