

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 \$300
USD

*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.

Session 4

Your Life. Your Choice.

What is your choice regarding E-cigarettes?

*I choose to do it but after recent
thoughts and ideas in this class have chosen
to stop.*

What are your reasons for your choice?

Safety concerns. Do not know long term effects

INFO / ENROLLMENT

www.catchmybreath.ca
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DEVELOPED IN
PARTNERSHIP WITH

UTHealth
The University of Texas
Health Science Center at Houston
School of Public Health

MICHAEL & SUSAN DELL
CENTER for HEALTHY LIVING

UNIVERSITY OF
WATERLOO