



Tulare County Office of Education | CHOICES TUPE Newsletter

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Substance abuse and violence

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 substance abuse

- Substance abuse is the compulsive and uncontrolled use of one or more psychoactive (mind-altering) drugs. Those who abuse drugs have an overwhelming desire to find and use them, even though there are dangerous consequences.
- Generally, substance abuse is caused by things around us such as witnessing others use, or things within ourselves such as anxiety, depression, or anger.



Steps leading to substance abuse

1. Trying one or more drugs.
2. Using drugs once in awhile (less than once a week).
3. Using drugs on a regular basis (once a week or more often), but in small amounts.
4. Using drugs in an uncontrolled and excessive way.



Substance abuse and violence

Substance abuse is the leading cause of violence in adolescents and adults. The brain responds to the drugs in ways that cause a high-risk person to act aggressively and violently while under the influence. Without education, awareness, and coping skills, youths are at a higher risk of drug abuse. The path to drug abuse can prevent them from reaching their goals and maintaining healthy futures.



Video Resources

[youtube.com/watch?v=wQl_4kcE5nw](https://www.youtube.com/watch?v=wQl_4kcE5nw) (Teen substance use and abuse)
loveisrespect.org/ (Safety)

“Integrity is doing the right thing even when no one is watching.” – C.S. Lewis

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