

E-CIGARETTES & JUUL

AN EPIDEMIC AMONG OUR YOUTH

TRAINING SESSIONS

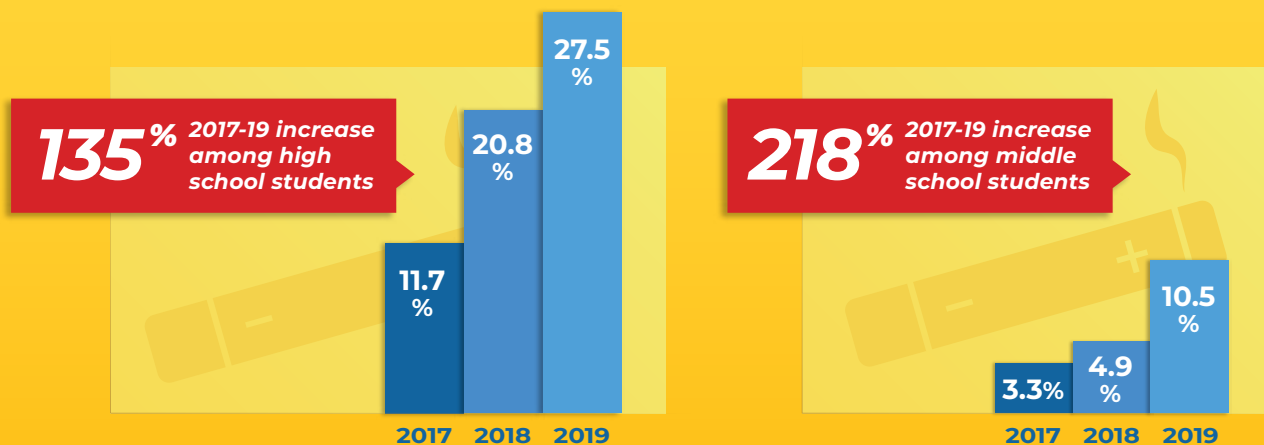
To register for this training, email Nicole@Sullivan180.org. For CTLEs, also register at bit.ly/CTLESullivan.

WHEN
WHERE

PRESENTED IN
PARTNERSHIP WITH



Youth e-cigarette use is on the rise. Make sure you're informed!



Source:
"2019 National Youth Tobacco Survey," FDA

www.catchmybreath.org
catchmybreath@catch.org
(855) 500-0050 x803

CATCH MY BREATH IS DELIVERED IN PARTNERSHIP WITH



CATCH[®] MY BREATH YOUTH VAPING PREVENTION PROGRAM



CATCH My Breath is a peer-reviewed, evidence-based youth vaping 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 10-18 YEARS
(GRADES 5-12)

Can be taught in one or multiple grade levels

DURATION FOUR LESSONS PER VERSION
30-40 MINUTES EACH

4 VERSIONS

5th
Grade

6th
Grade

7th/8th
Grade

9th-12th
Grade

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:

