



**When you think of
women in the military,
what comes to mind?**

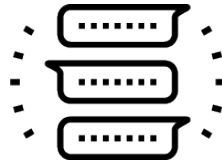


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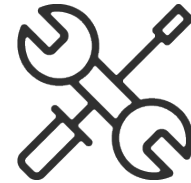
Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



Let's Chat!

Select **All Panelists & Attendees** from the drop-down when commenting in the chat pod.



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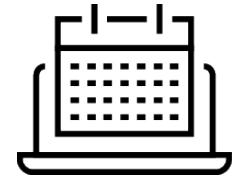
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Anchored. Supporting Military Spouses with Employment and Higher Education Transitions



Recording Available

Moral Injury & Killing in Combat: Research and Clinical Implications



Upcoming Event

What Helping Professionals Need to Know about Kincare
November 13, 2019

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MilitaryFamiliesLearningNetwork.org/

Women in the Military: Special Contributions and Unique Challenges



Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!

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Connecting military family service providers
and Cooperative Extension professionals to
research and to each other through engaging
online learning opportunities

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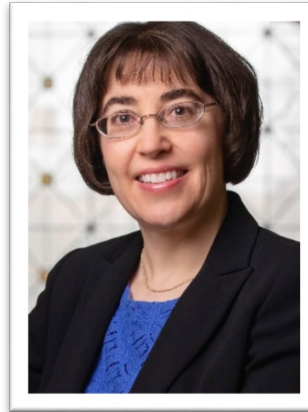


Today's Presenters



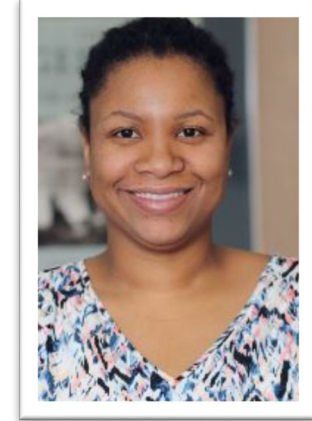
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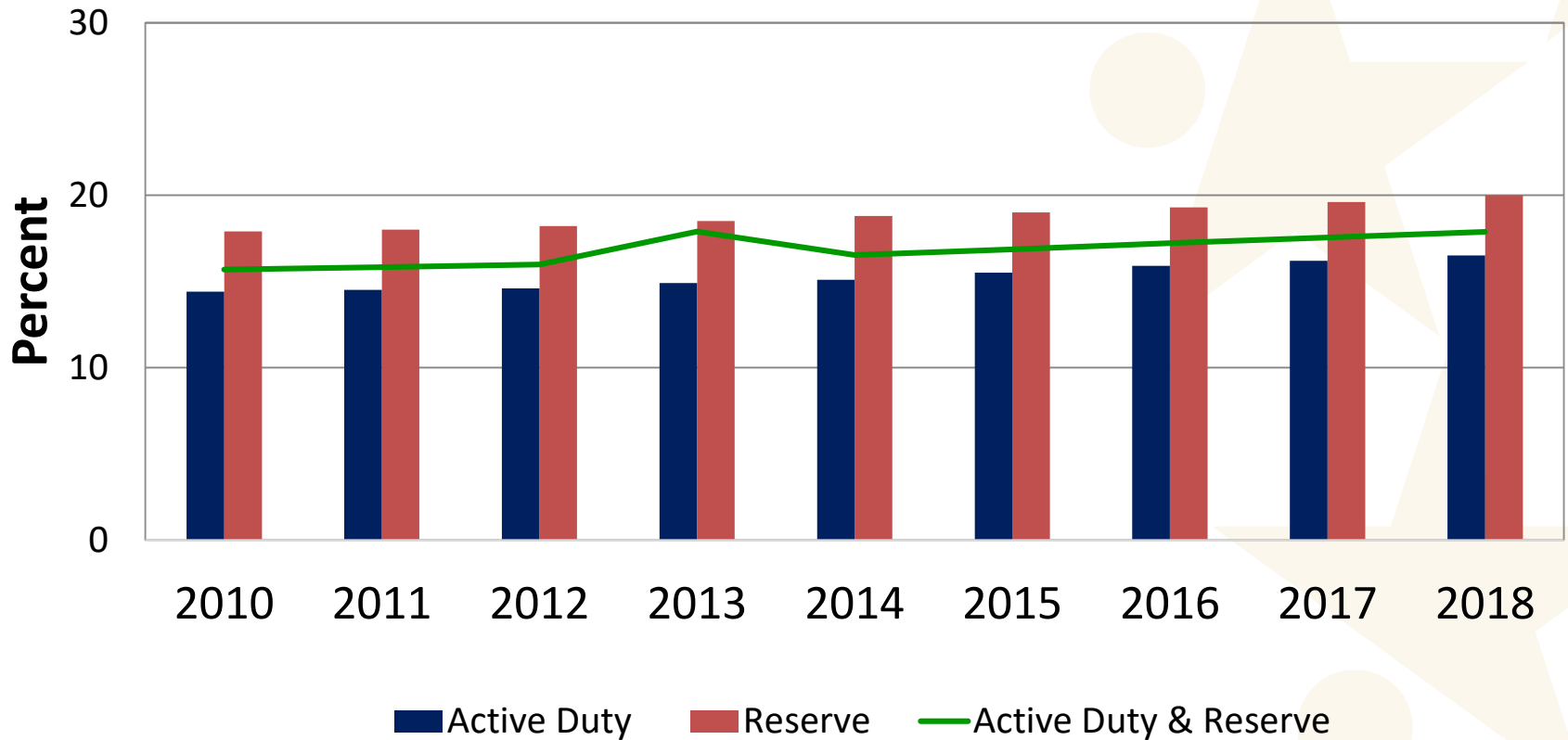


