

CATCH[®] MY BREATH



YOUTH NICOTINE VAPING PREVENTION PROGRAM



CATCH My Breath Canada was developed in partnership with University of Waterloo and is based on the peer-reviewed, evidence-based youth nicotine vaping prevention program created 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 and vaping devices.

AGES 12-15 YEARS
(GRADES 6-9)

Can be taught in one or multiple grade levels

DURATION FOUR LESSONS
30-40 MINS EACH

Program consists of 4 lessons total (not per grade), with flexible delivery options

COST CA\$300

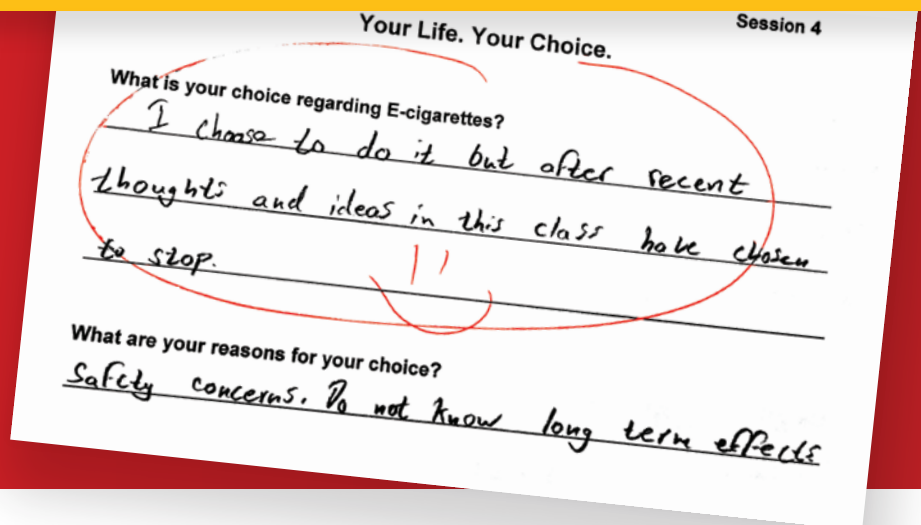
License valid for 1 school & 1 year

7 OUT OF 8

STUDENTS SAY THEY ARE

LESS LIKELY TO USE E-CIGARETTES

AFTER CATCH MY BREATH.



INFO / ENROLLMENT

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DEVELOPED IN PARTNERSHIP WITH

