

CATCH[®] MY BREATH

Empowering youth to live vape-free through knowledge & behavior.

Prevention is key.

CATCH My Breath is a free, evidence-based youth vaping prevention program with published evidence of reducing students' likelihood to vape. Aligned to national and state education standards, CATCH My Breath can be taught by individuals who serve youth in grades 5-12, including educators, local and state government agencies, public health specialists, and community volunteers.



Why CATCH My Breath?

- Developed by the UTHealth Houston School of Public Health and backed by research funded by the National Institutes of Health
- Implemented annually in more than 5,500 schools of all sizes across all 50 states and Canada
- Student-led and adult moderated
- Curriculum and resources strengthen school communities and family connections



Over 2 million youth
in America are vaping today.

Youth are being targeted toward this addictive behavior that negatively impacts their brain development, lung, and cardiovascular health, as well as mental health, making it incompatible with a safe and supportive school climate. The impact on a child's physical, emotional, and mental well-being subsequently impacts their school attendance, academic success, and social relationships with peers and family.



“ I didn't really know that vaping was such an issue until we got educated on it with **CATCH My Breath**. Now that I know, it kind of ignited this fire and now I have to tell people. ”

– Student, 11th grade

Program Components



English & Spanish Curriculum

For 5th, 6th, 7-8th, and 9-12th grades

Can be taught in one or multiple grade levels



Easy to Implement

4 scripted lessons per grade version, 30-45 minutes each



Parent Resources

Available in English and Spanish for caregivers of children in grades K-12



Supplemental Lessons

STEM and humanities supplements, and lessons on cannabis vaping, adaptations for physical education, and more



Youth Advisory Board

Informing and reviewing program content and initiatives



SAMHSA-Recommended

SAMHSA stands for the Substance Abuse and Mental Health Services Administration, and is an agency within the U.S. Department of Health and Human Services.

Peer-reviewed knowledge and behavior outcomes associated with CATCH My Breath:

- Reductions in nicotine vaping use and overall tobacco use
- Increases in nicotine vaping knowledge and positive perceptions of a vape-free lifestyle

Kelder, S. H., Mantey, D. S., Van Dusen, D., Case, K., Haas, A., & Springer, A. E. (2020). A middle school program to prevent e-cigarette use: a pilot study of "CATCH My Breath". *Public Health Reports*, 135(2), 220-229.



Program Reach



Over
2 million students
and counting!

Professional Development

We offer impactful trainings to support the implementation of CATCH My Breath along with our train-the-trainer model of certifying individuals to facilitate trainings in their communities. Although training is not required to access the curriculum, it is highly recommended for fidelity of program implementation, sustainability, and reaching more youth.



Program Access & Questions

catchmybreath.org | catchmybreath@catch.org

CATCH[®]
GLOBAL FOUNDATION

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