



SPRING INTO ACTION

MARCH 31

Get Involved

March 31 is the National Day of Action to Take Down Tobacco.

Spring into action by decorating your community sidewalks with tobacco free chalk messages and hosting a lemonade stand.

First, decorate the sidewalks (make sure to get permission). Get creative with your stencils, take pictures and tag @IowaSTEP on Facebook or Instagram. The ISTEP Executive Council will vote for their favorites and mail prizes.

Once the sidewalks are decorated, take the event to the next level by having a lemonade stand for your peers in grades 7-12. Bring the chalk and stencils to encourage peers to add a tobacco free message to the ones you already created. Talk to them about ISTEP - start the conversation by giving them an ISTEP card. Research tobacco facts and write them on the back of the cards before handing them out.

Activity Kit

Registered ISTEP chapters will be mailed an activity kit for this event.

The kit includes:

- ***Flyers***
- ***Posters***
- ***Chalk***
- ***Stencils***
- ***Cups***
- ***Lemonade mix***
- ***ISTEP cards***
- ***Tabletop banner***

Hashtags

***#IowaSTEP #ISTEP #TakeDownTobacco #MyLifeMyQuit
#TobaccoFree #StopVaping #TeensCare***