

Q: Youth who vape may also be more likely to smoke *what type of tobacco product* in the future?

A: Cigarettes



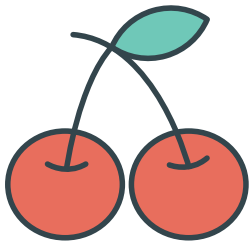
Q: Nicotine can harm brain development, which continues until around *this age*.

A: 25



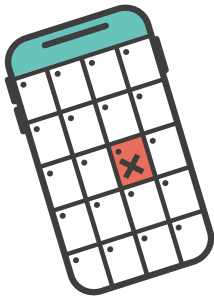
Q: What *percentage* of 18 to 29 year olds who vape started with a flavor?

A: 92%



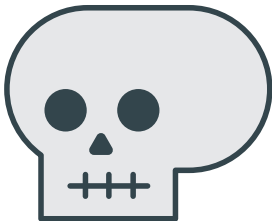
Q: Iowa Students for Tobacco Education and Prevention (ISTEP) was created in *what year?*

A: 2011



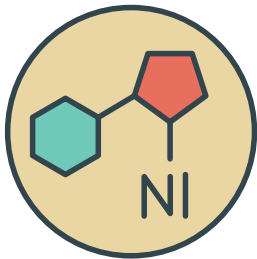
Q: What's the *#1 cause* of preventable death in the United States?

A: Smoking



Q: Nicotine is highly _____.

A: Addictive



Q: In 2012, ISTEP held its first event called the ISTEP *what?*

A: Summit



Q: What should you say to someone who offers you a vape?

**A: NO WAY! NO HOW! NEVER!
UH-UH! FORGET THAT!**



Q: Athletes who vape often have decreased capacity of *this part of their respiratory system* that helps them breathe.

A: Lungs



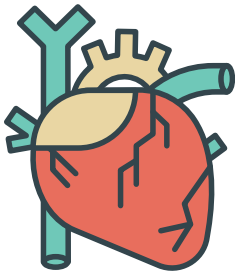
Q: Research shows a link between increased nicotine use and feelings of *this* type of mental health condition.

A: Depression



Q: Smokeless tobacco can increase your risk of dying from *what disease*?

A: Heart disease



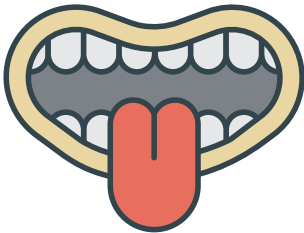
Q: What's the most *littered* item in the world?

A: Cigarette butts



Q: Complete this rhyme: Chew
is no fun and can cause
cancer of the ____.

A: Tongue



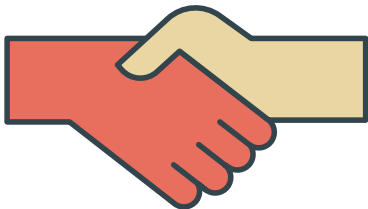
Q: How *much money* does the tobacco industry spend on marketing each year?

A: Billions. (That's Billions with a capital B.)



Q: Why should other students join ISTEP?

A: To make new friends **AND** make a difference!



Q: My Life My Quit offers free help quitting vaping for *this age group*.

A: Teens

MY LIFE  MY QUIT™



Q: Is vaping dangerous to your health?

A: DUH – yes!!!



Q: How are ISTEP members often described?

A: Amazingly awesome.
And definitely difference makers.



Q: People who vape have reported staining of *what part of their mouth?*

A: Teeth



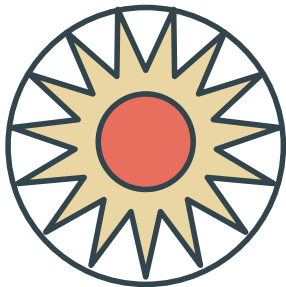
Q: Vaping can cause bad
_____.

