



## Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE: 29 | APRIL 22, 2022

### Dependence on dual substances

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.



#### Cannabis

- Other common names for cannabis are marijuana, weed, and pot.
- It is a dried mixture of leaves, vines, seeds, and stems of a hemp plant called cannabis sativa that can cause irreversible damage to a person's health.



#### Nicotine

- It is a highly addictive, stimulant drug found in tobacco products.
- Nicotine changes the brain's chemistry, which can result in long-term changes. These changes can be found in its structure, function, and behaviors caused by tobacco use.



#### Risk of multiple substances abuse

There are many ways nicotine and cannabis are consumed. Due to the options, it is important to build awareness of counterfeit vape devices, blunt papers, and the possibility of facing two addictions. Some e-juices contain both cannabis and nicotine without the user knowing because the products are mislabeled. When smoking cannabis from a blunt, tobacco paper is used, therefore, nicotine is introduced to the system leading to the risk of facing addiction to both cannabis and nicotine. This knowledge supports the process of making informed decisions.



#### Video Resources

[youtube.com/watch?v=-62b-xJ3oks](https://www.youtube.com/watch?v=-62b-xJ3oks) (Is cannabis addictive?)  
[youtube.com/watch?v=\\_frd00RIS-w](https://www.youtube.com/watch?v=_frd00RIS-w) (Nicotine = addiction)

*“You always have to remember to take care of you first and foremost, because when you stop taking care of yourself, you get out of balance and you really forget how to take care of others.” – Jada Pinkett*

 Website: [tcoe.org/CHOICESNewsletter](https://tcoe.org/CHOICESNewsletter)  Contact: 559-651-0155  Email: [tupe@tcoe.org](mailto:tupe@tcoe.org)



Tulare County  
Office of Education  
Tim A. Hire, County Superintendent of Schools