

CATCH[®]

MY BREATH

CATCH My Breath is an evidence-based youth vaping prevention program for grades 5-12 that has been proven to substantially reduce students' likelihood of vaping. This vape education program includes grade-level specific and health education standards-aligned classroom curriculum developed by health education experts.



Students will:

- Understand that E-cigarettes are addictive, unhealthy, and not as popular as they think.
- Understand E-cigarette advertising tricks and techniques.
- Resist curiosity to experiment with E-cigarettes and practice resisting peer pressure.
- Influence others to not use E-cigarettes.

Why use the program?

- 45% fewer kids go on to try e-cigarettes one year after completing CATCH My Breath, compared to control schools*

*Keider, et al., Public Health Reports 2020



Consists of four 40-50 minute group sessions



For More Information

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