



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

7 OUT OF 8 STUDENTS

Say they are less likely to use e-cigarettes after CATCH My Breath

Want Access for FREE?

1. Go to: catch.org
2. Go to "Let's Go: CATCH.org Platform" (Green bar).
3. Top right, click "sign up"
4. Enter your name and email, create a password, and choose your school district.
5. Once your account is created, you can go to your Let's Go-CATCH.org dashboard to access CATCH My Breath.