Learning Objectives

- Understand the demographics of women serving in the military
- Do women who join the military differ from women who do not?
- Identify distinctive features of military women's careers
- Discuss gender differences in the experience and consequences of deployment
- Examine key current challenges facing women service members

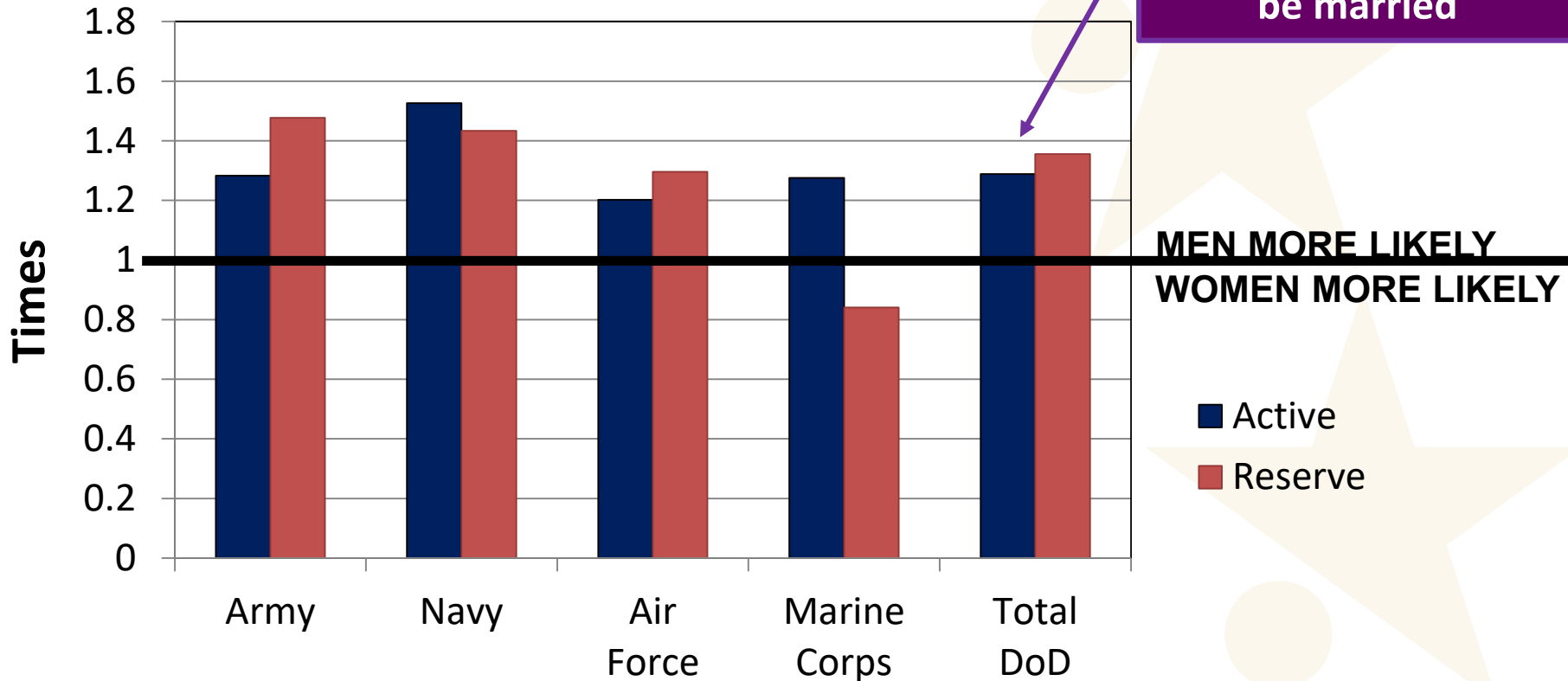
Women in the Military

Representation of Women In The Military
Trends: 2010 to 2018

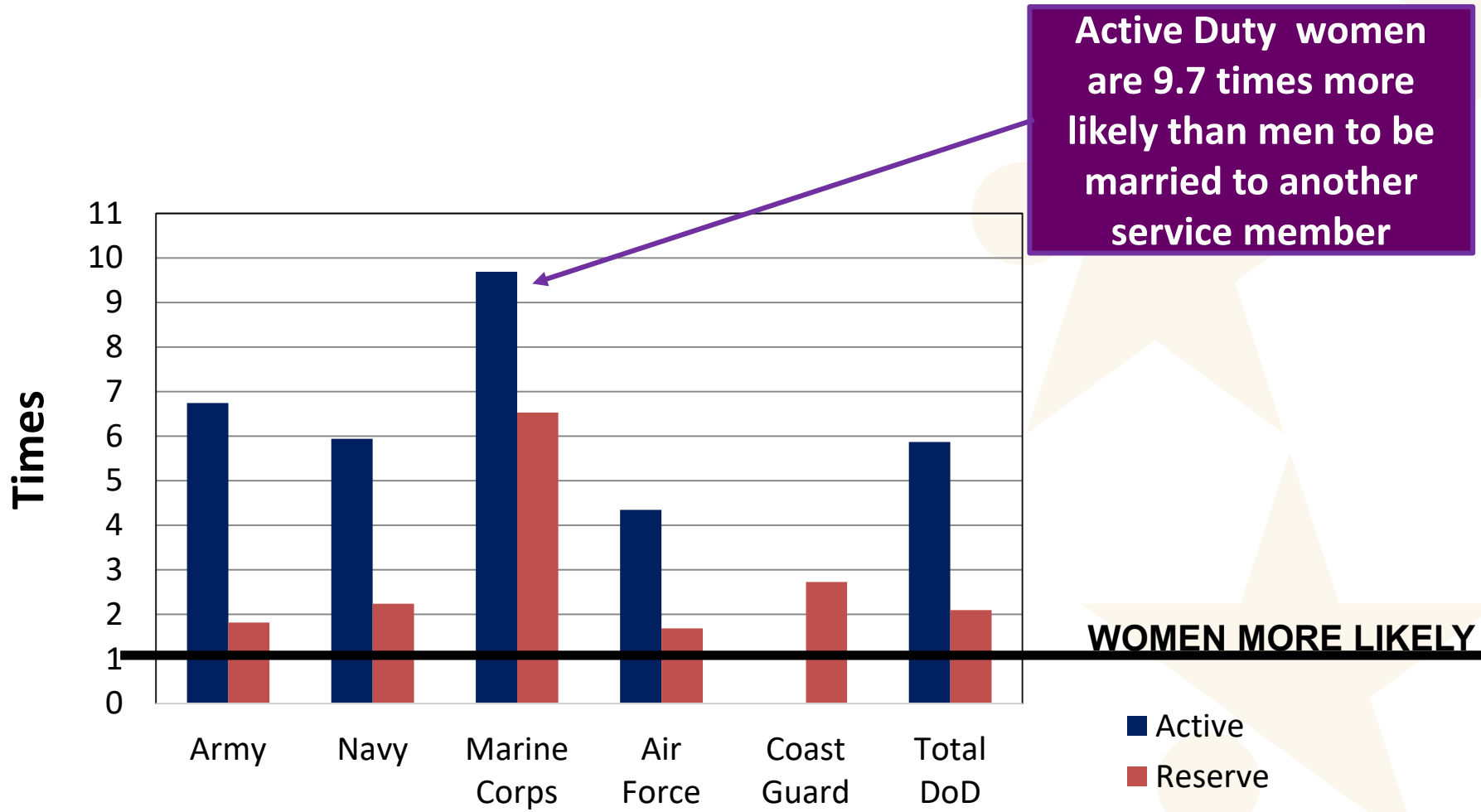


MEN ARE MORE LIKELY TO BE MARRIED (EXCEPT FOR USMC RESERVE)

