



ILLINOIS YOUTH SURVEY

Resources on Vaping, Tobacco, & Cannabis Use

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CATCH[®]
MY BREATH

Catch My Breath Curriculum

CATCH My Breath nicotine vaping prevention program is for students in 5th through 12th grade. The core curriculum is composed of four, 30 to 40-minute lessons in which students will identify the health risks of e-cigarette use, learn about the hazardous chemicals involved, analyze tobacco marketing tactics, and develop, practice, and demonstrate refusal skills.



Visit <https://www.bevapefree.org/educators/> to learn more about *CATCH My Breath*



Be Epic, Escape the Vape

Be Epic, Escape the Vape was created to help reduce tobacco use and prevent vaping initiation among youth in rural areas. Using a multicomponent intervention approach, *Be Epic* provides parent, teacher, and youth vape prevention education as well as a social media campaign focused on debunking myths surrounding e-cigarette use. The objective of each of these components is to decrease risk factors and increase protective factors in youth to prevent initial use of e-cigarette products.



Visit <https://extension.usu.edu/be-epic/> to learn more about *Be Epic, Escape the Vape*

SAMHSA
Substance Abuse and Mental Health
Services Administration

Preventing Marijuana Use Among Youth

This guide references several IDHS SUPP-approved, evidence-based curricula for alcohol and/or marijuana prevention:



Botvin LifeSkills | Middle & High School | www.lifeskillstraining.com



All-Stars | Grades 4-12 | www.allstarsprevention.com



Lions Quest | Grades 6-8 | www.lions-quest.org



Project Alert | Grades 7-8 | www.projectalert.com



Project Toward No Drug Abuse | High School | tnd.usc.edu



Too Good For Drugs | Elementary, Middle, & High School | www.mendezfoundation.org