

# Are you thinking of joining the military?

This is one of the biggest decisions of your life  
Make the best decision for YOU

What do YOU want out of life?  
Seriously, what are your dreams?

- ✓ College?
- ✓ To make enough money to support yourself and your family?
- ✓ Adventure?
- ✓ To move away from a bad home situation?
- ✓ A rewarding job?

You deserve these things.

What career alternatives are out there?\*

## DO YOUR RESEARCH!

# WATCH

# READ

# LISTEN

# REFLECT

# CHALLENGE

your recruiter,  
yourself  
**us!**



to those that  
came before

joining the military  
will change you  
**forever!**

## DO YOU KNOW ABOUT...

Being sex and gender diverse in the military

Different opportunities to **pay for college**

College **debt** and the military

Getting out of the **DEP** (Delayed Entry Program)

Military discharges and Conscientious Objection

First, the **MOST CRITICAL** but **OFTEN OVERLOOKED** question to ask yourself:

Am I willing **to kill without hesitation**, be it civilian, woman or child, or **be killed myself** in service to a mission I may have **serious doubts about?**



Go here for more links, info, and stories

[bit.ly/YWBrochure](https://bit.ly/YWBrochure)

## WHAT WILL LIFE IN THE MILITARY BE LIKE?

Even when off duty or on leave, you must obey your commanders without hesitation or face punishment.

No matter what job you're assigned, every position is a potential combat position.



You may end up being paid less than the minimum wage for your hours.

Military life is dangerously stressful: very boring or highly traumatic.

You can suffer a physical, mental, or moral wound as a result of your military service.

Some military families end up qualifying for food stamps!

The military is not a safe space where you can be yourself.

Racism and white supremacy are REAL problems in the military

The military always puts the needs of the mission first. Service members come second.



## MILITARY LIFE FOR WOMEN

Being a woman in the military is tough.

Military Sexual Trauma (MST) covers everything from sexual harassment to rape and murder.



Official MST rates are 1 in 4. (including for male on male rape)

But much goes unreported.



REPORTING MST CAN RESULT IN TRAUMATIC AND CAREER-ENDING RETALIATION.

YOUR BODY IS NOT YOUR OWN. EVEN YOUR HAIRSTYLES ARE POLICED, NOT TO MENTION YOUR BODY MASS.



WOMEN IN THE MILITARY STILL FEEL THEY HAVE TO WORK TWICE AS HARD AS MALES TO GET HALF THE RESPECT

FAMILY PLANS CAN FAIL! MAINTAINING YOUR FAMILY OR RELATIONSHIP WHILE DEPLOYED IS STRESSFUL AND DIFFICULT. WHO WILL TAKE CARE OF YOUR KIDS WHEN YOU'RE GONE?



\*For career alternatives: <https://bit.ly/YWMilAlt>

**When I joined,** I knew that women in the military faced an uphill battle, but I didn't fully understand how serious the issues were and how reluctant leadership is to doing anything about it. The truth is that there's a culture of

**pervasive sexual discrimination,**

harassment and assault that is incredibly harmful to all troops, but especially to

**gender minorities.**



**BRITTANY RAMOS DEBARROS**

# AFTER YOUR MILITARY LIFE

**You will be changed by your military experience.**

Military training is designed to break down individuals and make them into one part of a unit. You learn to follow orders without thinking, at an instant's notice. It makes it hard to reflect and make wise choices.



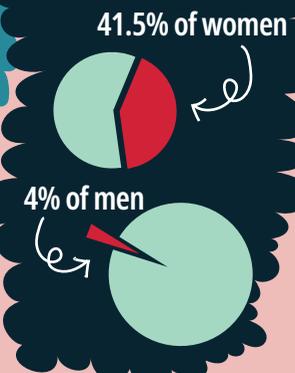
## MORAL INJURY

You may come home with profound shame and regret about things you participated in.

## SUICIDE

In 2018, there were more than **17 Veteran suicides per day.** (including all veterans)

## MILITARY SEXUAL TRAUMA



## MENTAL HEALTH DISORDERS AND SUBSTANCE ABUSE

Drug and alcohol abuse is way high in veterans.



## OTHER PHYSICAL WEAR AND TEAR INJURIES

- ★ Hearing loss
- ★ Back/Knee/Neck trauma
- ★ Exposure to Toxic Chemicals (e.g depleted uranium, burn pit exposure, etc.)
- ★ Exposure to toxic water in military bases
- ★ Ionizing Radiation
- ★ Toxic Embedded Fragments



## PERMANENT DAMAGE FROM WAR WOUNDS

- ★ Amputations
- ★ Blindness
- ★ Burns
- ★ Brain Trauma
- ★ PTSD
- ★ Fertility Problems
- ★ Miscarriages



# WHAT EVERY YOUNG WOMAN SHOULD KNOW ABOUT THE MILITARY



(AND WHAT YOU CAN DO ABOUT IT)

**Scan this to read more!**

[bit.ly/YWBrochure](http://bit.ly/YWBrochure)



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