



## Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE: 32 | MAY 13, 2022

### Peer influence

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.



#### What are peers

- Peers are people who are at your own level. This can include friends and others that have experiences and interests similar to yours.
- Some examples of peers include someone who is on your sports team or club, a classmate, and even a neighbor close to your age.



#### Influence

- People are influenced by their peers because they want to fit in, be accepted, do what others are doing, and even have what others have.
- This influence sometimes looks like a peer promising popularity, making you feel guilty, or convincing you to do something because “everyone” else is.



#### Positive influence

It is comforting to go through life with peers who have familiar experiences and outlooks. Surrounding ourselves with others who are a positive example and provide feedback, advice, and encouragement can have a helpful impact on our lives.




#### Video Resources


[youtube.com/watch?v=NeX45w5-s9o](https://www.youtube.com/watch?v=NeX45w5-s9o) (Peer pressure)

[youtube.com/watch?v=1-U6QTRTZSc](https://www.youtube.com/watch?v=1-U6QTRTZSc) (It only takes one to make a difference)

*“It takes a great deal of bravery to stand up to your enemies, but a great deal more to stand up to your friends.” – Dumbledore*

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