

#BetterTogether #AdvocacyMatters

TUPE

Peer Advocate

Virtual Packet

2021-2022

~~**TUPE**~~
TOBACCO USE
PREVENTION EDUCATION

Santa Clara County  Office of Education

Welcome

Dear Peer Advocate,

We are excited to have you on board as a Tobacco Use Prevention Education (TUPE) Peer Advocate! This guide is designed to support you throughout your journey. We will share tips and fun activities to do throughout the school year.

TUPE Site Coordinators and the TUPE Team are available to support you with any challenges or obstacles you may face as you participate in the program, during school hours.

We hope the TUPE program will inspire you to feel connected, advocate for issues you believe in, and define your purpose on campus, even if it is virtually!

Don't forget! Ask a friend to join with you because we are **#BetterTogether** and **#AdvocacyMatters!**

Sincerely,

The TUPE Team



Santa Clara County  Office of Education

Peer Advocate Virtual Packet

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#BetterTogether #AdvocacyMatters

Peer Advocate Training Agenda 2021-22

**3:30pm Welcome + House Keeping + Ice
Breaker (10min)**

3:40pm Kahoot/Education 101 (30 min)

**4:10pm Peer Advocate Advisory Council
(PAAC) Panel (30 min)**

4:40pm Break (5 min)

4:45pm Team Building (15 min)

5:00pm Virtual Packet (30 min)

Goals

Peer Advocates are trained 6th-12th grade leaders offering peer-to-peer education to spread the tobacco and drug-free message on campus.

1

Be **informed** with a goal to **educate your peers** about the harms of vaping, tobacco, and cannabis use during the 2021-22 school year.

2

Develop skills in **advocacy, public speaking, facilitation** and **problem solving**.

3

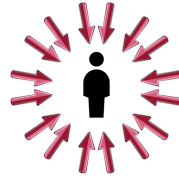
Lead your school campus to improve the **health** and **well-being** of your peers by participating in 2 school wide tobacco awareness activities by the end of the 2021-22 school year.

Community Agreements



CONFIDENTIALITY.

What is said in the group, stays in the group. What is learned can be shared outside the group.



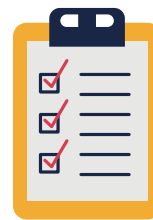
I-STATEMENTS.

Speak your truth. Own your intention and impact. Find ways to challenge others and be open to challenges on your own views.



PUT UPS, NOT PUT DOWNS.

Always look to empower one another!



BE OPEN TO AN OUTCOME.

If things do not go well, it's okay!



RIGHT TO PASS.

No need to justify yourself. It's okay to stay silent in your thoughts.



ONE VOICE, ONE MIC.

Listen with respect to the person who is speaking.



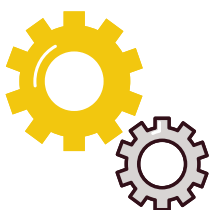
PERSONAL ACCOUNTABILITY.

Be someone who is reliable where others can count on you. Keep each other accountable to the agreements.



FEELINGS HAPPEN.

Acknowledge that people may experience different feelings. The Peer Advocate Program allows for a safe space to express feelings.



WORK TO RECOGNIZE OUR PRIVILEGE.

The process of becoming comfortable and open to acknowledging, critiquing, and accepting my own privilege.



TAKE RISKS!

Participate and try new experiences and activities.

What is Tobacco?

Tobacco



Tobacco Prevention Toolkit
 Division of Adolescent Medicine, Stanford University
 For more information go to: www.tobacopreventiontoolkit.stanford.edu



Production

- Tobacco plant mass production began in the 19th century
- It is used traditionally for trade and ceremony in the Americas.
- Tobacco is grown and processed then added to other ingredients to create products like cigarettes and chew.



Health Effects

- Tobacco naturally contains the stimulant nicotine which is highly addictive.
- When nicotine is first used it leads to feelings of pleasure but over time users begin to crave nicotine just to feel normal.
- Tobacco smoking causes inhalation of carbon monoxide, cyanide, and carcinogens that have been proven to result in heart and lung disease, as well as various forms of cancer.



