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

**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:

- Dallas Independent School District
- Charlotte-Mecklenburg Schools
- Knox County Schools
- Wareham Public Schools
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)

WHAT PEOPLE ARE SAYING ABOUT CATCH MY BREATH

“"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