Across DoD, men are about 1.3 times more likely than women to be married

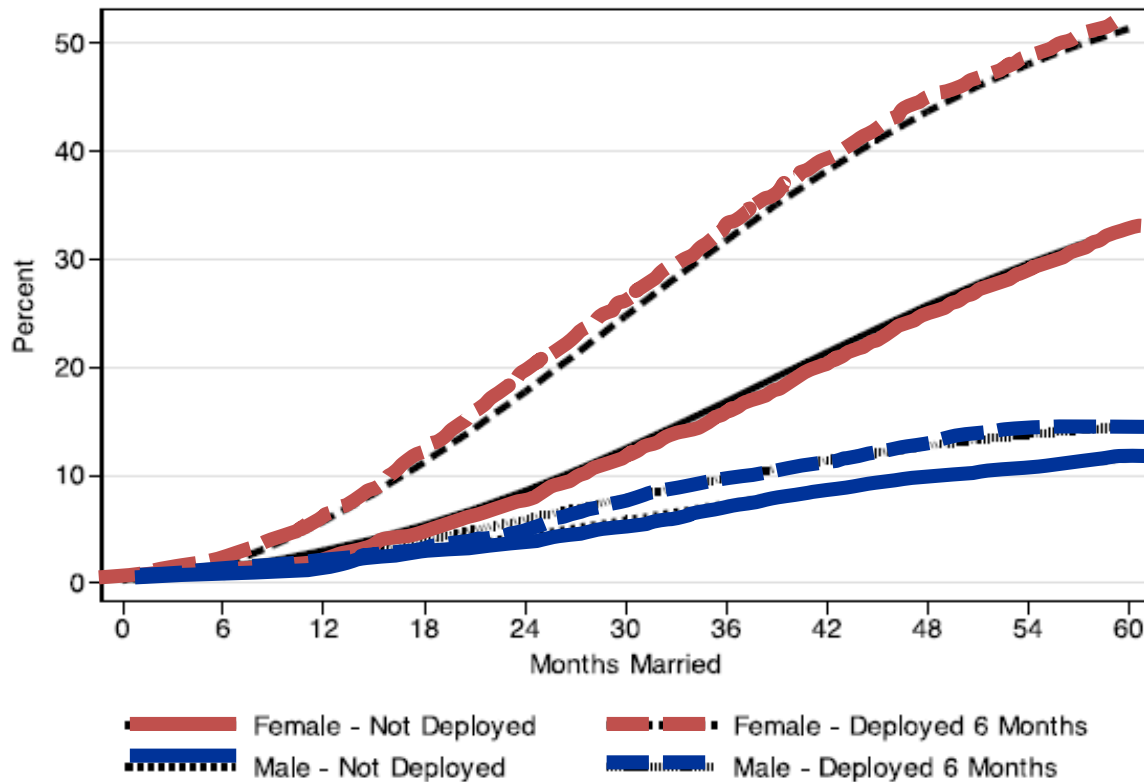


WOMEN ARE MORE LIKELY TO BE PART OF DUAL-MILITARY MARRIAGES