Environmental Effects

- Tobacco production requires significant pesticide use, which along with fertilizers, end up in soil and waterways.
- In some areas, a significant amount of deforestation occurs in order to harvest the wood necessary to cure, package, and roll tobacco plants.
- Cigarette butts are the most littered item in the world.

How much nicotine is in that vape?

Cigs in a Pod



tobacopreventiontoolkit.stanford.edu

1 Pack of Cigarettes
 ≈20 mg of nicotine



≈20
 CIGARETTES



1 JUUL pod
 ≈41.3 mg of nicotine



≈41
 CIGARETTES



1 Puff bar
 ≈50 mg of nicotine



≈50
 CIGARETTES



1 Suorin pod
 ≈90 mg of nicotine



≈90
 CIGARETTES



2020 National Youth Tobacco Survey

About 1.73 million fewer U.S. youth are current e-cigarette users compared to 2019

However
3.6M

U.S. youth still currently use e-cigs



There is a notable uptick in use of
DISPOSABLE

e-cigs by youth



More than
8 out of 10

current youth e-cig users use flavored e-cigs



Why is vaping a problem?

Young people who ever used e-cigarettes

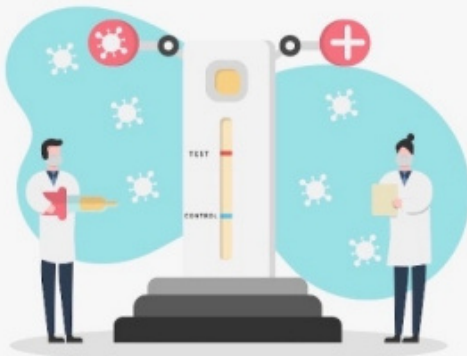
5x

more likely to be diagnosed with COVID-19

Young people who ever used e-cigarettes plus conventional cigarettes

7x

more likely to be diagnosed with COVID-19



Original article

Association Between Youth Smoking, Electronic Cigarette Use, and Coronavirus Disease 2019

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JOURNAL OF
ADOLESCENT
HEALTH
www.jahonline.org

Vaping Cannabis

What is a “vape”?

- Vapes are e-cigarette devices used to inhale and exhale aerosol.
- Concentrated cannabis oil or wax is heated and turned into an **aerosol**, not a vapor.

What do they look like?

- Vapes can look like flash drives or pens.
- They consist of concentrated cannabis oil, a battery, and a mouthpiece.



The Numbers:

- In a vape pen, cannabis oil is not “vaporized,” it is actually **aerosolized**.
- It takes 5-10 seconds for the THC to reach the brain and the effects can be felt within minutes.
- The high lasts about 30 minutes to several hours.
- The THC concentration depends on the oil used, which is often mislabeled.
- Vaping is NOT harmless.

Note:

- Inhaling smoke of any kind causes damages to the respiratory system
- Using “vape” products is not a harmless alternative to smoking, it’s just another form of smoking.
- Sharing these devices puts users at risk of getting herpes, mono, and colds.



Cannabis Awareness & Prevention Toolkit
 Division of Adolescent Medicine, Stanford University
 capt.stanford.edu

Smoking Cannabis: Joints, Blunts, & Spliffs

What are joints & blunts?

- A joint is marijuana flower wrapped in rolling paper.
- A blunt is marijuana flower wrapped in a thin paper made for rolling cigarettes.
- Spliffs are cannabis flower and tobacco wrapped together in a thin paper.

The Numbers:

- It takes 5-10 seconds for the THC to reach the brain and the effects can be felt within minutes.
- The high lasts between 30 minutes to several hours.
- The THC concentration varies depending on the marijuana flower used.

Note:

- Inhaling smoke of any kind and from any form of cannabis or nicotine, damages the respiratory system.

What do they look like?



Nicotine + Cannabis:

- There is about 1.2 to 6.0mg of nicotine per cigar wrapper.
- 70% of individuals who use cannabis also use tobacco.
- Blunts and spliffs expose the user to harmful tobacco substances, including nicotine.
- Blunt and spliff users get high and addicted from BOTH the nicotine and THC in them.



