

**CATCH**® MY BREATH

# YOUTH VAPING PREVENTION PROGRAM

Evidence-Based ◇ H.B. 110 Compliant ◇ Easy to Integrate

Effective September 30, 2021, HB 110 requires health curriculum to include "the harmful effects of ... electronic smoking devices."



CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by the University of Texas. 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, including JUUL devices.

The program can be taught in one or multiple grade levels (5-12). The FREE curriculum is available for 5th/6th, 7th/8th and 9th - 12th grade levels. Each includes four lessons, 30-40 minutes each.

## HB 110 Required, Here's How We Help

- Certified CATCH My Breath instructors
- Training consists of a 30-minute virtual orientation followed by 45 minutes of asynchronous online coursework
- \$100 one-time training fee for unlimited district staff to attend
- For questions or to schedule the training, contact Leslie Charles at [leslie.charles@mvesc.org](mailto:leslie.charles@mvesc.org)