



The Will County Health Department Tobacco Control & Prevention program is looking for Middle and High Schools to participate in a FREE e-cigarette and vaping prevention curriculum.

The curriculum, **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.

CATCH My Breath, can be taught in 5th through 12th grade.

CATCH My Breath, consists of **FOUR LESSONS 30-40 MINUTES EACH**

The results of the 2020 Illinois Youth Survey (IYS) show that youth in Will County showed that 9% of Will County eighth grade students and 28% of Will County twelfth grade students used any tobacco products, including e-cigarettes in the past 30 days!

CATCH My Breath trained Will County Tobacco Control & Prevention program staff are available to facilitate this curriculum into a number of different classroom settings: health, physical education, science, etc.

## **OVER 1 MILLION STUDENTS HAVE GONE THROUGH THE CATCH MY BREATH PROGRAM**

Visit [www.CatchMyBreath.org](http://www.CatchMyBreath.org) for more program information

If your school would like to learn more please call 815-727-8769 or email Betsy Cozzie-[bcozzie@willcountyhealth.org](mailto:bcozzie@willcountyhealth.org) or Dan Hamilton- [dhamilton@willcountyhealth.org](mailto:dhamilton@willcountyhealth.org)



The Tobacco Control & Prevention program works with the support and partnership of the Will County Substance Abuse Prevention Coalition