Coalition of Sailors Against Destructive Decisions

"Shipmates Helping Shipmates"

Fleet Master Chief April Beldo, USN

CSADD Program Overview:

- CSADD is a volunteer peer-to-peer mentorship program available to commands across the Navy. (Created 2008)
- The CSADD program is geared toward Sailors ages 18 to 25 years old, to reinforce our culture of "*Shipmates helping Shipmates*."
- CSADD encourages positive social interaction, leadership development and promotes by-stander intervention
- CSADD = good decision-making which will prevent destructive behavior.
- CSADD is required to train on specific topics Monthly(i.e. Responsible use of Alcohol, Nutrition and Physical Fitness, Drug Abuse Prevention and Awareness). Creativity is encouraged.

CSADD Chapter Activities:

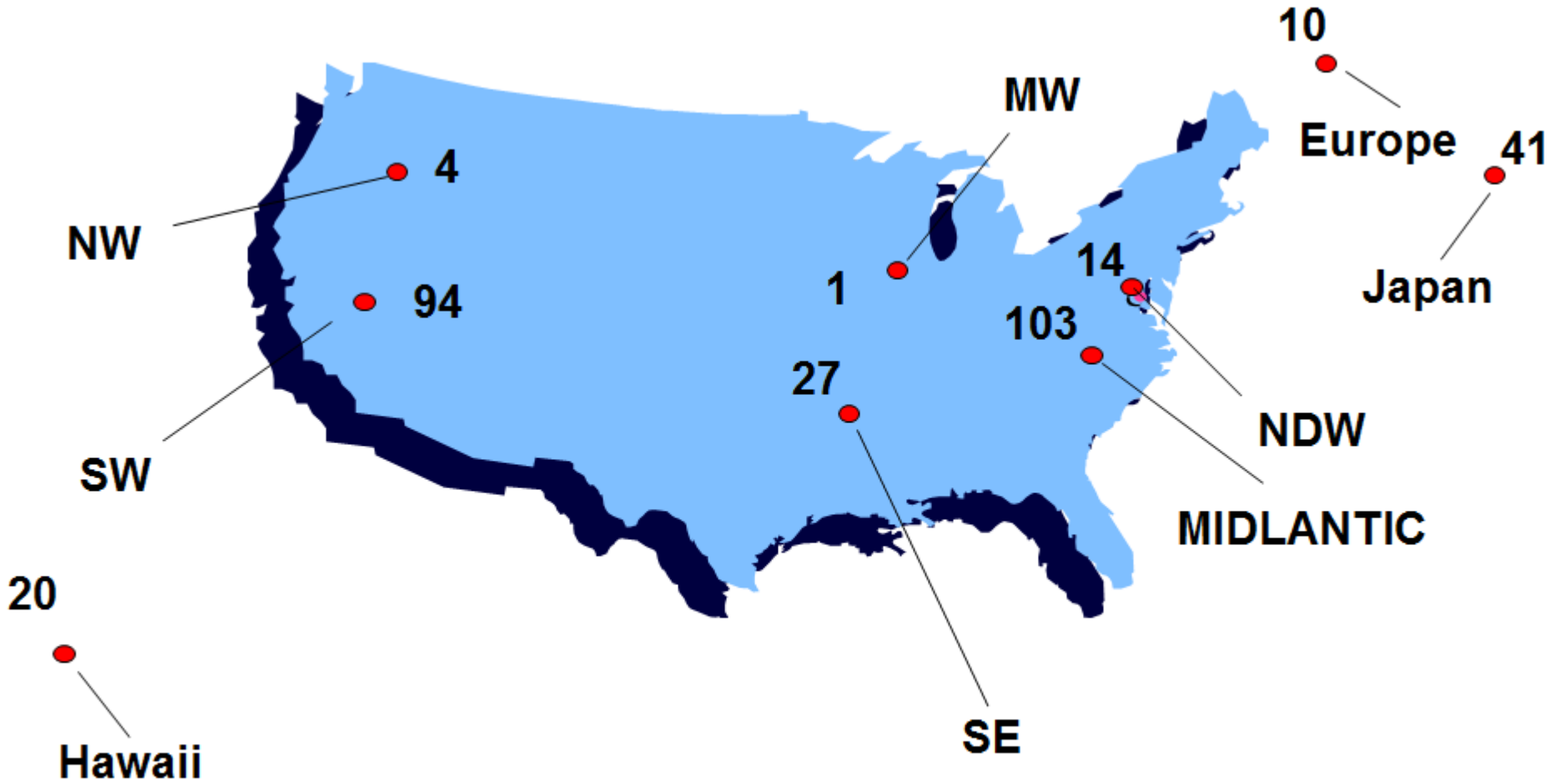
- Examples of creative ideas to raise awareness include:
  - creating posters
  - videos
  - social media
  - organized briefs
  - information fairs

- CSADD Chapters also build camaraderie amongst junior Sailors involved. Chapters plan alcohol-free liberty activities, such as: movie nights, day-trips, or sporting.
- These activities bring Sailors together to have fun on liberty in a responsible way and promote an alternative to drinking.

CSADD CREED:

We are the Coalition of Sailors Against Destructive Decisions.
We are Sailors Helping Sailors.
We are dedicated to making good decisions on- and off-duty.
We are responsible for our own actions and the well being of our fellow shipmates.
We established the standard representing a good Sailor.
We will respect ourselves and others at all times.

Fleet-wide CSADD Chapters:



Total: 317 (as of 0713)

Topic: Planning a Family During Your Navy Career

Regardless if you plan to have children or not, your time in the Navy is likely the time when you will be making those decisions. This briefing will give you some things to think about to carefully balance the demands of your personal life with your professional career, and the importance of proactive decision making.

Rationale of Family Planning

Family planning is preparing when to have children, taking into account the best personal and professional timing, including contraception and conception.

Family planning helps you decide how large your family should be, how long to wait in between children, and how to plan a pregnancy.

Birth Control

Using effective methods of birth control is an important part of family planning.

An ideal form of birth control should be easy to use, have minimal side effects, and reduce transmission of disease.

Family Size

Family planning can help you choose the size of your family. Families with more children may struggle financially and emotionally, and parents may not be able to provide each child with adequate resources. Family planning will help you decide how large you would like to grow your family and will help you find methods to achieve that goal.

Empowerment

Family planning methods can help empower parents. Deciding exactly when you would like to have a child allows you to make long-term choices. Having a child when desired allows you the flexibility to make better career decisions which then allows for better overall family planning.

Unplanned pregnancies, like any unplanned event, can jeopardize operational mission readiness.

Did you know?

- 74% of pregnancies are unplanned and over *half* are born out of wedlock.
- Only 31% are using birth control at the time they conceive.
- In 70% of enlisted servicewoman pregnancies, the father is also in the military.
- In the Navy, single parents make up 7.6% of the total amount of service members with children:
  - There are an estimated 6,000 single Navy mothers and 12,000 single Navy fathers serving in our Navy today.
- Additionally, there are approximately 84,000 dual military couples in our Navy, of which 36,000 have children.

Did you know?

- The average operational pregnancy tends to be a 23-year old, *single,* E-4 female Sailor.
- Statistics show that enlisted servicewomen who become pregnant: 59% are assigned to shore duty, 36% are assigned to an operational unit, and 5% are in school.
- Pregnancy may interrupt a Navy career by disqualifying a Sailor from her current duty position or from her current school.
- In the Navy, unplanned manpower losses from operational billets affects overall Navy readiness. Some of these <u>are preventable</u>.
- While parents may elect to start or expand their family at any time, pregnancy causes less disruption to a career and to the Navy when it is <u>planned</u> during a shore duty tour.

Consequences of an unplanned pregnancy…

Fear and stress of an unclear future…

Unable to be present for memorable and life changing moments…

Being away from family and feeling alone…

LIMDU vs. Operational Pregnancies

2,895
Limited Duty Personnel*

2,960
Operational Pregnancies

There are just as many (if not more) LIMDU personnel as there are operational pregnancies across the fleet.*

FACT
Women who become pregnant on sea duty make up less than ~1% of the Total Force

BEFORE YOU ASSUME, LEARN THE FACTS.

** Note: Total does not reflect all LIMDU personnel, only those who have been reported to PERS-4013C.*

Professional Life

Risky Personal Choices

vs.

Personal Life

Many times we are taught to separate the two, but in reality the decisions we make affect both.

HONOR

♦

COURAGE

♦

COMMITMENT

We all have a duty to conduct ourselves with **HONOR**, we must have the **COURAGE** to treat each other with respect, and keep our **COMMITMENTS.**

Navy Core Values

Honor:

- ✓ Taking full responsibility for my actions.
- ✓ Conducting myself in the highest ethical manner.
- ✓ Fulfilling my legal and ethical responsibilities.

Courage:

- ✓ Having the courage to meet the demands of my profession and the mission entrusted to me.
- ✓ Making decisions and acting in the best interest of the Navy.

Commitment:

- ✓ Exhibit the highest degree of moral character, professional excellence, quality and competence in all that I do.

Take a few extra seconds to consider the <u>results of your decisions</u>, rather than making a short-fused and impulsive choice that could have <u>life changing</u> implications.

<u>Brainstorm</u>

What things impact our decision making?

Military Parents

Military families have a different set of concerns and issues that other families do not necessarily have:

- Deployments
- Moving from one location to another
- Non-traditional working hours
- Training demands

No matter which parent is in the military, these extra stressors can put a strain on families. Remember that you owe it to yourself, your family, your career, and the mission to plan and think through these life altering decisions before they are made.

✓REALITY CHECK

Financial aspects to strongly consider:

- Cost of Raising a Child
- Child Support
  - Federal Law authorizes DFAS to garnish of the pay of military personnel for child support.
- Daycare
  - (e.g. availability/location, hours of operation, and cost)
- Family Care Plan (FCP) Policy Requirements

Ask yourself:

"Who will ultimately pay the price for my decisions?"

Benefits of a well thought out and planned pregnancy…

Hazards and unexpected consequences of an unplanned pregnancy…

Any Questions?