

October 8, 2019



Dear Parents of CCSD93 Middle School Students,

Adolescent vaping is on the rise. The Food and Drug Administration cite a recent study that found that vaping has increased by 50% among middle schoolers since last year. This letter is to inform you that CCSD93 will be doing our part to assist our middle school students in better understanding the harmful effects of vaping.

Coordinated Approach to Child Health (CATCH) My Breath lessons have been added to the 6-8th grade physical development/health curriculum. CATCH My Breath is a vaping/inhalant prevention program that will provide students with the skills to resist peer pressure and media influences to try vaping. There are four lessons at each grade level that will be taught during health classes prior to winter break. Below are the details of the program.

The overall goal of CATCH My Breath is to prevent the initiation of e-cigarette use among preteen and teen adolescents. The program is designed to help students:

- Discover that non-use of e-cigarettes is the norm for 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 may think
- Influence friends and peers not to use e-cigarettes

To learn more about CATCH programs, materials, and training, visit the CATCH Global Foundation website at <http://catchinfo.org/>. If you have any questions regarding the program, please contact your child's principal. For even more information about adolescent vaping, view our parent presentation featuring police, school, and medical experts at www.ccsd93.com/dangersofvaping. Together, we can keep our students healthy and safe.

Sincerely,

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CCSD93

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Early Childhood Center

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