



# Tobacco-Use Prevention Education (TUPE) Program

Parent Informational Meeting

March 11, 2021



# Grant

TUSD was awarded a three year grant in consortium with LACOE and other local school districts. The intention of the grant is to provide Tobacco Use Prevention Education to our middle & high schools.



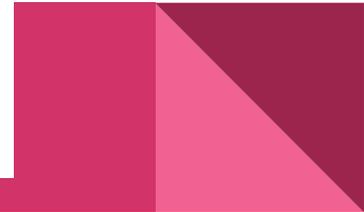
# Purpose

- The purpose of the state-funded TUPE program is to reduce youth tobacco use by empowering students grades 6-12 to make healthy decisions through tobacco-prevention instruction, intervention, cessation programs, and reinforcement activities emphasizing youth development.
- The program focuses primarily on tobacco prevention (including e-cigarettes/vape pens); however, TUSD has adopted a more comprehensive vision that includes a focus on alcohol, marijuana, and other drugs as well.



# TUPE Grant Elements

- Prevention
- Parent Engagement
- Intervention/Cessation
- Youth Development
- California Healthy Kids Survey



# Prevention Curriculum (Grades 7, 8, 9)



The **Stanford Toolkit** is a theory-based and evidenced-informed Learning tool in conjunction with scientists, educators, parents and students to share information about the harmful effects of tobacco products.

Goals of Toolkit:

- Learn facts about the harmful effects of tobacco consumption
- Learn about the marketing strategies used by manufacturers to increase tobacco use in adolescents
- Learn skills to refuse experimentation and easy ways to say "No Thanks"
- For school, teachers and administrators to be able to develop and implement new school policies

(**Middle School** 8 sessions, **High School** 5 sessions)

# Parent Engagement



Virtual Presentations and opportunities for parents to listen to guest speakers that address the topic of Prevention and Awareness of Tobacco Use.



# Intervention & Cessation

District TUPE case manager can provide individual or small group sessions to help students make healthier decisions and provide linkage to community partners if additional support is needed.



# Youth Development

Schools to participate in site determined educational and fun challenges that promote a tobacco/substance free environment

With Guidance from the School Site TUPE Coordinator, students interested in being leaders in the anti-tobacco/substance use movement for their school, will be given tools and activities to engage their fellow classmates in School Wide Challenges. This experience of becoming a peer advocate in the anti tobacco/vaping movement will allow students to:

- Share ideas and Develop Connections
- Receive letters of recommendations
- Accrue Community Service Hours
- Add involvement to college applications
- Support an important cause and potentially help save a life



# California Healthy Kids Survey

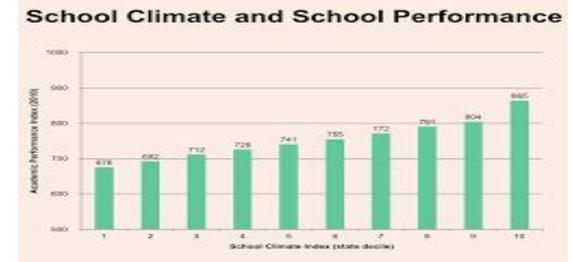
Grades: 6, 7, 9, 11

The Core Module is aligned with the Local Control and Accountability Plan to assess:

- school climate and safety
- pupil engagement
- student supports
- bullying
- substance abuse

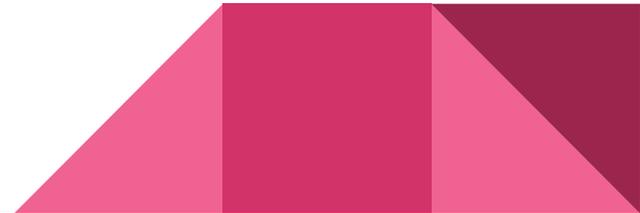
Demographic questions help identify the needs of key subgroups, including:

- racial/ethnic groups
- foster youth
- economically disadvantaged and
- English language learners



# In Conclusion

The goal for TUSD, through this grant opportunity, is to help its student body build a wide variety of important and relevant skills related to their health & wellness, and to expose its students to opportunities for communication, planning, and positive decision making, especially around this dangerous topic.



