



The Will County Health Department Tobacco Control & Prevention program is looking for Middle and High Schools to participate in a FREE, comprehensive 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 2022 Illinois Youth Survey (IYS) show that youth in Will County, 5% of 8th grade, 9% of 10th grade, and 13% of 12th grade students, used e-cigarettes or other vaping products in the past 30 days! By increasing vaping education in our county, we can reduce these numbers and make significant strides in preventing and mitigating youth vaping.

CATCH My Breath experts from the Will County Health Dept.'s Tobacco Control & Prevention program staff are available to train school staff on this curriculum, and help implement the program into a number of different classroom settings: health, physical education, science, etc.

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

Visit [catch.org/program/vaping-prevention/](https://catch.org/program/vaping-prevention/) for more program information

If your school would like to learn more, please contact: James Budrick-Diaz, MPH ([jbudrick-diaz@willcountyhealth.org](mailto:jbudrick-diaz@willcountyhealth.org)), Aishwarya Balakrishna, MPH ([abalakrishna@willcountyhealth.org](mailto:abalakrishna@willcountyhealth.org)), or Katie Schram, BSEd ([kschram@willcountyhealth.org](mailto:kschram@willcountyhealth.org))