

“ 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](https://catchmybreath.org) | [catchmybreath@catch.org](mailto:catchmybreath@catch.org)

**CATCH**<sup>®</sup>  
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