

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.catchmybreath.org/enroll.

2 Principal email acknowledgment.

We will be in touch to confirm principal approval to bring CATCH My Breath to your campus.

3 Receive program materials.

You'll be emailed an Access Code to unlock the curriculum and resources. Printed posters will be shipped to your campus.

PROGRAM MATERIALS

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



INFO & CONTACT

www.catchmybreath.org
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