

Activity for breaking the #Myth 4

The fact sheet on myth 4 “Punishing drug users will help to tackle the world drug problem“ discusses why it is so important to see drug use as a public health issue.

To break this myth and to spread awareness on the importance of supporting the health of all of us, including also people using drugs, we challenge you to create a campaign for supporting the mental health of your peers!

Resilient mental health benefits us in numerous different ways. It can also be supported and trained. All of us will benefit from training our mental health to be even stronger, and readier to cope with the normal ups and downs of life in a smoother way, as well as to deal with the more serious challenges life sometimes brings on us.

We would like to challenge you to get creative and take action in supporting the mental health of your peers! This can be done in various ways; we encourage you to find the best ways to answer to the needs of your peers.

Here are some general ideas:

- Say or send positive or inspiring thoughts or compliments to your friends! Do it every day! Encourage your friends to start doing it as well!
- Organise guided relaxation sessions in the middle of busy school days – rested mind works better! Even few minutes of winding down and concentrating on relaxation can make a change.

You could also target your support specifically to the ones who use drugs:

- You could for example to create a map that highlights all health care support services in the area you live in.
- Create a poster against stigma related to drug dependence, and share it in our Facebook page and hang it on a visible place e.g. in your school.
- Spread awareness on the importance of seeing drug use as a health issue. Create a poster or fact sheet in your language and spread it!

Please share pictures or any other visual presentation of your activity with us via Facebook or email at youthinitiative@unodc.org **by 21 November 2014**. The best contributions will be published on our Youth Initiative Facebook page as well as the UNODC website.

**We are looking forward to your contribution!
Good luck and have fun with this challenge!**