

# ~~TUPE~~ TOBACCO USE PREVENTION EDUCATION

Santa Clara County  Office of Education



**TUPE** is a comprehensive evidence-based tobacco-use prevention, youth development, intervention, and cessation program. The purpose of the TUPE program is to reduce youth tobacco-use by helping students, grades 6th through 12th, make healthy decisions through tobacco-specific educational instruction and activities that build knowledge as well as social skills and youth development assets.

The Santa Clara County Office of Education **TUPE** provides support, training, technical assistance and information to districts in the development and implementation of tobacco free policies and practices in schools.

### **TUPE offers funding and support for two levels of school-wide intervention:**

#### **TUPE Tier 1:**

- Become and enforce Tobacco-Free School Policy
- Administer CA Healthy Kids Survey biannually to grades 7th, 9th, & 11th

Participating school districts include: Palo Alto Unified, Evergreen Elementary, Orchard, Lakeside Joint, & SCC Special Education

#### **TUPE Tier 2:**

- Administer CA Healthy Kids Survey biannually to grades 7th, 9th, & 11th
- Implement classroom-based, research-validated substance abuse prevention programs
- Provide intervention for those most at risk
- Provide cessation activities and/or referrals to resources
- Empower youth through tobacco-focused youth development
- Maintain & enforce Tobacco-Free Schools Policy

Participating school districts include: SCC Alternative Education, East Side Union, Campbell Union, Milpitas Unified, & Sunnyvale Elementary

### **TUPE Program Strategies**

#### **Stanford Tobacco Prevention Toolkit**

- Teen brain vulnerability to drug addiction
- Understand nicotine addictive properties
- Identify predatory marketing practices
- Knowledge about vape pens and e-cigs

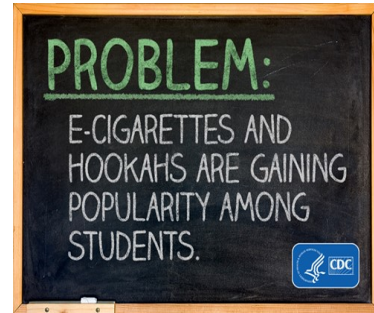
#### **Project Towards No Drug Abuse**

- Drug use prevalence information
- Active listening
- Chemical dependency
- Stress management
- Self control
- Decision-making

- **Brief intervention (BI)** for substance-using teens

- **Cessation/Quit** groups and referrals to cessation resources

- **Referral to specialized support**



### **Developing Youth-Prevention Advocates**

Opportunities to learn, practice skills, & feel a sense of empowerment & influence through School-wide tobacco awareness activities.

**Youth Advisory Board** student leaders from each school will be empowered to create strategies to increase student awareness regarding the risk and costs associated with tobacco use

For more information about  
TUPE in Santa Clara County:

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