

CATCH[®] MY BREATH

YOUTH E-CIGARETTE & JUUL PREVENTION PROGRAM



CATCH My Breath is a best-practices youth E-cigarette and JUUL 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 devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

AGES 11-18 YEARS
(GRADES 6-12)

Can be taught in one or multiple grade levels

DURATION FOUR LESSONS
30-40 MINUTES EACH

*4 lessons for each middle school grade (12 total)
4 lessons for high school*

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:**



GETTING STARTED



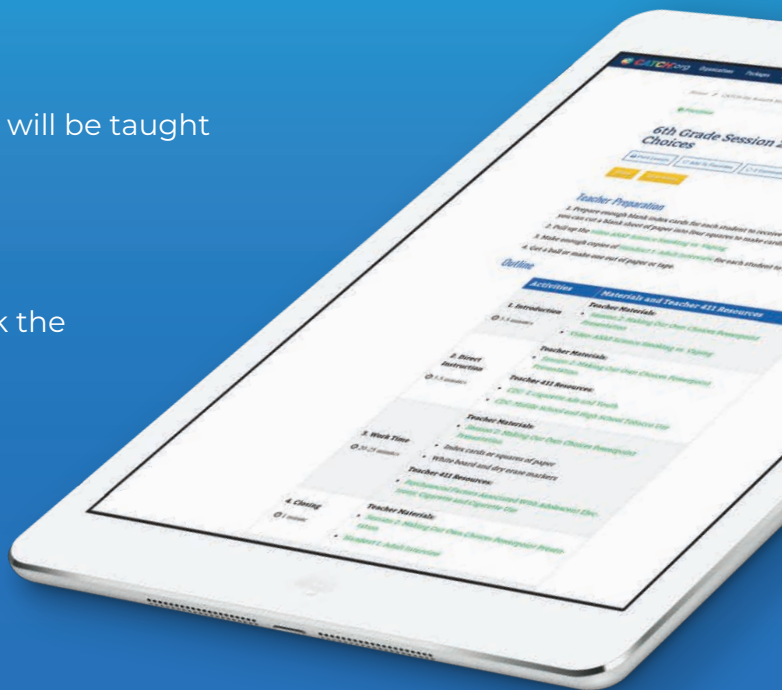
1 Fill out enrollment form.

Let us know where and when the program will be taught at www.catchinfo.org/Broward

2 Receive program materials.

You'll be emailed an Access Code to unlock the curriculum and resources, including:

- Online curriculum
- Teacher resources & evaluation tools
- Parent materials
- Printable CATCH My Breath posters
- Implementation support from the CATCH My Breath team



FEATURED BY



AXIOS

BUILDING SUPPORT

To help build administration and community support for e-cigarette education, we include a **parent presentation** and **resource page**, host **webinars**, and offer hassle-free **trial periods** to review the curriculum in its entirety. We've also created a **"Stand with CATCH My Breath" grassroots team** (catchinfo.org/supportcmb) where parents, teachers, public health professionals, and concerned citizens can stay informed.

www.catchmybreath.org
catchmybreath@catch.org
(855) 500-0050 x803

DELIVERED IN PARTNERSHIP WITH

