



Tulare County Office of Education | CHOICES TUPE Newsletter

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Leadership and 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.



Counting on you!

The Tulare County Youth Council (TCYC), recently spoke at a middle school leadership conference entitled, "Counting On You To Make A Difference." The TCYC is comprised of students representing high schools throughout the county that work with CHOICES staff to provide a youth voice through our prevention programs.

During their presentation, "Live Above the Influence," TCYC members discussed ways students could make good decisions when it comes to tobacco, alcohol, and other drugs.



Why do young people choose to use tobacco and other related substances?

- Young people are influenced by other people they look up to.
- Young people are influenced by popular media and social media.
- Young people are influenced by their curiosity.
- Young people are influenced by trying to fit in or be cool.



How to use your influence as a leader on campus

Members of the Youth Council shared that young people can be a positive influence on campus when leaders do the right thing. The TCYC discussed that leaders understand that every choice has consequences. Leaders should stand up and speak up for others who are dealing with peer pressure.

(For more about the Tulare County Youth Council, please contact Stephen Amundson at stephen.amundson@tcoe.org.)



Video Resources

<https://www.youtube.com/watch?v=zM0IRN2yvmc> (Using Your Influence)
<https://www.youtube.com/watch?v=ZnjJpa1LBOY> (Teaming up)

"The harder the choice, the more impact or influence you will have on others!" – Anonymous

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Office of Education
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