



Tulare County Office of Education | CHOICES TUPE Newsletter

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Social skills and decision-making

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.



Defining social skills

- Social skills are skills we use every day to interact and communicate with others.
- A set of learned abilities that help a person interact in social situations.
- Examples include assertiveness, communication, problem-solving, coping, and regulation of one's feelings and behaviors.



Decision-making

- A study determined that decision-making is about 81% influenced by social skills.
- Appropriate social skills can assist in making healthier decisions, while inappropriate skills can lead to harmful decisions.



Social skills and tobacco use

Many young people deal with peer-pressure every day. Making positive decisions will help individual's avoid being negatively influenced. If an individual frequently practices social skills such as assertiveness, communication, problem-solving, and self-regulation, they are more likely to resist the pressures of engaging in tobacco use and other drugs.



Video resources

[youtube.com/watch?v=_NUo_52vkkq](https://www.youtube.com/watch?v=_NUo_52vkkq) (Saying "no")
[youtube.com/watch?v=gdsCUEXLE-Y](https://www.youtube.com/watch?v=gdsCUEXLE-Y) (Decision-making)

*"One of the hallmarks of social wellness is being inclusive, not exclusive, with our friendship."
— Laurie Buchanan, PhD*

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Tulare County
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