



JEOPARDY GAME SHOW

NOV. 17

Get Involved

The Great American Smokeout (GASO) challenges people to stop using tobacco, and helps people learn about available resources to help them quit and stay quit.

Join ISTEP in celebrating GASO by hosting a Jeopardy game show. Peers will have fun all while learning about the harms of tobacco and resources for quitting tobacco, including Iowa's youth cessation program - My Life My Quit (MLMQ).

MLMQ is a free, confidential and customizable way to quit vaping or smoking. Teens can chat with a quit coach through text or online. Learn more at MyLifeMyQuit.com.

Jeopardy Instructions

- Play individually or in groups.
- Pick a category and a point value.
- The answer must be provided in the form of a question.
 - Example: if the question is "What color is the sky?".
The answer would be "What is the color blue?".
- You may want to set a time limit for answering the question.
- If the answer is correct, reward the point value of the question.
- Continue until all questions have been answered. The team with the most points wins.
- Hand out MLMQ promotional items as prizes.
- Take pictures and tag @IowaSTEP on Facebook or Instagram.

Activity Kit

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

The kit includes:

- Flyers
- Jeopardy game
- Posters
- MLMQ items for prizes

Hashtags

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

JEOPARDY ANSWER KEY

Those Benjamins

100 - What are minors/youth?

200 - What are eye infections, allergies, respiratory issues, lung or nose cancer?

300 - What is 6 months? *Savings would be around \$312.

400 - What is \$1,900? *This could be 10 college credits, which is about half a year of college tuition!

500 - What are flavors, cheap prices, bright colors, placing them at eye level?

Vibe Check

100 - What is tobacco use?

200 - What is none/zero?

300 - What is support them, stay positive or tell them about My Life My Quit?

400 - What is make a quit plan, stay busy, avoid triggers (things that make you want to vape), stay positive, ask for help, or text My Life My Quit.

500 - What is My Life My Quit? *Text "Start My Quit" to 36072 to get started!

IYKYK

100 - What are wrinkles?

200 - What are kids?

300 - What is school, sports, money, physical health, mental health or relationships?

400 - What is increase?

500 - What is 4?

Understood the Assignment

100 - What is nicotine?

200 - What is ISTEP (Iowa Students for Tobacco Education and Prevention)?

300 - What is Pride Month? *LGBTQ+ youth and adults have higher rates of tobacco use than their straight peers; 3 out of 10 LGBTQ+ high school students are tobacco users.

400 - What is 8,000?

500 - What is 25?