

# Vaping Prevention Curriculum Project



## CATCH MY BREATH E-Cigarette and JUUL Prevention Program

- Easy To Access Materials
- Training Webinar for Teachers
- Ontario Supplementary Package
- Grey/Bruce Evaluation
- Modules for Grades 6,7,8

### What is the Issue?

The rise of youth vaping is threatening to undo decades of work in tobacco prevention! In 2017, more youth in South Western Ontario had vaped than smoked tobacco cigarettes and given the rise in popularity and availability of vape pods, we know this is worse now. Use of e-cigarettes or vaping devices appears to have unique health risks and recent research has shown that youth who vape are 4 times more likely to begin smoking tobacco cigarettes.

### Why use Catch My Breath?

It is an evidence based program that has been shown to be successful through a pilot with over 2000 youth. This program is not sponsored or connected to any tobacco or vaping company.



### How much time is involved?

- 1 hour training webinar for teachers
- Four, 30 minute lessons in each grade module taught over 4 weeks
- 1 peer selection activity and 1 peer leader training session before lessons begin (this component is optional, but is a known best practice when teaching this material.)
- One pre and post online survey with students
- Minimal prep required – lessons and plans, activities, power points and quizzes available through online portal.

## How to Sign Up?

To register, teachers can visit <https://www.publichealthgreybruce.on.ca/Your-Health/Smoke-Free-Living/Catch-My-Breath> Once you are registered, your healthy school nurse will contact you with more information and details.

