

Art Against Addiction



GET INVOLVED

This kit has been created by the ISTEP (Iowa) and Resist (Kansas) youth Council members.

Consider art as a mental health tool against addiction. Share the coloring pages, Telestrations game and Blackout Poetry experience with your peers as a tool to fight the temptation of using tobacco and nicotine products, including vaping.

The Council recommends doing these activities in the Spring near Mental Health Awareness month in May, but can be done at school, or any school or community event, at any time of the year. Activities can be repeated as many times as you'd like.



DIRECTIONS

Coloring pages: Coloring is more than just a fun break from the stress of daily life. It's beneficial for our mental health, too. Coloring can reduce stress, be an outlet, spark creativity, utilize your brain and provoke mindfulness. Use the pages provided within the kit to improve mental health and fight the temptation of vaping.

Telestrations: This drawing game is a mix of Pictionary and "telephone". But don't worry, you don't need any drawing skills. In fact, the worse you are, the better. Read the handout for step-by-step directions on how to play.

Blackout Poetry: Use the articles provided within the kit to "talk back to tobacco". Highlight, black out or circle words to transform the article into an impactful message of what you want to tell tobacco and vape companies about youth mental health all while turning the article into a piece of art.

MATERIALS

Flyers, posters, directions handout, Telestrations cards, dice, timer, articles, coloring pages, doodle notepads and colored pencils.



@IowaSTEP
hhs.iowa.gov/istep



Health and Human Services

July 2024