

Competition Myth 7 - 'Drugs just make me feel so good'

Fact sheet 7 addresses the myth "Drugs just make me feel so good". It discusses the myth that using drugs just makes you feel good or relaxed. In reality, while some of the physical might be pleasant, they do not last long. More importantly, they often come with a bunch of negative effects. The fact sheet discusses actual effects drugs have on physical and mental health and wellbeing.

To break myth 7 we would like to encourage you to collect some relaxation techniques that can help your peers to relax and feel good in the long run!

Please think of what makes you feel good and what is most effective for you for relaxing, unwinding and re-charging. What about helping your peers – what you could do among your friends, in your school, or in your community at large to help people feeling happy and relaxed?

Put these ideas in to practice and document the process or the results, and share them with us and our followers! Let's spread the message and inspire others!

Besides just writing them up there are also many other ways on how to document your ideas and projects. Feel free to choose the most creative one!

For example, you can take pictures while mediating or doing sports, or an drawing of an special place that relaxes you, or maybe you would like to do a video on an activity conducted in your school ?

Please share your ideas and projects with us so that we can spread your message and example around the world. Together we can create a pool of inspiring ways that help us to relax and feel good.

Please share your documentation with us via facebook in the comments and/or via email at youthinitiative@unodc.org by November 30, 2015.

The best results will be published on our website.

We are looking forward to your contribution!