

## MODULE 2

# Singles Returning to Homeport

## Module Description

**Purpose:** *Singles Returning to Homeport* helps single personnel prepare for return and reunion by addressing the challenges of social readjustment and risk management. Sailors reflect on three questions: What changes have occurred since the deployment that might affect your relationships back home? How do you plan to invest your time and celebrate your return? How can you ensure an incident-free homecoming celebration?

**Target Audience:** Deployed, single Service members of all ranks.

**Module Length:** 30 minutes. The time to facilitate this brief may be modified based on the needs and availability of the command.

## Instructor Notes

**Scripts:** Trainers should become familiar with this curriculum and personalize the scripts to ensure facilitation feels natural without compromising the course content.

**Activities:** Instructors may modify or adjust the activities used in this curriculum to fit the needs of the command members. Activities are written with two options, allowing instructors to decide which one best fits their need:

- Option 1 – Handouts, paper or other materials are needed to complete this version of the activity.
- Option 2 – Additional materials are not required and this version can be conducted through lecture or discussion only.

**PowerPoint Slides:** PowerPoint slides are provided but not required. This module is designed so that it can be facilitated with or without the slides. If using slides, cues are provided for when animations occur.

**Training Tips:** Training tips are used throughout this curriculum to guide the content and recommend alternative methods of interaction.

**FFSC Resources:** An electronic copy of the *Deployment Support Handbook* is provided on this CD so command leadership may make them accessible to Service members from the command or through shipboard intranet.

## Learning Objectives

Upon completion of this module, deployed Service members should be able to develop a personal home-coming plan that includes fun or enjoyment while staying safe and managing risks.

- During the *Parallel Universe* activity, participants will make a list of changes that have occurred since the onset of deployment.
- During the *First Twenty-Four* activity, participants will list exciting and relaxing ways to enjoy their first 24 hours home from deployment.

## Module Preparation

### Materials

- *Module 2: Singles Returning to Homeport* PowerPoint file or printed copy
- *Deployment Support Handbook*
- Information about local events (MWR, ITT, etc.)

### Handouts (if available)

- *Parallel Universe*

### Optional Materials (if available)

- Computer
- Projector
- Markers
- Paper and writing instruments
- Timer

## Course Outline

1. Welcome and Introductions (5 minutes)
  - a. Activity: *Parallel Universe*
  - b. Celebrating Goals
2. Homecoming Plan (10 minutes)
  - a. Activity: *First Twenty-four*
  - b. Local Attractions
3. Safety and Risk Management (10 minutes)
  - a. Safety
  - b. Risk Management
4. Closing (5 minutes)
  - a. *Deployment Support Handbook*
  - b. Conclusion

# Content

## Welcome and Introductions (5 minutes)

### Slide 1: Singles Returning to Homeport

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Provide the handouts, if available, as they enter the training area.

Provide a brief welcome to Singles Returning to Homeport.

**ASK:** How many of you have been counting the number of days left on this deployment?

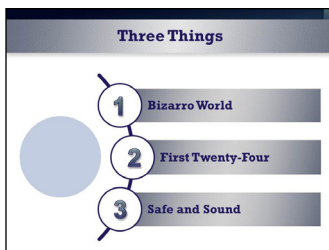
*Solicit a volunteer to share the number of days remaining.*

**ASK:** What are some things you have on your mind as you prepare to return home?

*Solicit feedback from the group by allowing participants to shout out their responses, or selecting one or two persons to respond. Validate all contributions.*

### Slide 2: Three Things

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**SAY:** Today, we will discuss three things you should ask yourself before returning to homeport.

[CLICK to animate slide]

1. What is happening in Bizarro World?
2. What will you do during your first 24 hours home?

3. What will you do to be safe and manage risks?

**SAY:** Let's start with "What is happening in Bizarro World?"

### Slide 3: Activity: Parallel Universe

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Make sure all participants have the Parallel Universe handout and/or a blank sheet of paper before beginning the activity. If handouts or paper are not available, move to Parallel Universe Option 2.



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**Option 1 - Parallel Universe** *(Use this option if handouts or paper are available for activity.)*

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**ASK:** How many of you are familiar with the term “Bizarro World”?

*Ask a volunteer to briefly explain Bizarro World. Confirm or clarify their response.*

**SAY:** “Bizarro World” is a world created from Superman comic books. It is the ultimate alternate universe where the world looks peculiarly the same, but in reality, things are quite the opposite.

**SAY:** Returning from deployment is a lot like entering a parallel universe, not just to you but to your family and friends. For this reason, it is important to consider what has changed and what these changes might mean to your support system at home.

[CLICK to animate slide]

**SAY:** To prepare us for entering a parallel universe, we will engage in a little competition.



*Ask Sailors to take out a piece of paper and a pen/pencil. Ask them to write “Parallel Universe” at the top of the paper.*

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**SAY:** When I give the cue, I would like you to list what has changed for you during this deployment. The person with the longest list wins the competition. You will have one minute to write your list. Are you ready?

*Give the cue to begin. After one minute, call time and determine who has the longest list.*

**OPTIONAL:** *Ask the person with the longest list to read the items from their list. Ask one or two volunteers to share items from their list that were not mentioned. Changes may include:*

- *Promotion/reduction in rank*
- *Educational level*
- *Network/friends*
- *Physical appearance*
- *New hobbies/interests*
- *New skills*
- *Spirituality/faith*
- *Beliefs, priorities or goals*

**SAY:** Changes in our life affect the people closest to us. Later, when you get the chance, please reflect on the changes you noted and consider what those changes may mean to your family and friends. For example, if you made new friends, then you may be spending less time with some of your friends at home.

**SAY:** To help your homecoming feel less “bizarre,” you should discuss what has changed with family and friends back home as soon as you can. This will ensure that no one is caught off guard and everyone has an opportunity to adjust to these new situations as you reunite.

[Advance to next slide/section following Option 2.]



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**Option 2 - Parallel Universe - Lecture/discussion** *(Use this option if no handouts or paper are available.)*

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**ASK:** How many of you are familiar with the term “Bizarro World”?

*Ask a volunteer to briefly explain Bizarro World. Confirm or clarify their response.*

**SAY:** “Bizarro World” is a world created from Superman comic books. It is the ultimate alternate universe where the world looks peculiarly the same, but in reality, things are quite the opposite.

**SAY:** Returning from deployment is a lot like entering a parallel universe, not just to you but to your family and friends. For this reason, it is important to consider what has changed and what these changes might mean to your support system at home.

[\[CLICK to animate slide\]](#)

**ASK:** What has changed for you, or your family, during this deployment?

*Solicit answers. Answers may include:*

- *Promotion/reduction in rank*
- *Educational level*
- *Network/friends*
- *Physical appearance*
- *New hobby/interest*
- *New skill*
- *Spirituality/faith*
- *Beliefs, priorities or goals*

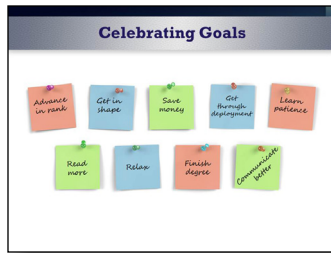
**SAY:** Changes in our life affect the people closest to us. Later, when you get the chance, please reflect on the changes you noted and consider what those changes may mean to your family and friends. For example, if you made new friends, then you may be spending less time with some of your friends at home.

**SAY:** Just as your changes will affect others, the changes in their lives may also affect you. Consider what is different with family and friends and what those changes might mean for you.

**SAY:** To help your homecoming feel less “bizarre,” you should discuss what has changed with family and friends back home as soon as you can. This will ensure no one is caught off guard and everyone has an opportunity to adjust to these new situations as you reunite.

## Slide 4: Celebrating Goals

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**ASK:** Of the changes you thought of, how many of you included items that you set as goals for yourself before or during deployment?

*Ask one or two persons to briefly share a goal they accomplished.*

**SAY:** Whether you have achieved your goal or have taken just one step toward your goal, congratulations! Staying focused and committed during deployment is not always an easy feat.

**SAY:** If you have not yet started on your goals, please consider two things:

One, there are still [number of days] days left before homecoming, so it is not too late to take the first step.

Two, completing this deployment is absolutely an accomplishment and worth celebrating!

## Homecoming Plan (10 minutes)

### Slide 5: Activity: First Twenty-Four

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**First Twenty-Four – Option 1 (Use this option if handouts or paper are available for activity.)**

**SAY:** The second question we want you to think about is what you will do on homecoming day.

**ASK:** How many of you have already started thinking about your first 24 hours back home?

**SAY:** Raise your hand if you want your homecoming to be exciting and adventurous.

*Allow participants to raise their hands. Ask them to move to one area of the room, forming a group.*

**SAY:** Raise your hand if you want homecoming to be quiet and relaxing.

*Allow participants to raise their hands. Ask them to move to one area of the room, forming a group.*

**SAY:** The first group represents "thrill seekers." The second group represents "chill seekers." In a moment, we are going to have a little competition between the thrill seekers and chill seekers.

