



CHOICES

PREVENTION / INTERVENTION
EDUCATION

Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE 10 : NOVEMBER 6, 2020

Socially distanced and staying close

The CHOICES TUPE program helps students discover information and build skills so they can successfully transition through important life milestones. This newsletter will be looking at the idea of friendship and how to navigate through this time of distance from one another.



Why it's important to stay close to others

- **Perspective**
Sometimes our minds become overwhelmed with emotions. Sharing your own thoughts or experiences with others can help you see things in a new way, helping us all cope in healthy ways.
- **To relate**
It can be helpful to share things like the good or bad and victories or struggles because there are others who may be able to relate.
- **Get help**
We all get stuck sometimes, losing sight of what is most important and feeling lost. You are not alone; help is always available. Resources for support can be found on the next page.



Dangers of isolation

- **Mental health issues**
Remaining in isolation without social connection to others can lead to depression, different levels of anxiety, and mood changes.
- **Unhealthy coping methods**
Students who have been put into ongoing stressful situations can learn to cope. However, without positive outlets, students have a higher chance of developing negative and unhealthy coping skills. These negative coping skills may include the use of drugs, alcohol, or tobacco products to help deal with ongoing stress.

Creative ways to stay connected with friends and engage people in your community.

- Call, Skype, FaceTime, or Zoom with friends
- Write letters or create cards for friends
- Go outside and talk to neighbors from a safe distance
- Attend virtual events like concert gatherings, take an exercise or yoga class.
- Play online games together
- Design a virtual scavenger hunt
- Read books together that interest your friend group
- Create videos or picture collages of you and your friends
- Virtually visit more than 1,200 museums around the world via [Google Arts & Culture](#)
- Engage in healthy social media conversations



Social distance should not mean social disconnect

Surrounding yourself with positive people and friends can be a great source of inspiration for us to cope with social distancing. Be mindful of how a good friend should treat you and which toxic people you should try to avoid. The video below explains how to tell the difference between the two.



Videos of the week

youtube.com/watch?v=J0brxU8tg2I
youtube.com/watch?v=iPb0Ww7gDIo

Resources

National Suicide Prevention Lifeline

Available 24 hours in English and Spanish.
800-273-8255

National Crisis text line

Text HOME to 741741 to connect with a counselor


Tulare & Kings County Warm Line

1-877-306-2413



“Friendship is born at the moment when one man says to another, ‘What! You too? I thought that I was the only one.’” — C.S. Lewis

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Tulare County
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