

DRAWNS

DOPING RAISING AWARENESS AMONG YOUTHS
IN SPORT RECREATIONAL ENVIRONMENTS

#DRAWTOPLAYCLEAN

A comic to DRAW a fair SPORT



UNIVERSITÀ
CATTOLICA
del Sacro Cuore



ITALIA CONI



FISAF.CZ
ČESKÝ SVAZ AERONAUTIKY A TRAVEL



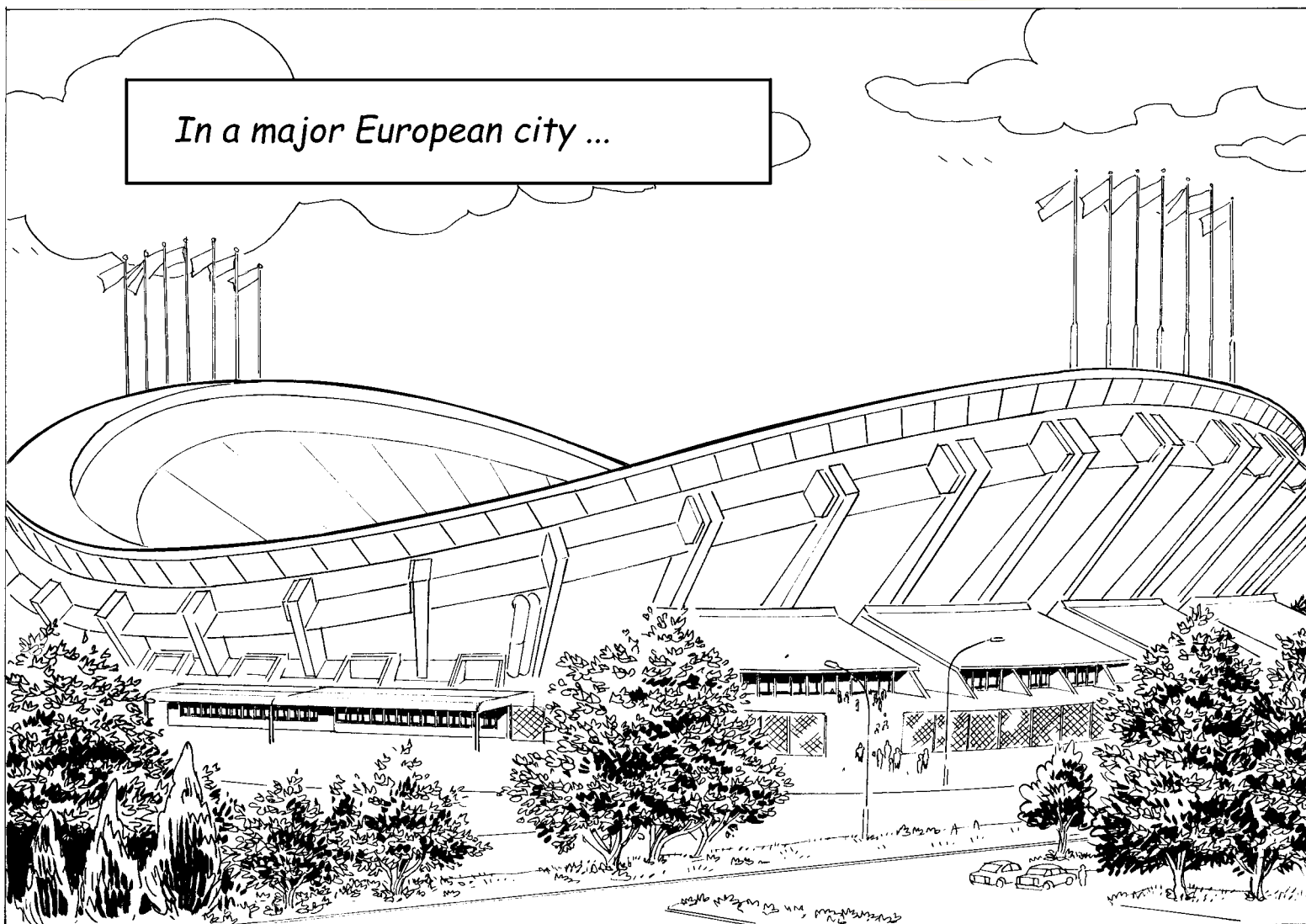
SPORT CLUB
LEVSKI
sport for all

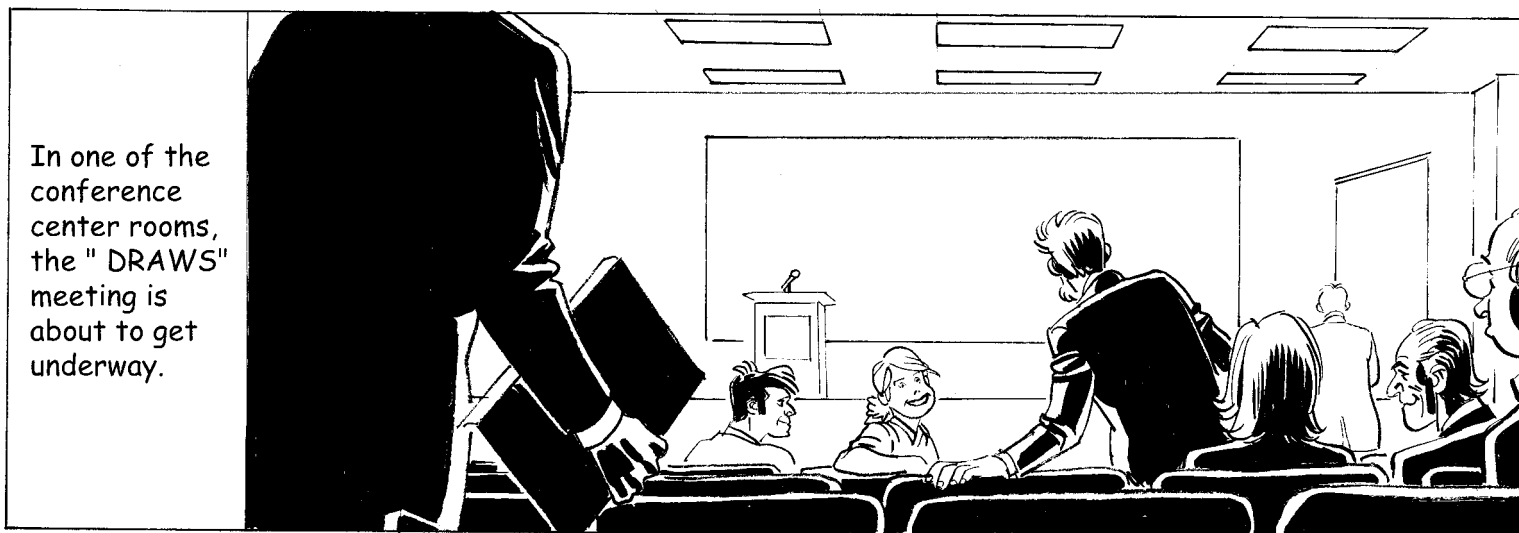
LSFP
LATVIAN SPORTS FEDERATIONS COUNCIL



Co-funded by the
Erasmus+ Programme
of the European Union

In a major European city ...





In one of the conference center rooms, the "DRAWS" meeting is about to get underway.



DRAWS participants are meeting to discuss the findings of this project, a session facilitated by some guest speakers...



Hello, everybody...

I'm
Suave Williamson
and I'm here to
