

WELCOME!

IOWA STUDENTS FOR TOBACCO EDUCATION & PREVENTION

2025-2026



Health and
Human Services

WE'RE SO HAPPY YOU'RE HERE!

Congrats on registering as an ISTEP chapter! You've joined a program created and led by other amazing youth from across Iowa.

While the main focus of the ISTEP program is spreading awareness of the harms of tobacco and nicotine use among youth, we also focus on youth leadership, peer to peer education, youth adult partnerships, mental health awareness and so much more. No matter your interest, there's a place for you!

What's so special about ISTEP is that there's an Executive Council made up of high schoolers across Iowa who lead our initiatives. In fact, each year the Council plans street marketing events and kits to support our registered chapters to host local outreach efforts throughout the year.

Use the materials in the kits to keep current members engaged, recruit new members and talk to your friends and peers about the concerns of using tobacco and nicotine, including vaping. Allow these kits to expand personal leadership skills, while positively influencing friends and peers.

As your chapter completes activities this year, let us know about it by tagging @IowaSTEP on Facebook or Instagram.



MORE INFO:

HHS.IOWA.GOV/ISTEP

EVENTS & KITS

**OCT.
28TH**

SUMMIT DAY

Each year young Iowans in grades 7-12 come together to expand leadership skills and discover new ways to take action against tobacco and nicotine, including vaping. Join us Oct. 28th at the Boone County Fairgrounds.



**1ST
MEETING**

CONNECT & CREATE

Build connections among youth members at the first chapter meeting of the year. Play the Dicebreaker game, decorate personalized cups and put together a plan for the year, like events and goals.



**YOU
PICK**

**Can be done
more than once!*

OUTSMART SMART VAPES

Smart vapes look techy and act like games, but they're designed to hook you. Break the streak and speak up to friends, peers and supportive adults in your local communities about the harmful truth of smart vapes.



**YOU
PICK**

**Can be done
more than once!*

TRIVIA BINGO

This isn't your traditional bingo game! Educate friends and peers about the risks of using tobacco or nicotine, including vaping, through an interactive trivia bingo game.



**YOU
PICK**

**Can be done
more than once!*

ROOTED TOGETHER

Mental health is like a garden - when cared for, it grows and thrives. Promote healthy mental health habits through a hands-on activity that encourages youth to support themselves as well as one another.