



## Tulare County Office of Education | CHOICES TUPE Newsletter

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### Quitting Vaping

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.



#### Understanding your vape cravings

- There are many situations that may cause someone to use their vape. Some examples include surrounding yourself with friends who use, and feeling overwhelmed with life stressors such as school, studying, anxiety, and even boredom.
- Be mindful of situations that make you crave vaping. Limit or avoid these situations while trying to quit, until those temptations lessen.



#### Reasons to quit

Outside of living a healthy lifestyle, there are several reasons to consider quitting.

- Take back control of your life
- Rebuild relationships with friends and family
- Refocus on parts of life that have may have been neglected such as schooling and extracurriculars
- Save money by quitting



#### Building your support team

Breaking free from vaping and nicotine can be challenging. Understand that when someone decides to quit, it does not need to be done alone. When asking for help from others, it is important for the quitter to be specific about what they need for their unique path.



#### Video Resources

[youtube.com/watch?v=LlIyzUVfJpN4](https://www.youtube.com/watch?v=LlIyzUVfJpN4) (Showing the dangers of vaping)

[youtube.com/watch?v=y1\\_7qSgrf3Y](https://www.youtube.com/watch?v=y1_7qSgrf3Y) (Recovery)

*“Every negative belief weakens the partnership between mind and body.” – Deepak Chopra*



Website: [tcoe.org/CHOICESNewsletter](https://tcoe.org/CHOICESNewsletter)



Contact: 559-651-0155



Email: [tupe@tcoe.org](mailto:tupe@tcoe.org)



Tulare County  
Office of Education  
Tim A. Hire, County Superintendent of Schools