CATCH My Breath Service Learning Projects empower students to make a meaningful contribution to vaping prevention efforts while also earning school credits and building 21st Century skills, like public speaking, event planning, advocacy, and more.

Projects now include a timely component on the correlation between vaping and infectious disease, like COVID-19.

**Project Types**

- **Fundraise**
  Personalize, share and promote a fundraising website that supports the CATCH My Breath program.

- **Advocate**
  Work with local school administrators to bring CATCH My Breath to your school campus or advocate for vaping prevention education at the school district/board level.

- **Communicate**
  Create a PSA or marketing campaign to educate other youth about the importance of vaping prevention.

- **Educate**
  Deliver a presentation (virtual or in-person) about CATCH My Breath and the importance of vaping prevention.

**Project Benefits**

- Make a meaningful impact by preventing youth vaping.
- Great resume-builder and college application enhancer!
- Develop and fine-tune presentation, organizational, and persuasive skills.
- Earn school credit (where possible), rewards, & state / national recognition.

**College Scholarships**

Three national scholarships totaling more than $5,000 will be awarded to students who submit successful Service Learning Projects during the 2020-2021 school year. Scholarship award amounts, as well as potential regional scholarship opportunities, will be announced in early 2021. Please check catchmybreath.org for updates.

**Submissions are due by:** MAY 7, 2021
I have seen vaping take control of students my age in all facets of their lives. I have seen people become less focused on school and more distracted by vaping. **I'm here to spread the word** of the negative effects that our youth are creating for themselves through vaping... your health is your wealth. Don’t get sucked in.

**Romi Eldah • Avon High School, Avon, CT**

**2020 SCHOLARSHIP WINNER**

**Programs like CATCH My Breath are super important to the issue of vaping, because it offers a more hands-on, creative approach to spreading the word. It’s not just another ad you see in a magazine - it’s students reaching out to students. It’s more human and more personal and therefore more effective.**

**Zarah Khondoker • Morris County School of Technology, Denville, NJ**

**2020 SCHOLARSHIP WINNER**

CATCH My Breath is an evidence-based, peer-led, youth vaping prevention program that equips students with the knowledge and skills they need to make informed decisions about the use of all types of e-cigarettes, including JUUL and disposable devices.