



SmartStart



## September SmartStart

### Welcome Back to LifeSmarts – Season 32!

We are thrilled to kick off the 32nd season of LifeSmarts, the National Consumers League’s signature program that empowers teens with the knowledge and skills they need to succeed in today’s fast-changing marketplace. For more than three decades, LifeSmarts has prepared young people to make smart choices as consumers, community leaders, and future professionals.

This season promises to be one of our best yet—packed with opportunities for students to test their knowledge, showcase their leadership, and connect with peers across the country. Together, we’ll continue building confident, capable, and consumer-savvy young adults. Let’s make Season 32 one to remember—full of learning, competition, and fun!

### Healthy Behaviors Among U.S. Teens

The percentage of U.S. teenagers eating healthy, exercising regularly, and getting at least eight hours of sleep was lower in 2023 than ten years prior, according to a recent Centers for

U.S. high school students did not engage in adequate levels of healthy dietary, physical activity, and sleep behaviors, although there were some improvements between 2021 and 2023, with more teens eating fruits and vegetables and getting exercise. Teens are also drinking more water and fewer sugary sodas and sports drinks now than a decade ago.

But overall, the report indicates the state of teen nutrition and physical activity has declined during the past decade. Teenage girls are less likely than boys to engage in almost all healthy behaviors, and LGBTQ+ students also were less likely than peers to engage in healthy behaviors. Only one in 8 teens were physically active at least 60 minutes daily or got at least 8 hours of sleep.

LifeSmarts educates teens about the importance of developing healthy living habits including nutrition & food safety, hydration, exercise & activity, and sleep health.

(Source: Centers for Disease Control and Prevention. *Youth Risk Behavior Survey Data Summary & Trends Report for Dietary, Physical Activity, and Sleep Behaviors: 2013–2023*. U.S. Department of Health and Human Services)



Varsity and Junior Varsity Competition Topic Quizzes and New Practice Quizzes – Open 11/1  
New topic practice quizzes on each LifeSmarts topic and Varsity and Junior Varsity competition topic quizzes will be made available November 1, 2025. This is a change, so please make note of it. Please contact [us](#) with any questions.

### **NEW StudySmart Guides Available**

Checkout these new Health & Safety study materials to help you and your students be “in the know” this LifeSmarts season!

- [Disaster Preparedness](#)

- [Sleep Health](#)
- [Personal Safety in Shared Spaces](#)
- [Prescription Medicine Safety](#)
- [Understanding Toxic Stress](#)

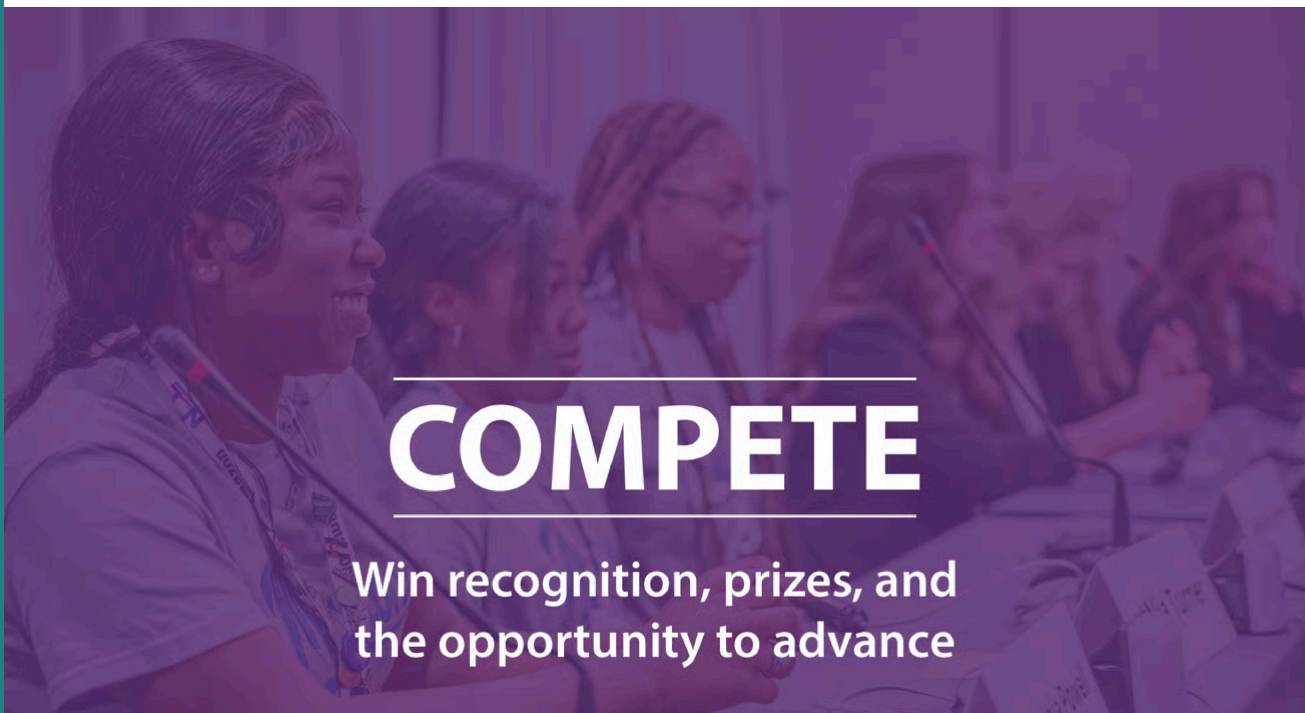
### Get Your Game On!

