



## Tulare County Office of Education | CHOICES TUPE Newsletter

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### Media Influences

The CHOICES TUPE program helps students understand the consequences of unhealthy decisions such as choosing to use tobacco, alcohol, and other drugs. Through the program, students discover information and build skills they can use to successfully transition through important life milestones.



#### Sources of media influences

- Internet (social network)
- Broadcast media (TV, radio)
- Print media (newspapers, magazines)
- Cell phones
- Video games
- Billboards



#### Resisting media influences to use drugs

Different types of media influence behaviors. In the case of drug use, they have the potential of exerting either a positive or negative influence. In order to protect ourselves from media influences, which promote or glamorize drug use, it is necessary to:

- Recognize the influence of drug use on TikTok, Instagram, and Snapchat.
- Evaluate and analyze what you see and hear.
- Avoid watching or listening to media which glamorize or romanticize drug use.



#### How to balance the influence of social media and other media influences

You can balance media use with other activities like physical/creative activities and socializing face to face. These include hanging out with positive peers, being involved with school/city sports, school clubs, community mentors/leadership groups, and family. Keep your mind BUSY with positive influences!



#### Video Resources

- <https://youtu.be/bB3qN7qHJxU> (The influence of media)
- <https://youtu.be/Xdl4vxyGZXE> (Under the influence of media)
- [https://youtu.be/rzUb\\_GeLDg8](https://youtu.be/rzUb_GeLDg8) (How social media affects your brain)

*“If you’re always trying to be normal, you will never know how amazing you can be.” – Maya Angelou*

 Website: [tcoe.org/CHOICESNewsletter](https://tcoe.org/CHOICESNewsletter)  Contact: 559-651-0155  Email: [tupe@tcoe.org](mailto:tupe@tcoe.org)



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