**Now we would like to introduce you to our guest speaker:**

**Jennifer Harris**

**Behavioral Health Services**



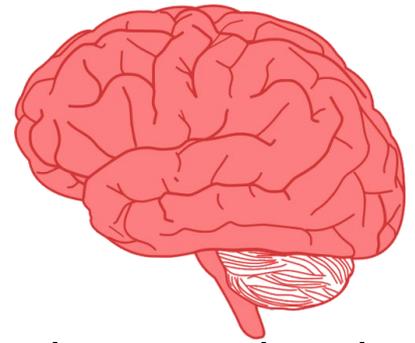
# Harmful Effects of smoking and vaping



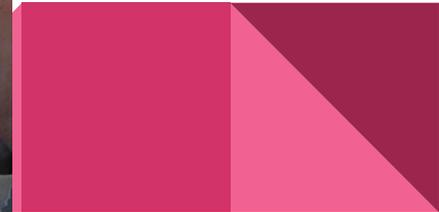
# What is in a cigarette?



# How Nicotine Affects the Teenage Brain



- Nicotine damages the prefrontal cortex of the brain.
- The prefrontal cortex is responsible for *decision making, impulse control, and emotions*.
- Nicotine impacts memory.
- Nicotine slows concentration and diminishes attention span.
- Since the brain continues to develop until the age of 25, nicotine can affect brain development.



# What is vaping?

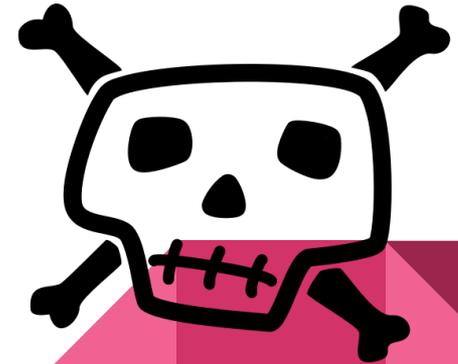
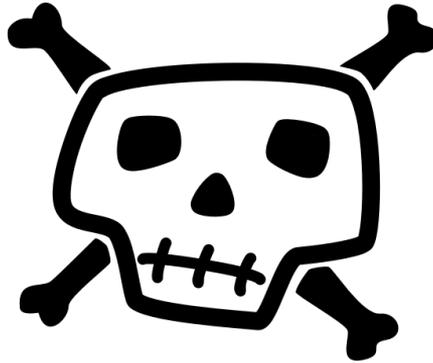
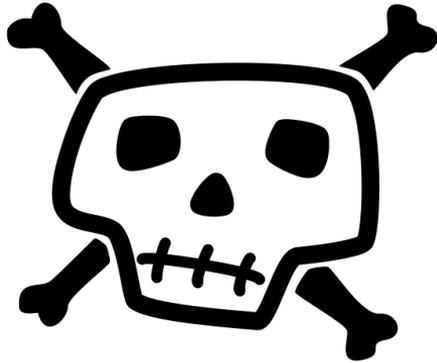


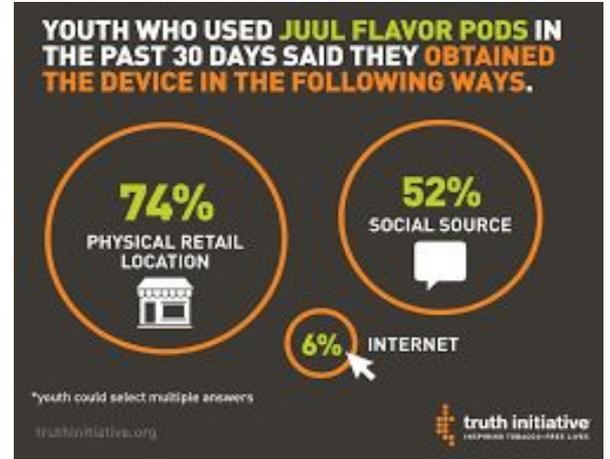
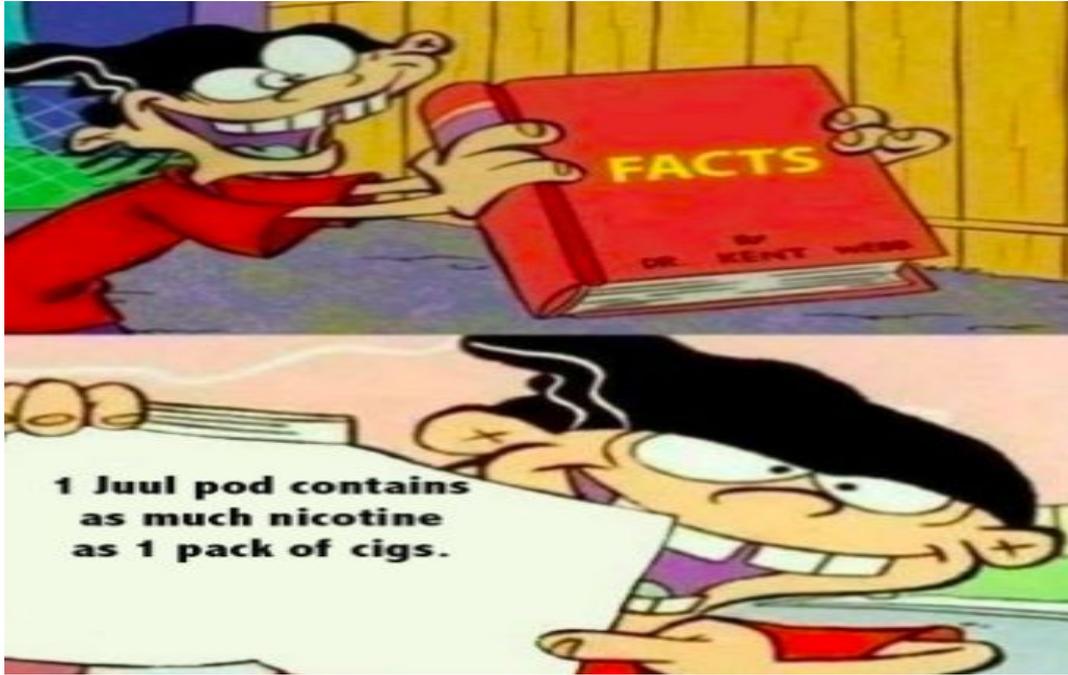
A “vape” or electronic cigarette, is a device that heats up a liquid to create a vapor you inhale. Some types of vaping devices include pens, e-cigarettes (like JUUL) and hookahs. Vaping devices produce an aerosol by product from heating up a liquid that sometimes consists of flavorings and other chemicals that make vaping seem less harsh than smoking. This liquid delivers nicotine or marijuana to the user via a mouthpiece that is inhaled into the lungs, then expelled via nose or mouth.



