



Tulare County Office of Education | CHOICES TUPE Newsletter

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Reducing youth tobacco product use

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.



Prevention and reduction activities

- Higher cost for tobacco products
- Prohibiting smoking in indoor areas
- Raising minimum age for sales to 21 years
- Community programs, school, and college policies that encourage tobacco-free lifestyles and help make products less easily available



Lower risks

- There are some social and environmental factors related to lower smoking levels among youth. Some examples include:
 - Racial/ethnic pride and strong racial identity
 - High academic achievement
 - Being part of a group that discourages use



Continued efforts

It is important to know that there are many factors that can increase youths' risks of using tobacco such as social and physical environments, their genetics, mental health, personal views, and more. Understanding the dangers of tobacco is one idea that encourages our community to prevent and reduce the use of all tobacco products among youth.



Video Resources

[youtube.com/watch?v=RwUUS1kXfAo](https://www.youtube.com/watch?v=RwUUS1kXfAo) (Tobacco prevention)
[cdc.gov/tobacco/data_statistics/index.htm](https://www.cdc.gov/tobacco/data_statistics/index.htm) (Supportive information)

“It is my belief that the best way to beat nicotine addiction (or any drug addiction) is to have as full an understanding of it, and its effects, as possible.” – Unknown

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