



Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE: 35 | JUNE 3, 2022

Have a healthy summer

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.



Review

- This semester's newsletters have focused on important information including topics such as:
 - Coping with anxiety
 - Stepping up to cyberbullies
 - Decision making
 - Mental health awareness
 - Substance dependency
 - Peer influence
 - Media influence



Practice

- Practicing skills such as coping with anxiety, making healthy decisions, and saying "no" to peer pressure can help to maintain choices that will get you closer to your goals.
- The more you practice them, the easier those skills become. They can even turn into healthy habits.



We hope you have a safe and healthy summer break!

As another school year closes, we hope you have received helpful information regarding the dangers of various tobacco products. If there is a moment that these skills need to be reviewed over the summer break, you can find them at this link: tcoe.org/CHOICESNewsletter



Video Resources

[youtube.com/watch?v=sVPYIRF9RCQ](https://www.youtube.com/watch?v=sVPYIRF9RCQ) (What seed will you plant today?)
[youtube.com/watch?v=fqBJheIJaEQ](https://www.youtube.com/watch?v=fqBJheIJaEQ) (Coping with change)

“Resistance is never the agent of change. You have to embrace the actions that are going to get you closer to your goal.” – Ali Vincent

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