# What teens are inhaling?

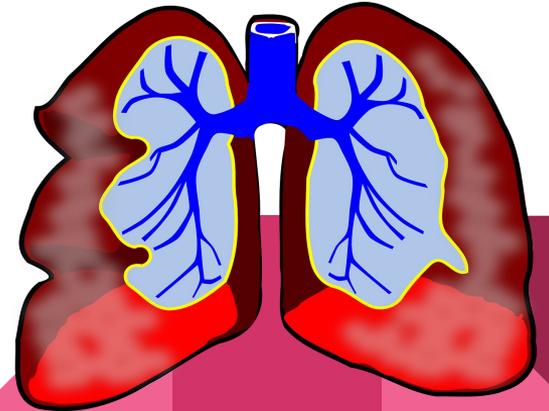
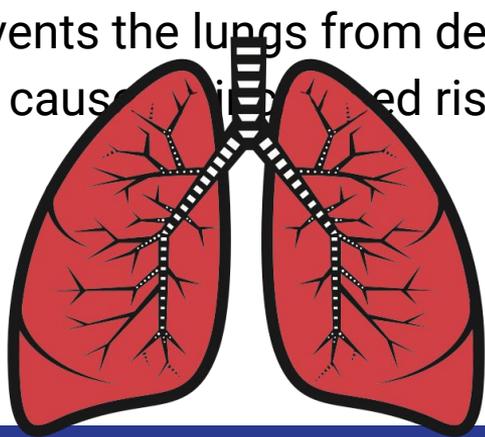
- Nicotine
- Heavy metals (nickel, tin, lead, etc.)
- Propylene glycol, glycerin, & other harmful chemicals





# How E-Liquids Affect the Body

- Leads to nicotine addiction
- Vaping damages the prefrontal cortex of the brain.
- Gateway to other addictive substances
- Depresses the immune system (individuals are more susceptible to catching Covid-19)
- Prevents the lungs from detoxing
- Can cause a 3x increased risk of frequent infections



# 6 SIGNS THAT YOUR CHILD MAY BE VAPING



Increased secrecy



Disappearing money



Unwillingness to  
stay home



Increased thirst



Desire for spicy or  
salty foods



Increased irritability or  
mood changes

Beaumont



Nicotine is highly addictive. The body and mind quickly become used to it so that a person needs to have it just to feel normal. The younger you are when you start smoking, the more likely you are to develop a long term addiction. Some teens report signs of addiction with only occasional smoking. The best way to avoid becoming addicted is not to start at all.

# Resources

TUSD Intervention/Cessation Services - Contact your school TUPE site Coordinator

California Smokers' Helpline 1-800- NO-BUTTS

Thelma McMillan 310-784-4879

Breathe Southern CA 323-935-8050

Clear Recovery (for teens and adolescents) 1-877-799-1985

Care Solace 1-888-515-0595

Behavioral Health Services [jharris@bhs-inc.org](mailto:jharris@bhs-inc.org)