**SAY:** Teams, when I give the cue, you will have one minute to list as many thrill-seeking or chill-seeking activities that your team can come up with.

*When you give the cue, the teams will have one minute to list activities that are adventurous or relaxing. Have the teams write "Thrill-Seekers" or "Chill-Seekers" on the top of their paper.*

*After one minute, allow each team to share their lists, starting with the team that has the shortest list. Responses may include:*

<b>Thrill-Seeking</b>	<b>Chill-Seeking</b>
Party/dancing	Theater/movie
Sports	Read
Concert	Journal/write
Skydive	Photography
Whitewater rafting	Park/picnic
Paintball	Museum
Rock climbing	Beach/ocean
Flyboarding (jetpack)	Sleep

**SAY:** Hopefully, you have received some exciting and some relaxing ideas on how to celebrate your return home.

*Thank the teams for participating. Allow participants to return to their original seats.*

[Advance to next slide/section.]

### **First Twenty-Four – Option 2 (lecture/discussion)**

**SAY:** The second question we want you to think about is what you will do on homecoming day.

**ASK:** How many of you have already started thinking about your first 24 hours back home?

**SAY:** Raise your hand if you want your homecoming to be exciting and adventurous.

*Allow participants to raise hands.*

**SAY:** You are “thrill seekers.”

**ASK:** What types of activities do you plan on doing when you return home?



*Solicit responses. Answers may include:*

<b>Thrill-Seeking</b>
Party/dancing
Sports
Concert
Skydive
Whitewater rafting
Paintball
Rock climbing
Flyboarding (jetpack)

**SAY:** Raise your hand if you want homecoming to be quiet and relaxing.

*Allow participants to raise hands.*

**SAY:** You are “chill seekers.”

**ASK:** What types of activities do you plan on doing when you return home?

*Solicit responses. Answers may include:*

<b>Chill-Seeking</b>
Theater/movie
Read
Journal/write
Photography
Park/picnic
Museum
Beach/ocean
Sleep

**SAY:** When you return to homeport, understand that each individual prefers to celebrate or decompress in their own way, and understand that this is completely normal.

**SAY:** Hopefully, you have received some exciting and some relaxing ideas on how to celebrate your return home.

## Slide 6: Local Attractions



Briefly highlight some of the popular local attractions (e.g., activities sponsored by MWR, ITT). If you are on an email distribution list for MWR, ITT, the local YMCA or local parks and rec department, share an email copy of the latest events back home.

Encourage participants to stop by the FFSC, MWR, ITT, etc., for a list of local events and attractions taking place at the time of their homecoming. They may also find information about local events online or via the installation Facebook page.

**SAY:** When planning and thinking about what you will be doing during the R&R/leave period, be sure to incorporate a balance of fun and quiet time that is shared with family and friends, as well as including some quality time alone. Doing this will ensure a successful Rest and Recuperation (R&R)/leave period.

## Safety and Risk Management (10 minutes)

### Slide 7: Safe and Sound



**SAY:** Another element of a successful homecoming is your personal safety. It is easy to forget about safety and assume nothing bad will happen when we are out having fun. However, these are the realities:

**SAY:** Keeping Service members safe after a deployment continues to be a challenge for the military.

**ASK:** Can you guess the three most common causes of death among young adults?

[CLICK to animate slide]

- Accidents
- Assaults
- Suicide

**SAY:** A goal of this command is to have a safe and incident-free homecoming. This means you need to know how to manage risks.

### Slide 8: Safety Tips



**SAY:** The command cares about your safety. Here are 10 tips to keep in mind:



Optional: Ask Sailors to share what they know about each tip. Correct or elaborate on their responses as necessary.

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1. **Use the buddy system.** Most crimes are crimes of opportunity. Going out with one or more of your friends will reduce the likelihood that you will become an easy target.
2. **Drive safely.** Obey traffic laws and be a defensive driver. It has been awhile since you have been behind the wheel and driving on streets and expressways. Always wear your seat belt, control your speed, follow the laws about texting while driving, and never, ever drink and drive.
3. **Limit alcohol consumption.** Alcohol impairs decision-making, so think before you drink. Assign designated drivers before drinking occurs. Remember, you have not had many opportunities to drink during deployment, so your tolerance for alcoholic beverages may be lower than you remember.
4. **Practice safe sex.** Protect your sexual health. If you choose to have sex, be sure to use protection to prevent sexually transmitted diseases and unplanned pregnancy.
5. **Prevent sexual assault.** You do not want to be a statistic. According to the Rape, Abuse and Incest National Network, every two minutes an American is sexually assaulted (including 1 in 33 men). Eighty percent of victims are under the age 30. Think it won't happen to you? Anyone can slip a date-rape drug into your drink and sexually assault you. This applies to men and women, so do not take your eyes off your drink.