Cannabis Awareness & Prevention Toolkit
 Division of Adolescent Medicine, Stanford University
capt.stanford.edu

Edibles

What is an edible?

- Edibles are marijuana infused foods and drinks.

What do they look like?

- Brownies
- Cookies
- Candies
- Beverages
- Chocolates
- Baked Goods
- Gummy Bears



The Numbers:

- For most, it takes 1- 2 hours to feel the effects of the marijuana.
- The high typically lasts for hours.
- The THC concentration varies greatly, even within the same batch of edibles.
- Very easy to over consume because of the masking flavor of sugar.

Note:

- Children and pets are at high risk for eating these by mistake.
- Because it takes so long to feel the effects, people may take more and more until the high kicks in, so it is very easy to take way too much
- Edibles are sometimes labeled with their ingredients, but not always clearly.
- The high from edibles is different from other forms of marijuana because it can have hallucinogenic and other effects throughout the body.



Cannabis Awareness & Prevention Toolkit
Division of Adolescent Medicine, Stanford University
capt.stanford.edu

Have a friend or know someone struggling with vaping? Check out this resource to help them out.



Text "Quit Smoking" or "Quit Vaping" to 66819
Envíe "Dejar de Fumar" o "No Vapear" al 66819

1-800-300-8086 English
1-800-600-8191 Spanish
Visit: brandkickitca.org

Visit the links below to learn more about the harms of vaping or tobacco use and the efforts of other advocacy groups!

- [Truth Initiative](#)
- [California Youth Advocacy Network](#)
- [Still Blowing Smoke](#)



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Peer Advocate Meetings

Complete the recommended activities to get to know your fellow Peer Advocates better and brainstorm ways to spread the vape-free message at your school.



Building a Team!

It is recommended to facilitate Peer Advocate meetings once or twice a month. Here is a guide you can use before leading a meeting:

- Create an Agenda
- What is the purpose and goal of the meeting?
- Include an Ice breaker
- Assign roles:
 - Facilitator
 - Note taker
 - Timekeeper
- Create next steps at the end of the meeting



Get to know each other!

As a part of your first meeting, we highly recommend getting to know one another. One way to do that is by team building/ice breakers!

Here are a list of ice breakers that can be done at each Peer Advocate meeting virtually or in person:

- 2 truths and a lie
- 4 corners
- Would you rather?
- Feelings wheel
- Fun fact about self
- Guess the Emoji song
- Guess the movie quote

Reach out to TUPE Specialists for more fun ideas on Ice Breakers or templates!



Spread the word! Who are the Peer Advocates?

Get the word out about who you all are at your school! Spreading the word is a way to let your peers know of the goals and activities you all will be completing as Peer Advocates.



Here are ways to spread the word at your school:

1. Take a group photo!
2. Post the group photo on Social Media, School Newsletter, School Website, etc.
3. Please send the group photo to the TUPE team and we can post on our Social Media.
4. Make sure to have a caption that explains what a Peer Advocate is and the awesome work that you plan to do this school year!

Create your own Meeting Agreements!

As a way to build a strong team, we recommend creating your own Meeting Agreements. Create 5-10 Meeting Agreements, which should be specific and used as a tool to help your meetings run smoothly. If there are any obstacles to overcome, you may refer back to the Meeting Agreements as a group to help resolve any issues or challenges.

You can refer to the Community Agreements page for examples for creating your Meeting Agreements.