present the results
of the DRAWS
project.
To do so, a wonderful
colleague of mine is
going to help out
...



Josè Garrita!



Hi everyone!
it's honestly my pleasure
to assist you Suave!



CLAP CLAP CLAP CLAP CLAP CLAP CLAP CLAP CLAP CLAP CLAP CLAP

As you know,
the DRAWS project
aims to promote sporting
integrity by fighting aganist
doping among young people
within recreational rather
than elite-level sport,
as well as countering the
culture of doping found
within this arena.



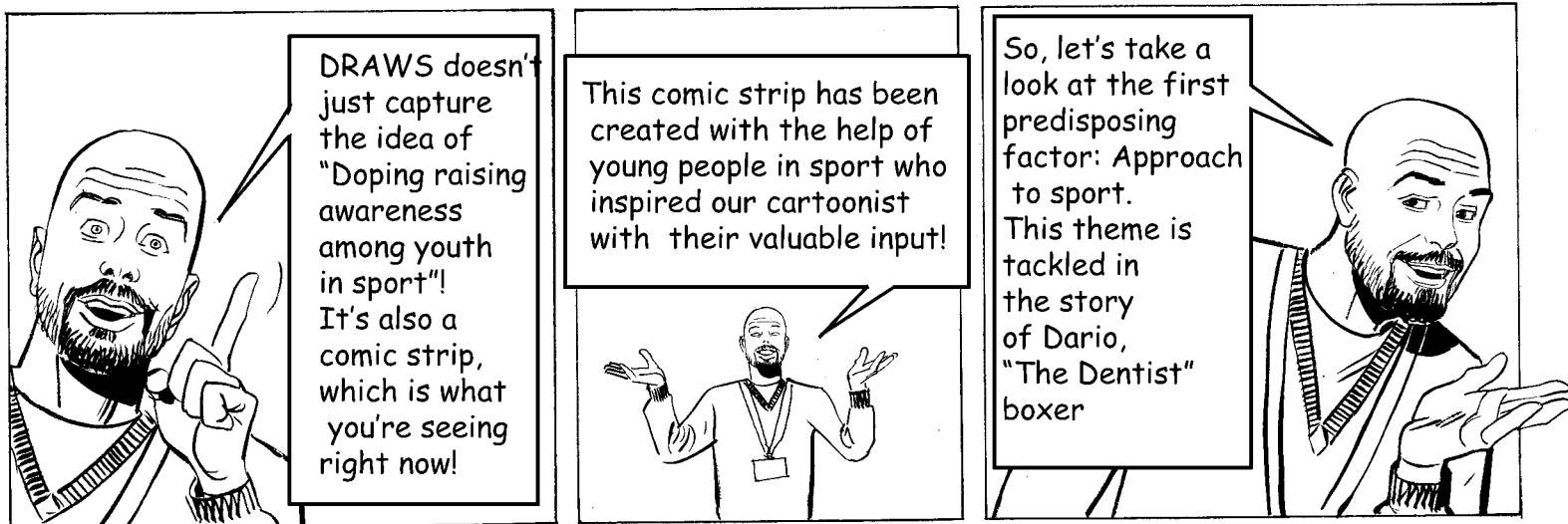
Università Cattolica led the project alongside other European partners: CONI and Lega Pro in Italy; FISAF in the Czech Republic; IOTC in Greece; LUSF in Lithuania; LSFP in Latvia; LEVSKI in Bulgaria and HASK MLADOST in Croatia.