Be an active bystander. Intervene if you witness a scene that could lead to sexual assault. If you do not feel safe intervening, call 911 or contact security immediately.

## Slide 9: Safety Tips

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6. **Trust your gut.** Trust your instincts and use common sense. If you feel uncomfortable in a situation, do not ignore those feelings. Play it safe and find a way to get out of the situation.
7. **Keep your cellphone charged.** Keep your cellphone charged and carry it with you. Have emergency numbers ready and do not hesitate to call for help if you need it.
8. **Park in well-lighted areas.** Choose parking spaces that are well lit. Lock your doors and do not leave valuables in your vehicles.
9. **Date sensibly.** Know who you are dating. If you are going on a blind date, always meet in a public place, preferably during the day. Meeting for coffee is the standard safe first date. Let someone know where you are going, who you will be with and when you expect to return.
10. **Stay alert.** Pay attention to your surroundings. Have your keys ready. Avoid talking on your cellphone as you are walking to and from your car or other places. Get into your vehicle and lock the doors.

**OPTIONAL:** Ask participants whether they have any tips to add to the list.

**SAY:** Being “safe and sound” can be defined as being safe by making sound decisions, not just when something bad happens but by making sound decisions that keep you out of risky situations. Please visit the 21st Century Sailor and Marine website for more information on safety ([www.21stcentury.navy.mil](http://www.21stcentury.navy.mil)).

*If your command has a “safe ride home” program, promote it here as an additional option for Sailors.*

**SAY:** Earlier we mentioned the three most common causes of death among young adults. Do you remember what they are?

*Look for accidents, assaults and suicide.*

**ASK:** Following these tips will help to prevent most accidents and assaults. What are some ways we can prevent suicide?

## Slide 10: Suicide Prevention

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**SAY:** According to the Navy Suicide Prevention website ([www.suicide.navy.mil](http://www.suicide.navy.mil)), suicide is an all hands responsibility, all of the time.

**SAY:** If you have feelings of hopelessness and have thoughts of suicide, please know that your life is worth living. Talk with someone you trust or call the Veterans Crisis Line. The Veterans Crisis Line has qualified responders that are available 24 hours a day, seven days a week, 365 days a year.

[CLICK to animate slide]

- **Toll-free hotline:** 800-273-TALK (8255) Option 1
- **Online chat:** [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- **Text:** 838255

**SAY:** If you believe a fellow shipmate is contemplating suicide, you should ACT.

**ASK:** Does anyone know what the acronym ACT stands for?

*Look for ask, care and treat.*

[CLICK to animate slide]

- **A = ASK** them if they are thinking of suicide.
- **C = CARE** by listening, offering hope and not being judgmental.
- **T = TREAT** the situation by taking action. Do not leave the person alone — get assistance.

**SAY:** You made a commitment to protect and serve our great country in the air, on land and at sea. It is our turn to protect and serve you by making sure you know how to manage risks at home.

## Closing (5 minutes)



If you have made the *Deployment Support Handbook* available on the Intranet, refer participants to it. If it is not available, let them know that their friends and family at home may have received it at a deployment briefing or they can check the FFSP website or go to their local FFSC.

**SAY:** The *Handbook* has pre-, mid- and post-deployment tips that may have been helpful for your family and friends back home. It also includes installation, community and national resources to help you experience a positive homecoming.

### Slide 11: Closing

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**SAY:** Thank you for your attention during training today. Please take care of yourself and your shipmates. Use the information we have shared to make this a fun and safe R&R.

# SINGLES RETURNING TO HOMEPORT

## Parallel Universe



*"Bizarro World" is a world created from Superman comic books. It is the ultimate parallel universe where the world looks peculiarly the same, but in reality, things are quite the opposite.*

*Returning from deployment is a lot like entering Bizarro World, not just to you but also to your family and friends. To help you prepare for Bizarro World, list what has changed for you during this deployment. Then, consider what this change might mean to your support system back home.*

What has changed for me	How this change may affect family and friends
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

*Make a list of all of the things that have changed for your family or friends since you have been deployed.  
Consider how these changes may affect you.*

What has changed for family and friends	How this change may affect me
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