PEER ADVOCATE PROGRAM

Community Agreements

 CONFIDENTIALITY. What is said in the group, stays in the group. What is learned can be shared outside the group.	 I-STATEMENTS. Speak your truth. Own your intention and impact. Find ways to challenge others and be open to challenge your own views.
 PUT UPS, NOT PUT DOWNS. Always look to empower one another!	 BE OPEN TO AN OUTCOME. If things do not go well, it's okay!
 RIGHT TO PASS. No need to justify yourself. It's okay to stay silent in your thoughts.	 ONE VOICE, ONE MIC. Listen with respect to the person who is speaking.
 PERSONAL ACCOUNTABILITY. Be someone who is reliable where others can count on you. Keep each other accountable to the agreements.	 FEELINGS HAPPEN. Acknowledge that people may experience different feelings. The Peer Advocate Program allows for a safe space to express feelings.
 WORK TO RECOGNIZE OUR PRIVILEGE. The process of becoming comfortable and open to acknowledging, critiquing, and accepting my own privilege.	 TAKE RISKS! Participate and try new experiences and activities.

Here are a few guiding questions to get you started:

- Which of the Community Agreements stand out to you? Why?
- How would some of those Community Agreements look like in action?
- Think about what would help you succeed working together in an activity.

Get Creative! Design a logo

Every team has a logo, right? Get creative and design a logo for the program. The winning logo will go on a t-shirt and the other logos will be made into stickers! Submit final logos to the TUPE Team by Thursday, March 31, 2022.



- Use up to 4 colors
- Should reflect theme and goals of the program
- Logos must be submitted to the TUPE Team



Guiding Questions for Inspiration:

- What does Tobacco Use Prevention Education mean to you?
- Why did you become a Peer Advocate?
- What does it mean to be an advocate?
- How do you want Peer Advocates to be represented on your campus?

#BetterTogether
#AdvocacyMatters



You can draw
your logo or
use Canva!

#BetterTogether #AdvocacyMatters

School Wide Activities

Complete 2 fun and creative activities for your peers to enjoy throughout the 2021-22 school year.

Feeling up to the challenge? You are welcome to complete more than 2 activities!

Record all activities in the Activity Log!

CALENDAR OF EVENTS

Below are a list of events you can hold for your school-wide activities during the school year. Choose your top 2 events for completing an activity. Feeling up to the challenge - you are welcome to complete more!

SEPTEMBER 2021

Self-Improvement Month



Hispanic Heritage Month - starts on Sept. 15th

OCTOBER 2021

October 23 - 31, 2021

Red Ribbon Week -

A nationwide campaign to raise awareness on alcohol, drug, and tobacco-free lifestyles.



October 31-November 2

Dia de los Muertos



NOVEMBER 2021

Lung Cancer Awareness Month

November 18, 2021

Great American Smokeout

FEBRUARY 2022

African American History Month



APRIL 2022

April 1, 2022

National Take Down Tobacco Day - A day of action on raising awareness on tobacco use in your community, encouraging youth to stay tobacco-free, and to reach elected officials on implementing policies on tobacco control.

April 22, 2022 Earth Day



MAY 2022

Foster Youth Awareness Month

Mental Health Awareness Month

May 31, 2022

World No Tobacco Day



JUNE 2022

PRIDE Month



SAVE THE DATE!

Here are a list of events to look forward to during the year.
Don't forget to mark them on your calender!!

2021

Peer Advocate Training (10/06)

This is the day we will go over everything and anything that has to do with being a Peer Advocate. Bring a friend!

PSA Contest

Get creative and submit an art piece, video, or poetry about this years theme, "The impact of tobacco/vape in a post-COVID world"



2022

Peer Advocate Series (02/10 & 02/17)

Here is your chance to be a better Peer Advocate by going on a deeper dive on topics we discuss in meetings as well as sharpening some skills along the way!

Teens Tackle Tobacco Conference (TBA)

A youth-centered conference that provides incredible educational opportunities around prevention, awareness, advocacy, cessation, wellness and positive youth development.

Youth Quest (03/14)

Youth Quest provides an opportunity for youth advocates to demonstrate their commitment to a tobacco-free California, learn about current tobacco control efforts, and build their advocacy skills by sharing their local work with legislators.



End of the Year Celebration (05/04)

Join us in all the fun as we celebrate all the wonderful work you've done throughout the year!

