

CATCH MY BREATH

TEEN VAPING PREVENTION PROGRAM

CATCH My Breath* is a peer-reviewed, evidence-based youth vaping prevention program. The program provides up-to-date information to equip students with the knowledge and skills they need to make informed decisions about the use of nicotine devices.

Four Versions

- 5th Grade
- 6th Grade
- 7th – 8th Grade
- 9th – 12th Grade

The program is designed in four versions to provide information, knowledge and skills for ages 12-18 (grades 5-12) in teen vaping prevention. Each version has four, 30-40 minute lessons.

LESSON TOPICS

5th Grade

- Consequences of Using E-Cigarettes.
- Making Our Own Choices.
- Don't Let Them Lie and Win.
- Your Life. Your Choice.

6th Grade

- Consequences of Using E-Cigarettes.
- Making Our Own Choices.
- Don't Let Them Lie and Win.
- Your Life. Your Choice.

7th – 8th Grade

- Understand the Choice.
- The Brain Rewired.
- Stand Firm on Your Choices.
- Your Life. Your Choice.

9th – 12th Grade

- Your Life. Your Choice.
- Addiction.
- Quit/Avoid.
- What's Your Why?

CURRICULUM GOALS AND RATIONALE

The overall goal of CATCH My Breath is to prevent the initiation of e-cigarette use among teens and preteens.

The program is designed to help students:

- Discover that non-use of e-cigarettes is the norm of adolescents.
- Identify reasons why young people might start using e-cigarettes.
- Recognize the subtle, and not so subtle, messages in e-cigarette advertising.
- Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes.
- Decide on their personal reasons not to use e-cigarettes and set goals for future non-use.

The intended outcomes are to ensure that students will:

- Resist their own curiosity, peer and advertising pressure to experiment with e-cigarettes.
- Understand that e-cigarettes are addictive, unhealthy and not as popular as they think.
- Influence friends and peers not to use e-cigarettes.

FOR MORE INFORMATION, please contact NCS-TakeCharge@fairfaxcounty.gov or visit: www.fairfaxcounty.gov Search: Take Charge



CATCH[®]
MY BREATH



*CATCH My Breath is a best-practice-based program that was modeled after an evidence-based program called the Class of 1989 Study with elements derived from the Coordinated Approach to Child Health (CATCH) Program.



Reasonable accommodations made upon request; call 703-324-4600 or TTY 711.



A Fairfax County, VA Publication.
Printed 7/2023