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

www.catchmybreath.org
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