Preparing for a School Wide Activity

1. Prepare

- Choose the activity you will do as a group.
- Decide where and when you will do the activity. If virtual, decide what virtual platform you will use.
- Gather the materials you will need. Refer to the Materials Folder for templates, instructions, and more!
- Assign roles for each part of the activity.
- Familiarize yourself with the information you will be showcasing.
- Schedule a run through, if needed.

2. Implement

- Set up tables, displays, and presentation materials (for in-person activities)
- For virtual, plan to meet 30 minutes prior to prepare and go over last minute details.
- **IMPORTANT:** Keep track of how many students you are engaging. You will be asked to record this in the Activity Log.
- Have fun!

3. Reflection & Debrief

- Check out the Reflection & Debrief page in your Virtual Packet to reflect & debrief individually or in a group after each activity.

4. Track

- Make sure to track your activities in the Activity Log to capture the amazing work you have done!
- **TIP:** It is best to record the activities in the Activity Log 1-2 days after the activity so you can share with the TUPE team fresh details.

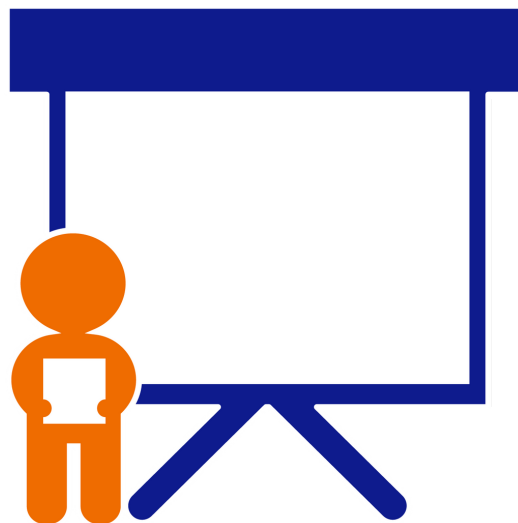
Activity
Log

Materials
Folder

Peer Presentations

Tips for presenting in a Virtual Space:

- Know your audience
- Be mindful of background noise or people
- Mute yourself when not speaking
- Familiarize yourself with the virtual program you are using
- Dress appropriately, even if you are presenting virtually
- Remember to practice!



Take your public speaking skills to the next level! Provide an educational virtual or in person presentation on the harms of tobacco, vaping, and cannabis use to your peers. Presentation templates are available, however, Peer Advocates can create their own or make changes to the templates. Please see Presentation examples in the Materials Folder.



Reminder to record challenge in Activity Log!

Ask your audience to take an evaluation in the end (also in the Materials Folder).

Peer Advocate Panel

Peer Advocates are encouraged to plan and implement a virtual or in person panel for students, parents, or the general public.



Tips:



- Create a flyer and eventbrite registration
- Choose a meeting platform (e.g. zoom)
- Create an agenda
- Have an introduction
- Provide an evaluation at the end

Questions to Consider:

- Who is your audience?
- Who are your panelists?
- What questions do you have for panelists?
- Will you be providing a presentation, quick 101, or data at the beginning?
- Will you have a Q&A at the end?



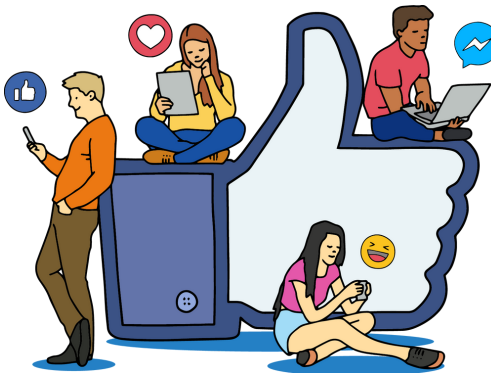
Reminder to record activity in Activity Log!



Social Media Campaign



Create a social media campaign to counteract Vape Company's targeted advertising. Brainstorm a topic and start the campaign on your own social media account or on the TUPE (@SCCOE_TUPE) Instagram Page.