Divorce

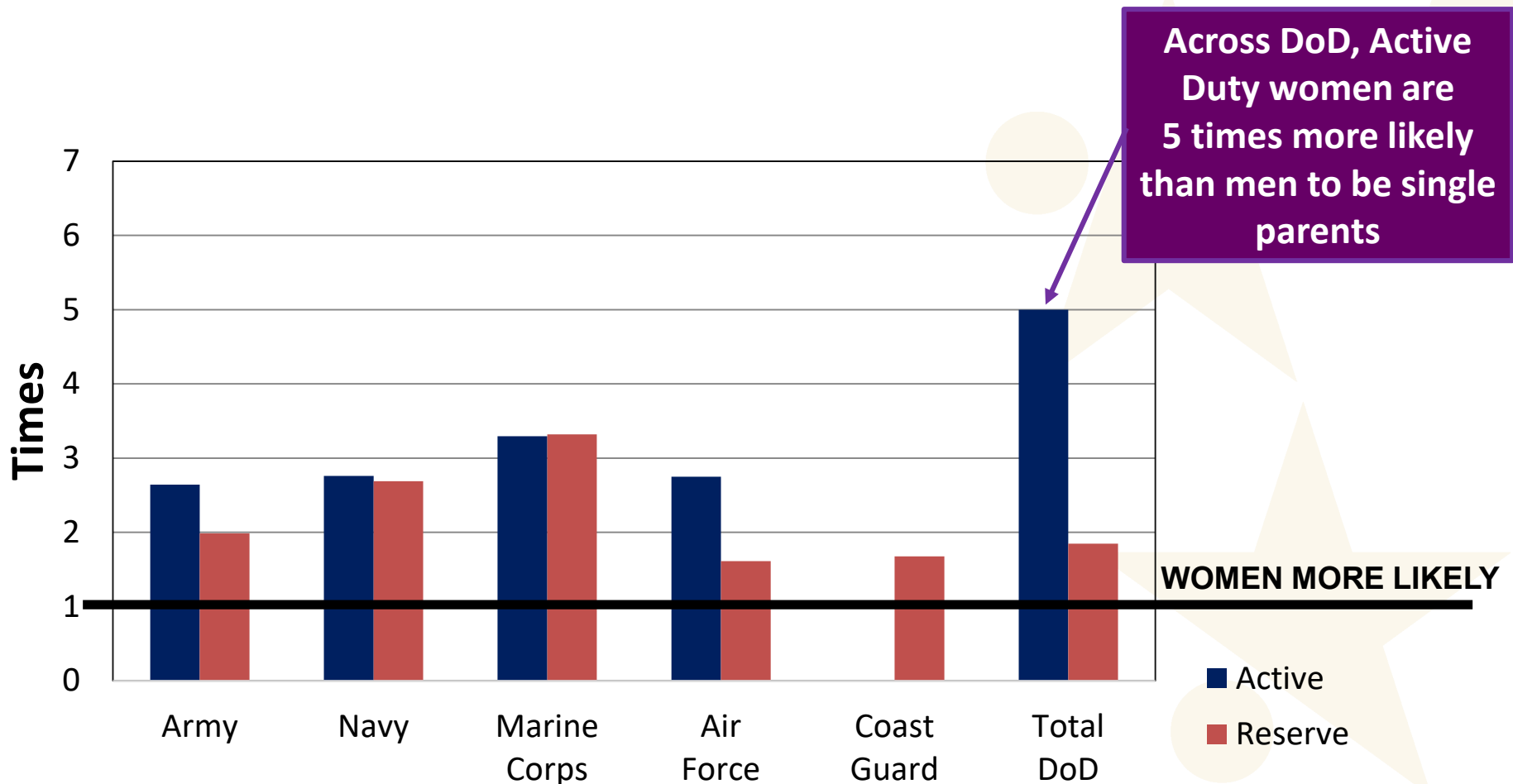
Figure 5. Predicted Cumulative Divorce Hazard by Time Deployed after 9/11, for Families Formed before 9/11, by Gender



