

CATCH<sup>®</sup> MY BREATH

# YOUTH VAPING PREVENTION PROGRAM



CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

**AGES** 10-18 YEARS  
(GRADES 5-12)

*Can be taught in one or multiple grade levels*

**DURATION** FOUR LESSONS PER VERSION  
30-40 MINUTES EACH

4 VERSIONS

5<sup>th</sup>  
Grade

6<sup>th</sup>  
Grade

7<sup>th</sup>/8<sup>th</sup>  
Grade

9<sup>th</sup>-12<sup>th</sup>  
Grade

**COST** FREE

*Thanks to support from CVS Health*

**7 OUT OF 8**  
STUDENTS SAY THEY ARE  
**LESS LIKELY TO**  
**USE E-CIGARETTES**  
AFTER CATCH MY BREATH.



USED IN TOP DISTRICTS  
NATIONWIDE, INCLUDING:



## GROWING OUR IMPACT

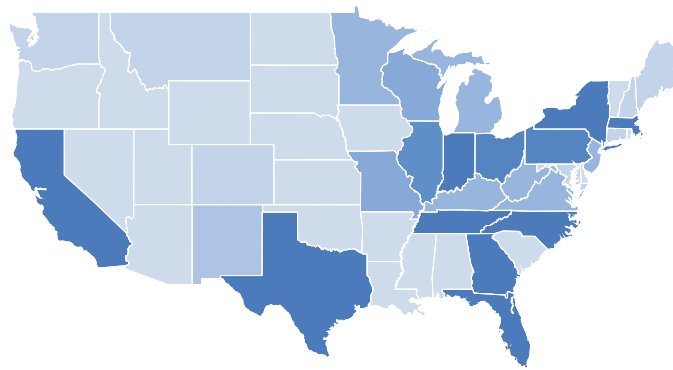
To help build community and administration support for e-cigarette education, CATCH My Breath offers:

- **Parent presentation & resource page**
- Training for **Health Educators**
- Youth Empowered curricula with input from our CATCH My Breath **Youth Advisory Board**
- A “Stand with CATCH My Breath” **grassroots team** where parents, teachers, public health professionals, and concerned citizens can stay informed

*(More info at: [catchinfo.org/supportcmb](http://catchinfo.org/supportcmb))*

### **(👏)** Total Program Reach

**1,800,000** students and counting!



# OF KIDS SERVED  
*(as of January 2020)*



## **📢** WHAT PEOPLE ARE SAYING ABOUT CATCH MY BREATH

FEATURED BY



edutopia



AXIOS

View all news coverage at:  
[catchinfo.org/cmb-press](http://catchinfo.org/cmb-press)

*"This is a well done, much needed, and welcome resource! ...Thank you for your hard work in this challenging area."*

- KNOX COMMUNITY HEALTH COALITION  
CATCH MY BREATH EDUCATOR

*"The CATCH.org site offers an amazing amount of guidance and will help to guide us and educate parents, teachers and students."*

- FLORIDA PARENT

*"I learned a lot about the harmful chemicals in vaping products... learning this makes me want to NOT do it even more."*

- RHODE ISLAND HIGH SCHOOLER

[www.catchmybreath.org](http://www.catchmybreath.org)  
[catchmybreath@catch.org](mailto:catchmybreath@catch.org)  
(855) 500-0050 x803

DELIVERED IN PARTNERSHIP WITH