A: Breath



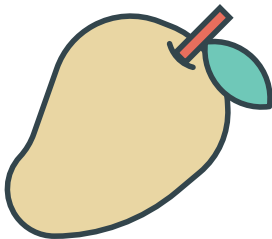
Q: My Life My Quit is helping thousands of teens take back their ____.

A: Lives



Q: Vape companies try to get kids hooked on their products with fruity _____.

A: Flavors



Q: Vape companies have been known to sponsor college _____ as a way to gain new customers and get them addicted to vaping.

A: Scholarships



Q: Youth are a _____ when it comes to tobacco use.

A: Target



Q: How do ISTEP members like you make a difference?

A: They step up against tobacco!



Q: Many teens think vaping reduces ____, but it actually increases it!

A: Stress



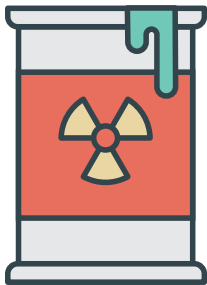
Q: To get free help quitting vaping, how can teens contact My Life My Quit?

A: By texting!



Q: Vape trash is classified as *what* by the Environmental Protection Agency?

A: Hazardous



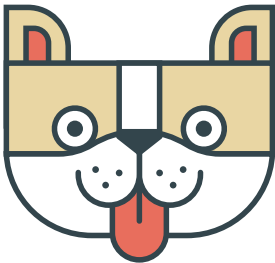
Q: In 2023, one out of every _____ high school students said they had vaped in the past 30 days.

A: 10



Q: If your dog or cat bites into a vape pod capsule, they could suffer from *this type of poisoning*.

A: Nicotine



Q: The ISTEP Summit is the
_____ event of the year.

A: Best!



Q: Have sales of nicotine pouches *increased* or *decreased* in the last few years?

A: Increased



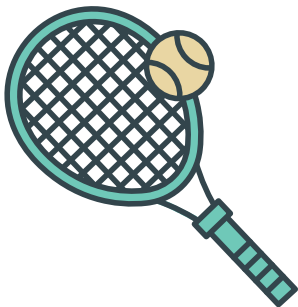
Q: Even if they lose a game, athletes who don't vape already do *this*.

A: Win!



Q: Vaping can have an impact on an athlete's *what*?

A: Performance



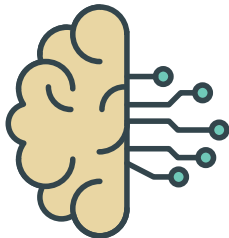
Q: Some athletes who vape
have been kicked off
their *what*?

A: Team



Q: Nicotine can rewire brains to be susceptible to other, more dangerous *what?*

A: Addictions



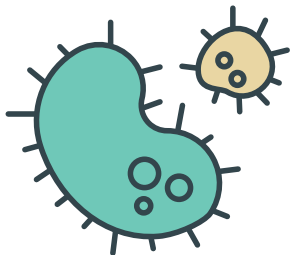
Q: Why should you never EVER use tobacco?

A: Too many reasons to list!



Q: Nicotine in vapes and pouches can weaken *this* system of your body.

A: Immune



Q: Vapes can have the same cancer-causing *what* as cigarettes?

A: Chemicals



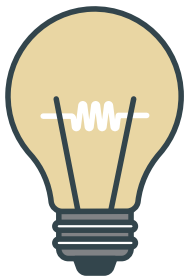
Q: Most youth who vape want to do *this*.

A: Quit!



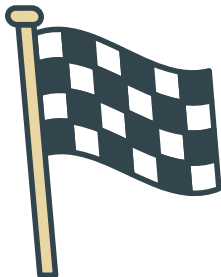
Q: Every day as an ISTEP member, you do *what*?

A: Shine bright!



Q: Help your friends who are trying to quit vaping race to the _____.

A: Finish line



Q: Being tobacco free is something we can all _____ about!

A: Cheer!