For women who deployed, divorce rates were much higher

For men, divorce rates were quite similar regardless of deployment

WOMEN ARE MORE LIKELY TO BE SINGLE PARENTS





Please respond using the poll pop-up feature.

True or false?

Female service members are more likely to be married than male service members.

Challenges For Civilian Husbands (or Partners)

- Wives' work demands
- Difficulty integrating in the military community
- Internal conflict with performing non-traditional gender roles

Benefits For Civilian Husbands

- A sense of pride and mission
- Resources and financial benefits



**What was the most surprising difference
between service men and women's
families?**

Are Women Who Join the Military Unique?

Yes...and No

A photograph of a woman in military flight gear, including a helmet and goggles, being assisted by a male crew member in a cockpit. The woman is looking down, and the man is looking at her. A sign in the background reads "WARNING - DO NOT WITHIN 3 INCHES OF".

- Have been present in the military since 1775
- Want to have families (Lundquist & Smith, 2005; Lundquist, 2008)
- Prior to current conflict, reported greater benefits of military service than men (Lundquist & Smith, 2005; Lundquist, 2008)
- Less likely to misuse alcohol; more likely to be depressed (Maguen et al., 2012; Street et al., 2013)
- 20 times more likely than men to be assaulted during military service (Suris & Lind, 2008)

Are Military Women Unique? Yes...and No (continued)

- Work-family conflict may be more acute for women than men – but this may be changing today (Segal, 1986)
- Military women are more likely than men to divorce (Karney & Crown, 2007; Negrusa, Negrusa & Hosek, 2014)
- Military Family Readiness System may do a better job for men's than women's families (Segal & Segal, 2003)
- More likely than men to be members of ethnic minority groups (Patten & Parker, 2011)

Are Military Women's Careers Unique?

- Women are underrepresented among colonels and admirals/generals (DACOWITS, 2015).
- Women separate from the military earlier in their careers than men (DACOWITS, 2017).
- Key factors in servicewomen's decisions to leave:
 - Starting a family
 - challenges of geographic separation from family, both because of deployment and inability to collocate with a service member spouse;
 - pressure to prioritize one's military career among dual military service members; and
 - difficulties with work-life-family balance.

(National Academies of Sciences, Engineering & Medicine, 2019)

Women Deployed to OIF/OEF

TABLE 3.3 Proportion of Women Deployed, by Branch of Service and Pay Grade, as of 2010

