



Tulare County Office of Education | CHOICES TUPE Newsletter

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Healthy friendships

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.



The importance of healthy friendships

- Healthy friendships are good for our mental well-being.
- Positive friendships give us a sense of belonging and purpose, improving our self-confidence and self-worth.
- They teach us to create a balanced lifestyle to enjoy special memories with our family and friends.
- They help us build long-lasting, meaningful relationships.



How to set healthy boundaries with friends

- **Have expectations:** Set realistic expectations of how you wish to be treated. Create a zero tolerance for behaviors you do not desire to experience.
- **Respect your mental health:** Speak up for yourself when something goes wrong in your friendship. Use “I” messages to express yourself. Avoid bottling up your feelings.
- **Remove toxic friendships:** Remove friends that are deliberately causing emotional pain.
- **Cherish good friendships:** Be a good friend to others, be kind, trustworthy, respectful, and compassionate.



Friendships influence our choices

Friends are an important part of our emotional well-being. Surrounding ourselves with people who are positive and supportive to our needs is important because it can affect our mood and choices. Our friendships can also influence our behavior when it comes to living a tobacco- and vape-free lifestyle. Choose friendships that support your healthy choices!



Video Resources

<https://www.youtube.com/watch?v=yjzGxLq1Dqs> (Teens Voices: Friendships and Boundaries)

<https://www.youtube.com/watch?v=FPXnYM7-RY> (Toxic vs Healthy Friendships: What's the Difference for Teenagers)

“The language of friendship is not words but meanings.” – Henry David Thoreau



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