Some example topics include:

- Flavors
- Density
- Smoke Free Multi-Unit Housing
- Cessation and Quitting tips
- Marketing to youth
- Youth Usage in Santa Clara County
- Photovoice



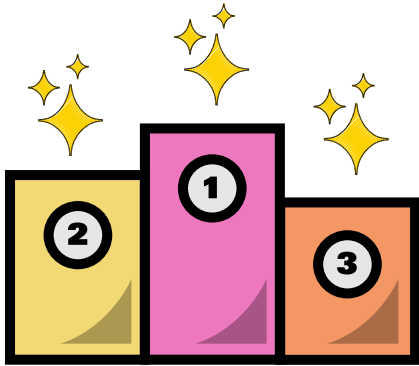
Reminder to record activity in Activity Log!

Here's a list of accounts to follow and get inspiration from:

- @truthinitiative
- @cannabis_decoded
- @teensvs vaping
- @cyanonline
- @StanfordREACHYAB

"Use social media to IMPACT people."

Competition Games



How much do you know
about the harms of vaping?

Test the knowledge of your peers by hosting a virtual or in person competition using *Kahoot!*, Family Feud, Scavenger Hunt, or Jeopardy. Include educational information about tobacco and vaping.



All Templates and
Instructions found in
Materials Folder!



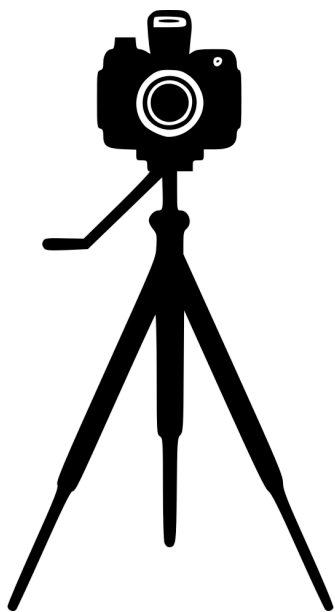
Reminder to record
activity in Activity Log!



Kick-Off Video



Ready, Set, Action! Capture the attention of your school by creating a fun 2-minute video to kick off Red Ribbon Week or Take Down Tobacco Day! Make sure to include a description of the event, a fun fact, and what on-campus or virtual activities will take place. Videos can be shared via email and social media.



Tips:

- Keep it short! 1 to 2 minute videos allow you to get straight to the point
- Use humor!
- Be creative - Think outside of the box!
- Make sure to double check audio. If recording outside, wind can disrupt audio.
- If doing a skit, rehearse! Rehearsing can limit mistakes when it's show time.



Reminder to record activity in [Activity Log!](#)

PSA Contest



Make a statement with a Public Service Announcement (PSA) poster or video contest!

Peer Advocate Role

- Establish the rules for the contest
- Set a deadline
- Choose a theme
- Create a flyer
- Select the winning prizes
- Judge the winning poster or video entry.

Businessmen: *Makes Drugs And Juul Pods*

Teachers And Activists:



Happy Red Ribbon Week!



Make it a Meme Challenge!



Reminder to record activity in Activity Log!

Pledge Wall



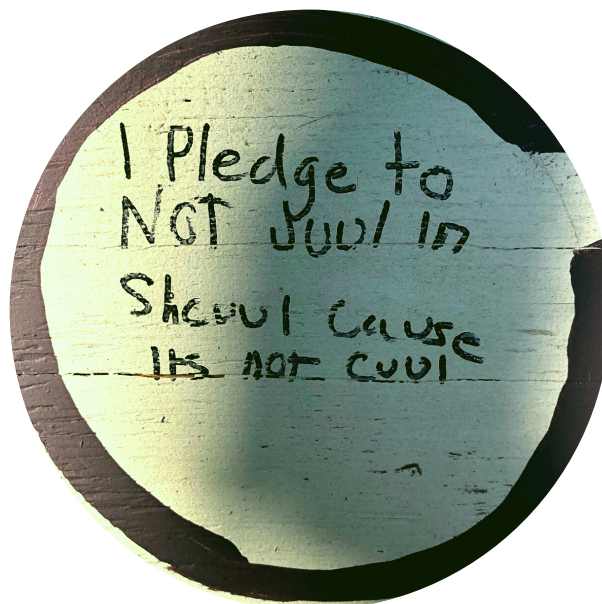
"I am tobacco/ vape/
drug-free because..."

