



**VALUE  
YOURSELF**  
... make healthy choices

**"Friends and peers  
can be brought  
together by  
basketball. This  
keeps our minds  
focused, and  
together we stay  
away from drugs."**



**"Sports keep you  
healthy and fit;  
drugs make you  
depressed."**



Photos: Iulia Kondratovich



**"Through sports you  
become satisfied with  
your mental and  
physical abilities  
and eliminate  
the urge to  
take drugs."**



**"Drugs are bad to use  
when you want to achieve  
your goals."**



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UNITED NATIONS  
Office on Drugs and Crime