Looking for fun ways to learn LifeSmarts content? Check out our [interactive games page](#) for Acronym Flashcards, Kahoots, Flippity, Quizlets, Tell Me the Question games and more!

### New Question-of-the-Day-and-Answer Calendars and LifeSmarts Vocabulary

The [Question-of-the-Day-and-Answer Calendars](#) for the 2025-2026 season are now available as well as the [LifeSmarts Vocabulary](#) for Season 32.

More coming throughout this season!



### 4-H Challenge Champions

Congratulations to the 30 great 4-H teams from across the country who competed in the LifeSmarts 4-H Online Summer Challenge. The winners are:

**Junior Varsity** First Place winner is Columbia County 4-H Junior Varsity- Georgia - \$100 prize. Second place went to Gordon County 4-H JV – Georgia and Third place went to Butts County 4-H JR – Georgia.

**Varsity** First Place winner is Gordon County 4-H – Georgia - \$100 prize. Second place honors went to Madison A 4-H Varsity from Tennessee, and Third Place was a tie between Hill Country Wagon Wheels – Texas; Larimer County 4-H – Colorado; and Northview Varsity 4-H – Florida.

We look forward to more 4-H teams joining us for the challenge next August and

throughout the year!

### **New Meta Staying Safe from Online Harm TeamSmarts Quiz**

LifeSmarts will introduce a **Special Edition TeamSmarts** quiz tied directly to the Staying Safe from Online Harm curriculum sponsored by Meta. This 25-question multiple-choice quiz will launch September 15th and close at 11:55 PM on October 31st. The top-scoring teams in Varsity, Junior Varsity, 4-H, BPA, FBLA, FCCLA, SkillsUSA, will each earn a \$150 cash prize! Be on the lookout for more details!

### **September Health & Safety TeamSmarts Quiz**

The [September TeamSmarts quiz](#) (featuring health and safety topics) is open from September 8th until September 30th at 11:55 PM, EST. Compete now with your team and join the ranks of the \$100 cash prize this season. TeamSmarts, a LifeSmarts online team quiz, is a great practice tool. These monthly quizzes are available under your team captain's "Quizzes" tab. Teams work together to take this 50-question quiz. Remember to keep your eye on the play clock since all LifeSmarts quizzes are timed. Cash prizes are awarded to the top-scoring Varsity, JV, 4-H, BPA, FBLA, FCCLA, and SkillsUSA teams.

### **Compete in Your State**

We are updating [State pages](#) daily and also adding dates to our [LifeSmarts Events Calendar](#). Be sure to check them often to stay up-to-date on deadlines for your state competition as well as other LifeSmarts contests! This season, all Varsity State LifeSmarts Championships will take place **by February 21, 2026**.



*All our partner teams are welcome to participate in our Varsity LifeSmarts Competitions (high school) and Junior Varsity Competitions (Middle School). To find out more, click [here](#).*

## **FCCLA / LifeSmarts Knowledge Bowl**

The FCCLA Fall TeamSmarts NLC Qualifier Quiz for teams competing in the FCCLA / LifeSmarts Knowledge Bowl competition will be open from **October 20, 2025 until November 21, 2025**. Information for interested FCCLA teams can be found [here](#). The forty teams with the highest scores will move on to the final rounds of the competition at the FCCLA National Leadership Conference in Washington D.C., next summer. Contact [us](#) with questions.

## **LifeSmarts FBLA Fall Challenge opens in October**

FBLA teams – your chance to compete in the LifeSmarts FBLA Challenge begins next month with the Fall Challenge, **October 13 – November 7, 2025**. Teams can start preparing now by registering, taking practice quizzes, and participating in the September TeamSmarts Challenge. The top twelve teams (from different states) in the fall challenge advance to the Finals at the FBLA National Leadership Conference in San Antonio next July. Teams of two students compete online at <https://lifesmarts.org/>. The team takes two quizzes together, plus each team member completes an individual quiz. Learn more [here](#). Contact [us](#) with questions.

## **LifeSmarts BPA Challenges**

LifeSmarts offers two challenges just for BPA teams. The LifeSmarts BPA Technology & Workforce Preparation Challenge will be **January 1 – 31, 2026**, and the LifeSmarts BPA Personal Finance Challenge will be **February 1 – 28, 2026**. Additional information is available [here](#). Details will be also shared with all BPA Advisers/Coaches.

## **SkillsUSA and LifeSmarts**

LifeSmarts is excited to partner with SkillsUSA for their Health Knowledge Bowl, and their Middle School, Secondary and Post-secondary Quiz Bowls! The LifeSmarts SkillsUSA Quiz Bowl Preparatory Quiz will be open **October 1 – 31, 2025**. The LifeSmarts SkillsUSA Health & Safety Challenge which will be held **November 1 – 30, 2025**. See our [SkillsUSA page](#) for additional information. Details will also be shared with all BPA Advisers/Coaches.

# COMMUNICATE

Use service-learning projects to share consumer knowledge in schools, clubs, and communities

## Winner of the 2025 Coach Survey Gift Card

Thanks to all the coaches who completed our LifeSmarts Year-End survey. Names were added to a random wheel and the lucky prize winner is: Dianna Torgersen from Utah! Please contact [Cheryl](#) to receive your prize.

## Meta Wild Card Applications - Coming Soon

Details will be shared in October about a new opportunity for teams to apply for a Wild Card invitation to compete in the Varsity National LifeSmarts Championship and receive a team travel stipend from Meta. Applications will be due on December 5, 2025.

Stay tuned for our more special contests, Year 3 of our LifeSparks Awards and more! Details coming soon! It's going to be a great year!

Have a great month!

The LifeSmarts Team

The LifeSmarts Team

[Contact us with any questions!](#)





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