

PILOT PROGRAM PARTICIPANTS

In May 2016, over 2,000 students participated in a pilot test of the CATCH My Breath program, a best-practices youth E-cigarette prevention program developed by the Michael & Susan Dell Center for Healthy Living at UTHealth School of Public Health.



STUDENT FEEDBACK (n=1,371)

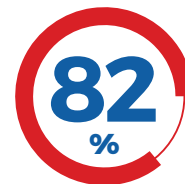
After completing the program...



ARE LESS LIKELY TO USE E-CIGARETTES



KNOW MORE ABOUT E-CIGARETTE USE



WILL LOOK AT E-CIGARETTE ADS DIFFERENTLY



DISCUSSED WHAT THEY LEARNED WITH FAMILY OR FRIENDS



CATCH My Breath clarified how E-cigarettes work and the chemicals in them, and it was helpful to me because I didn't know too much about them either. It also gave the kids a chance to explore reasons why people start using E-cigarettes in the first place and to identify other things to do besides smoke.

▲ VALERIE PHILLIPS | P.E. TEACHER & COACH
CD FULKES MIDDLE SCHOOL, ROUND ROCK, TX



TEACHER FEEDBACK (n=28)



FELT CONFIDENT IN THEIR ABILITY TO TEACH THE LESSONS



SAID THEIR STUDENTS LIKED THE LESSONS