



CATCH MY BREATH

YOUTH VAPING PREVENTION PROGRAM

EPIC offers the CATCH My Breath Vaping program. CATCH my Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information that will equip students with the knowledge and skills to make informed decisions about e-cigarettes, including JUUL and disposable devices and how to resist social pressures to vape.



EDUCATION



RESIST SOCIAL
PRESSURE



SCHOOL-BASED

HOW IT WORKS

WHERE: Lessons are taught in the school classroom during school hours.

DURATION: Typically four lessons that last 30-40 minutes per version, or to accommodate the school schedule, we offer two longer sessions.

4 VERSIONS: Grades 5-12 (Ages 10 -18)

Can be taught in one or multiple grade levels:

5th Grade, 6th Grade, 7th/8th Grade, and 9th-12th Grade

Speak with a prevention Educator to schedule the lessons.

CONTACT: PREVENTION@EPICBH.ORG | (904) 829-2273 Extension: 9641

**7 OUT OF 8 STUDENTS SAY THEY ARE
LESS LIKELY TO USE
E-CIGARETTES
AFTER CATCH MY BREATH.**

CATCH MY BREATH TEACHES STUDENTS TO:

- 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 peer pressure
- Influence others not to use E-cigarettes

**THE ONLY SCHOOL-BASED VAPING
PREVENTION PROGRAM PROVEN TO REDUCE
THE LIKLYHOOD OF VAPING AMONG YOUTH**

(904) 829-2273 | EPICBH.org



We accept most commercial insurances, Medicaid, self-pay with sliding scales, Visa & MasterCard.
Accommodations are available for disabled or deaf/hearing-impaired. For assistance, use x 4016



Sponsored by EPIC Behavioral Healthcare, LSF Health Systems, and the State of Florida, Department of Children and Families.

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