On-Campus

Display a Pledge Wall or Banner for Red Ribbon Week or Take Down Tobacco Day. Ask your peers to write their pledges.

Distance Learning

Encourage your peers to use the website [Padlet](#) or other social media platforms like Instagram, YouTube, or TikTok to upload their pledges to be tobacco, vape, or drug free. Start your own pledge to inspire others!



Reminder to record activity in [Activity Log!](#)

Natural High

Natural High engages influencers, educators, and peer groups to help young people discover those core activities in their lives that **uplift, inspire,** and **motivate** them to find their 'Natural High' rather than use alcohol or drugs.



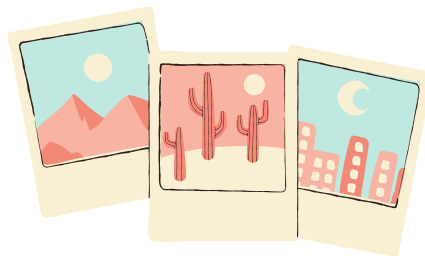
Activity

Screen Natural High videos in class via zoom or any meeting platform that works for you. On campus: screen the video in class or during lunch. You can also encourage your peers to participate in a multi-media contest! Peers can take a photo, draw, create a video or a song about their Natural High and post it on TUPE's Instagram, on their social media, or your school's website! Use the hashtag #NaturalHigh.



Peer Advocate Role

Create the rules of the contest, judge the entries, create hashtags and come up with prizes!



Reminder to record activity in Activity Log!



Día de los Muertos



October 31 - November 2

About

Día de los Muertos (Day of the Dead) is a holiday that reunites the living and dead. Typically during this holiday, families create ofrendas (offerings or a collection of objects placed on display) to honor their departed family members that have passed. The altars are decorated with bright yellow marigold flowers, photos of the departed, and their departed's favorite foods.




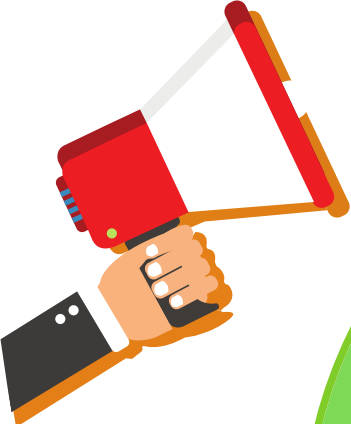
Activity

Tie in Red Ribbon Week with Día de los Muertos! If on-campus, set up and decorate the ofrenda. If distance learning host a virtual event to honor and celebrate this holiday! Encourage students to bring or post on social media a photo, poem, or something that symbolizes the person they lost due to alcohol, tobacco, or other drugs. Use the hashtags #DiaDeLosMuertos and #RedRibbonWeek.



Reminder to record
activity in [Activity Log](#)!

Trivia/School Announcements



Host a fun school-wide trivia challenge during morning announcements for Red Ribbon Week or Take Down Tobacco Day! **Please see examples of Trivia Questions in Materials Folder.**

Incorporating trivia during the morning school announcements or school newsletter makes it fun and interactive!

Distance learning? Make the trivia virtual!



Reminder to record activity in Activity Log!

Cups in a Fence

Find the instructions in the Materials Folder!

Display a unique message of your choice at your school! Get creative with your message to capture the attention of your peers and the community!



Reminder to record activity in Activity Log!

What's in a Vape Cloud?



Reminder to record
activity in Activity Log!

Highlight the youth vaping epidemic with a unique and eye-catching display. This activity is a great way to share up to date facts with your peers and community.

Find the
instructions in the
Materials Folder!



HERE IS AN EXAMPLE OF WHAT YOUR
SPIRIT WEEK CAN LOOK LIKE FOR THIS
YEAR!

