

Myth 9 Challenge: “Smart Drugs fuel my brain and boost my academic performance”

Now that you’ve read the Fact Sheet you’re well informed on smart drugs – what they are, why they’re taken and the risks. It’s time to put your knowledge to the test and show you’re smarter than smart drugs!

As you now know, people feel most tempted to take smart drugs when they feel stressed to reach a certain attainment. This makes it really important to be aware of the **things that stress you** and the **ways you can better cope with stress**.

We would like you to think about creative ways to show how you cope with feeling stressed at times.

For example, ways you may cope with stress could include:

- Talking to someone you trust
- Going somewhere that relaxes you
- Eating something you like
- Playing a sport, you enjoy
- Etc....

Ways in which you might like to show us how you cope with stress, could include:

- Drawing a picture
- Recording yourself interviewing a friend, relative or trusted adult
- Creating a photo collage
- Etc...

Share your creative work with us on Facebook or by sending it to youthinitiative@unodc.org by the 25th of August 2017.

The best responses will be featured on our Youth Initiative UNODC website and the Youth Initiative Facebook page.

- **Youth Initiative Website:** <http://www.unodc.org/unodc/en/prevention/youth-initiative/factsheets-and-activities.html>
- **Youth Initiative Facebook:** <https://www.facebook.com/UNODCYouthInitiative/notifications/>

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