



Tulare County Office of Education | CHOICES TUPE Newsletter

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Health Risk of Alcohol, Tobacco, and other Drugs

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.



Risk Factors

Kids may use drugs to fit in or due to peer pressure. Some may use because they are curious while others may want to feel grown. Below are some risk factors to consider:

- Poor grades in school
- Friends who use
- Family members who use
- Conflict at home or school
- Poor coping skills resulting in self-medication



Protective Skills

The goal is to create protective skills that enable us to avoid risky behaviors. Here are some examples of protective skills:

- Developing high self-esteem
- Finding a role model who doesn't use drugs, alcohol, or tobacco
- Getting involved in a sport, community activity, or group
- Surrounding yourself with friends that do not use alcohol, tobacco, and drugs



Quick tip

A strong bond between parents and their children is powerful protection against negative influences. Let your children know that they have someone who cares for them and is available whenever they need help. Make a healthy habit of checking in with one another each day. This keeps an open door for one-on-one time and a clear understanding of each other's needs and expectations.



Video Resources

https://youtu.be/6Y6gn_dd54Q (How to Say no)

https://youtu.be/1_NYrWqUR40 (Boost your confidence)

*“With realization of one's own potential and self-confidence in one's ability, one can build a better world.”
– The Dalai Lama*



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