Red Ribbon Week

Monday

Ready for **Red**
*wear red clothes
or a red ribbon!*

Tuesday

"Lei" off drugs!
wear lei's or flowers

Wednesday

Better Together!
wear sports gear

Thursday

Too bright for vaping!
*wear bright colors /
sunglasses*

Friday

Drugs are scary!
wear a costume

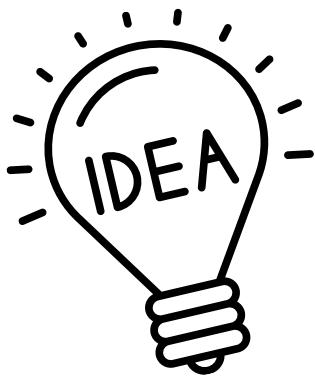
**BE CREATIVE! TRY TO TIE IN YOUR SCHOOL
ACTIVITIES WITH THE TUPE MISSION ON YOUTH
WELLNESS**



Reminder to record
activity in [Activity Log!](#)

Advocacy

Help spread the tobacco and drug free message around your campus, to your peers, teachers, and parents / guardians with these tips below!



Wellness Kits

Create kits for your community filled with information about vaping, hygiene products, and masks.



Tabling Around Campus

Set up tables around campus during lunch with materials to help spread awareness about the harms associated with vaping and cannabis.

Get creative! provide students with handouts for participating!

Parent Night Showcase

Teach your parents / guardians all of the harms and risks associated with vaping devices and cannabis students are being exposed too. Show off all of your hard work from the Peer Advocate Program!



Reminder to record activity in Activity Log!

Well done! You completed a school wide activity! After each activity, take some time to reflect and debrief. Below are two examples of ways you can reflect individually or debrief as a group.

3 Question Reflection

(Use this 3 Question Reflection as an individual evaluation at the end of your activity)

I learned...

I liked...

Next time I will...

Post-Activity Debrief

Answer the questions below to help you reflect on the activity completed and to begin looking towards your next activity as a Peer Advocate.

1. What went well?
2. What did not go well? Why?
3. Did we accomplish our goals that we set at the beginning of this activity?
4. If not, why did we not accomplish them?
5. Were the instructions clear?
6. How can we improve for next time?



END OF YEAR REFLECTION & CELEBRATION

TUPE PRESENTS

**3:30 P.M.
TO
5:30 P.M.**

**WEDNESDAY,
MAY 4, 2022**

Turn Up

WITH TUPE!

FUN GAMES



GIVEAWAYS

AT THE END OF THE SCHOOL YEAR, JOIN US AND YOUR FELLOW PEER ADVOCATES IN CELEBRATING YOUR ACCOMPLISHMENTS! THE END OF YEAR REFLECTION AND CELEBRATION WILL TAKE PLACE VIRTUALLY.



QUIT TOBACCO/VAPE RESOURCES



KICK IT CA - HELPLINE FOR VAPING
CALL 1-800-300-8086 ENGLISH
CALL 1-800-600-8191 SPANISH
TEXT "QUIT VAPING" OR "QUIT SMOKING" TO 66819

TRUTH INITIATIVE TEXT-TO-QUIT
TEXT "DITCHJUUL" TO 887-09

SMOKE-FREE TEEN NATIONAL HOTLINE
CALL (1-800-784-8669)
TEXT "QUIT" TO 47848

SAMHSA NATIONAL HELPLINE
CALL 1-800-662-4357

TREATMENT LOCATOR
FINDTREATMENT.SAMHSA.GOV

**SPEAK TO COUNSELOR, ADULT, OR
MEDICAL PROVIDER**

FOR PARENTS:
TEXT "QUIT" TO 202-899-7550

CRISIS SUPPORT:
TEXT RENEW TO 741741

Contact Us!

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~~TUPE~~

TOBACCO USE PREVENTION EDUCATION

Santa Clara County  Office of Education

This virtual packet was created by the Santa Clara County Office of Education in Collaboration with Contra Costa County Office of Education. The SCCOE TUPE Team would like to give a special thank you to each and everyone who worked so hard to make this virtual packet possible.

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