



CATCH My Breath Student Post-Survey

Student Assent

- In this survey you are being asked to answer questions about your knowledge, attitudes and experience with E-Cigarettes. The data from this survey will be used to help kids your age all over the country.
- **This survey is anonymous. No one at school or at home will see your answers.**
- Taking part in this survey is up to you. Participating will not affect your grades in school or your ability to join any school activities.
- If you do not want to answer a question, you can skip it.
- You may stop taking part in this survey at any time.
- By completing this survey, you agree to take part in this survey.

1. Please complete the following:

School:

Grade:

Subject/Class:

Your Teacher's Name:

Today's Date:



CATCH My Breath Student Post-Survey

This survey asks questions about your knowledge and experiences with E-cigarettes. Read each question carefully and pick the answer that is most true for you. This is not a test and there are no right or wrong answers. Your answers are private and will not affect your grades in any way.

2. What is your birthdate?

Birthdate:

Date

MM/DD/YYYY

3. What is your sex?

- Female
- Male

4. Are you Hispanic or Latino/a?

- No
- Yes

5. What race or races do you consider yourself to be?

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White
- More than one race

6. What grade are you in?

- 5th grade
- 6th grade
- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade

7. What subject/class are you taking this survey in?

- Health Education
- Physical Education (P.E.) or Gym
- Science
- Math
- Social Studies
- English/Language Arts
- Homeroom or Advisory
- Other



CATCH My Breath Student Post-Survey

Questions 7-10 are about cigarette smoking. Questions in this section do not include E-cigarette use.

8. Have you ever smoked a cigarette, or any other kind of tobacco like a cigar or pipe, even one or two puffs?

- Yes
- No

9. During the past 30 days, have you smoked a cigarette, or any other kind of tobacco?

- Yes
- No

10. Do any of your closest friends smoke cigarettes?

- None of them
- Some of them
- Most of them
- All of them

11. Do your parents smoke cigarettes?

- None
- Both
- Father only
- Mother only
- I don't know

The next few questions are about E-cigarettes (including mods and vape pens) and vaping. E-cigarettes include brands such as JUUL, blu, Suorin, NJOY, V2, 21st Century Smoke and others.

Vaping includes JUULing or puffing or ripping and other forms of using an E-cigarette.

12. Have you ever vaped, even one or two puffs?

Yes

No



CATCH My Breath Student Post-Survey

13. During the past 30 days, have you vaped?

Yes

No



CATCH My Breath Student Post-Survey

14. During the past 30 days, on how many days did you vape?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- all 30 days

15. What device did you use to vape? (select all that apply)

- JUUL
- blu
- NJOY
- V2
- I don't vape
- Other (please specify)

16. Did your vape contain nicotine?

- Yes
- No
- I don't know



CATCH My Breath Student Post-Survey

17. Do you think you will vape in the next year?

- Definitely yes
- Probably yes
- Probably not
- Definitely not

18. Are you curious about what it would be like to vape?

- Definitely yes
- Probably yes
- Probably not
- Definitely not

19. If one of your best friends offered you a vape, would you try it?

- Definitely yes
- Probably yes
- Probably not
- Definitely not



CATCH My Breath Student Post-Survey

How much do you agree with the following statements?

20. I would enjoy vaping.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

21. Vaping would help me to deal with problems or stress.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

22. Vaping will help me make new friends.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

23. Vaping would make me wake up and feel energized.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

24. Vaping would make it harder for me to play sports.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

25. Kids who vape look older.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

26. Most kids my age vape.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

27. Most kids in high school vape.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree



CATCH My Breath Student Post-Survey

The remaining questions ask about your knowledge about E-cigarettes.

28. How many high school students do you think have vaped in the past 30 days?

- 0-20%
- 21-40%
- 41-60%
- 61-80%
- 81-100%
- I don't know

29. Nicotine is addictive and harmful to the body.

- True
- False
- I don't know

30. When you are addicted to something, you lose control.

- True
- False
- I don't know

31. Are E-cigarettes more, equal, or less harmful than Combustible cigarettes?

- E-cigarette are more harmful than combustible cigarettes
- E-cigarettes are equally harmful as combustible cigarettes
- E-cigarettes are less harmful than combustible cigarettes

32. E-cigarette vapor contains mostly water.

- True
- False
- I don't know

33. Most E-cigarettes, including JUUL, contain nicotine.

- True
- False
- I don't know

34. Most sweet, candy and fruit flavored E-cigarettes contain nicotine.

- True
- False
- I don't know

35. How much nicotine is in a JUUL compared to other E-cigarettes?

- More than other E-cigarettes
- About the same
- Less than other E-cigarettes
- I don't know

36. Which of the following is NOT a main part of E-liquid (or E-juice)?

- Water
- Flavoring chemicals
- Nicotine
- Propylene Glycol
- I don't know

37. It is illegal for teens under 18 to use E-cigarettes.

- True
- False
- I don't know

38. Direct pressure is advertising that everyone knows is paid for by the tobacco or E-cigarette industry on bill boards, magazines, television, and on the internet.

- True
- False
- I don't know

39. Indirect pressure is advertising that hides who paid for the advertising and often doesn't even look like advertising.

- True
- False
- I don't know

40. Which of the following is NOT a smart exit strategy refusal strategy?

- Just say no!
- Stand tall with nonsmoking friends
- Put someone down for using E-cigarettes
- Add some humor
- I don't know



CATCH My Breath Student Post-Survey

How much do you agree with the following statements about the CATCH My Breath Program?

41. The CATCH My Breath program increased what I know about E-cigarette use.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

42. I discussed information I learned from CATCH My Breath with friends or family.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

43. If I am offered a vape, I feel confident in using a refusal skill from the program.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

44. I learned a lot about E-cigarettes from the CATCH My Breath program.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

45. I enjoyed being part of the CATCH My Breath program.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

46. I am less likely to vape now that I have participated in the CATCH My Breath program.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

47. The CATCH My Breath program would be effective in getting kids not to vape.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

48. I understand E-cigarette advertising better because of the CATCH My Breath program.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

49. I think all middle and high school kids should go through the CATCH My Breath program.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree