

UWHARRIE RIDGE 6-12 SUMMARY

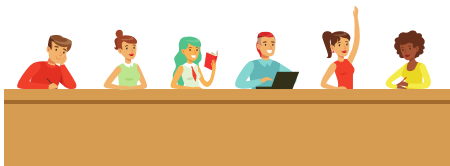
WHAT IS IT?

CATCH My Breath is a youth e-cigarette prevention program that targets 5th-12th graders to prevent them from starting to vape.



Randolph County Public Health implemented the program at Uwharrie Ridge 6-12 during the month of October 2023.

There were **90** 7th graders that went through the program at Uwharrie Ridge 6-12.



WHY IS IT BENEFICIAL?

This program will help to prevent youth from starting to vape. Harmful chemicals such as propylene glycol and vegetable glycerin can be found in vapes. Nicotine is also highly addictive for youth.



"The program was great. It went into very good detail."
-Student 1



"I love this program. The program can teach you a lot of things!"
-Student 2



"It was a very good program."
-Student 3

Students took a pre-test on the first day of class to see what they already knew about vapes. At the end of the class series the students took a post-test to see what they learned throughout the week.



Uwharrie Ridge has a school policy of "No Tech Tuesdays". Due to this, class 7B was not able to take the pre-test making the data unavailable.