Pay Grade	Army, N (%)	Navy, N (%)	Air Force, N (%)	Marine Corps, N (%)	Coast Guard, N (%)	TOTAL, N (%)
E1–E4	46,458 (11.5)	18,163 (15.0)	14,651 (17.4)	4,254 (3.2)	115 (8.3)	83,641 (11.3)
E5–E9	56,673 (11.0)	26,163 (12.4)	39,545 (15.3)	4,534 (4.3)	205 (6.1)	127,120 (11.7)
O1–O3	11,265 (16.3)	3,928 (17.1)	5,727 (20.5)	848 (7.5)	80 (12.5)	21,848 (16.5)
O4–O10	7,108 (11.1)	2,741 (10.1)	5,568 (12.5)	378 (3.3)	36 (8.2)	15,831 (10.7)
Warrant officer	2,351 (8.3)	113 (5.0)	0 (0)	117 (4.3)	10 (4.0)	2,591 (7.7)
TOTAL women (% of total deployed)	123,855 (11.5)	51,108 (13.3)	65,491 (15.8)	10,131 (3.9)	446 (7.3)	251,031 (11.7)

NOTE: N, number of women in each group; %, percentage based on denominators in Table 3.2. Entire file contained 251,033 women, but two Navy women had missing pay grade, and 24 Army personnel had missing sex.

SOURCE: Defense Manpower Data Center.



**What are key stressors facing
women service members
during and after
deployment?**

Deployment Stressors for Women Service Members



- Combat stress
- Family separation
- Military sexual trauma
- Health problems

Combat Stress



- Combat-related violence can take a toll during and after deployment
- Combat stress corresponds with irritability, depression, and posttraumatic stress
- Women may not utilize support resources to shield loved ones from the burden of war

Family Separation

- Deployed mothers can mourn key moments missed at home
- Children can struggle to adjust to their mother's return
- Parenting challenges can be heightened by reunion stress
- Single mothers can find deployment to be especially challenging





Military Sexual Trauma

- Military sexual trauma (defined as both sexual harassment and sexual assault) is a major threat to women during deployment
- Military sexual trauma corresponds with more severe mental health issues over and above the effects of combat exposure

Health Problems

- Army enlisted soldier suicide rate during deployment is higher for women than men
- Women report more post-concussion symptoms following TBI than men
- Depression, posttraumatic stress, and alcohol misuse are major issues for both women and men





What can the military community do to support female service members and their families?

Key Current Challenges Facing Military Women

- Reluctance of young women to serve in the military; lack of awareness of opportunities
- Slow progress on gender integration, and misconceptions.
- Poorly-fitting equipment and gear.
- Gender discrimination and sexual harassment.
- Insufficiently flexible parental leave policies.
- Need for better assistance for transition to VA care (note the VA mission: To care for him...)

Defense Advisory Committee on Women in the Services (DACOWITS)

2018 Annual Report

<https://dacowits.defense.gov/Reports-Meetings/>



Questions?



Women in the Military Resource Page

Coming soon!

[militaryfamilieslearningnetwork.org/
womeninthemilitary/](https://militaryfamilieslearningnetwork.org/womeninthemilitary/)

WOMEN IN THE MILITARY

“ *Both in uniform and through the civilian sector, American mothers, daughters, sisters, and wives have selflessly served to defend and protect the land of the free and home of the brave. Even in grim situations and under austere conditions, these women have persevered—standing tall and strong as defenders of freedom, liberty, and justice.— DoD Memo* ”

American women have served in the military since the Revolutionary War, and approximately 2.5 million women serve in the U.S. Armed Forces today.

It's our honor to serve these brave women through the curation of resources, development of blog posts, and production of webinars and podcasts celebrating Women in the Military.

On this page you'll find content showing a more integrated military service that supports women service members throughout their military journeys.

The MFLN Family Transitions Concentration Area provides education and resources for professionals working with military families to build resilience and navigate life cycle transitions. Additional professional development opportunities and resources are available from our MFLN Family Transitions page at militaryfamilieslearningnetwork.org/family-transitions

Evaluation & Continuing Education



This webinar has been approved for the following continuing education (CE) credits:

- 1.0 CE from the University of Texas at Austin, Steve Hicks School of Social Work
- 1.0 clock hours from the National Council on Family Relations for CFLE's
- A certificate of completion

Evaluation Link

Go to the event page for evaluation and post-test link.

Continuing Education

Questions?

Email Anita Harris
aharris@umn.edu

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