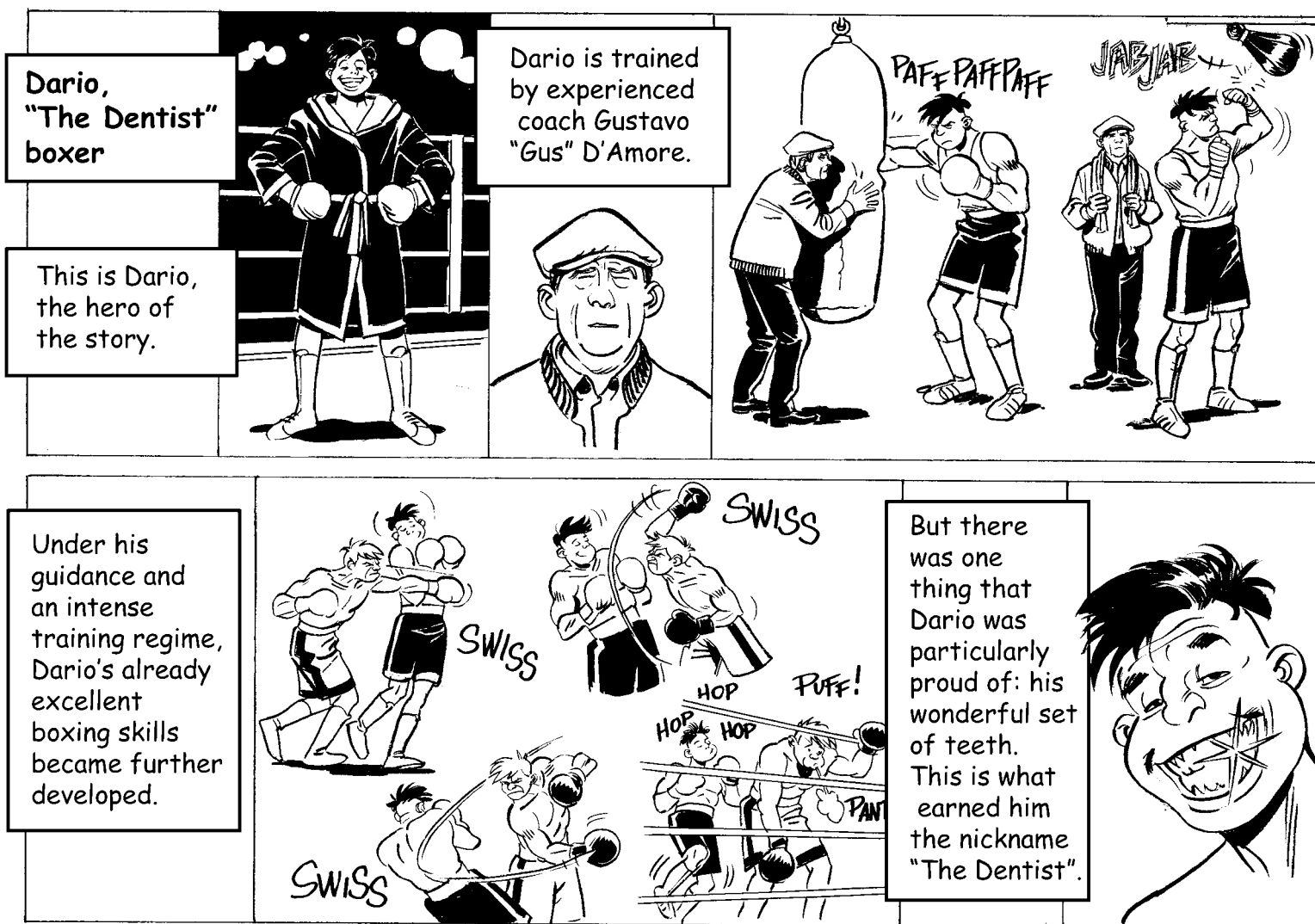
DRAWS

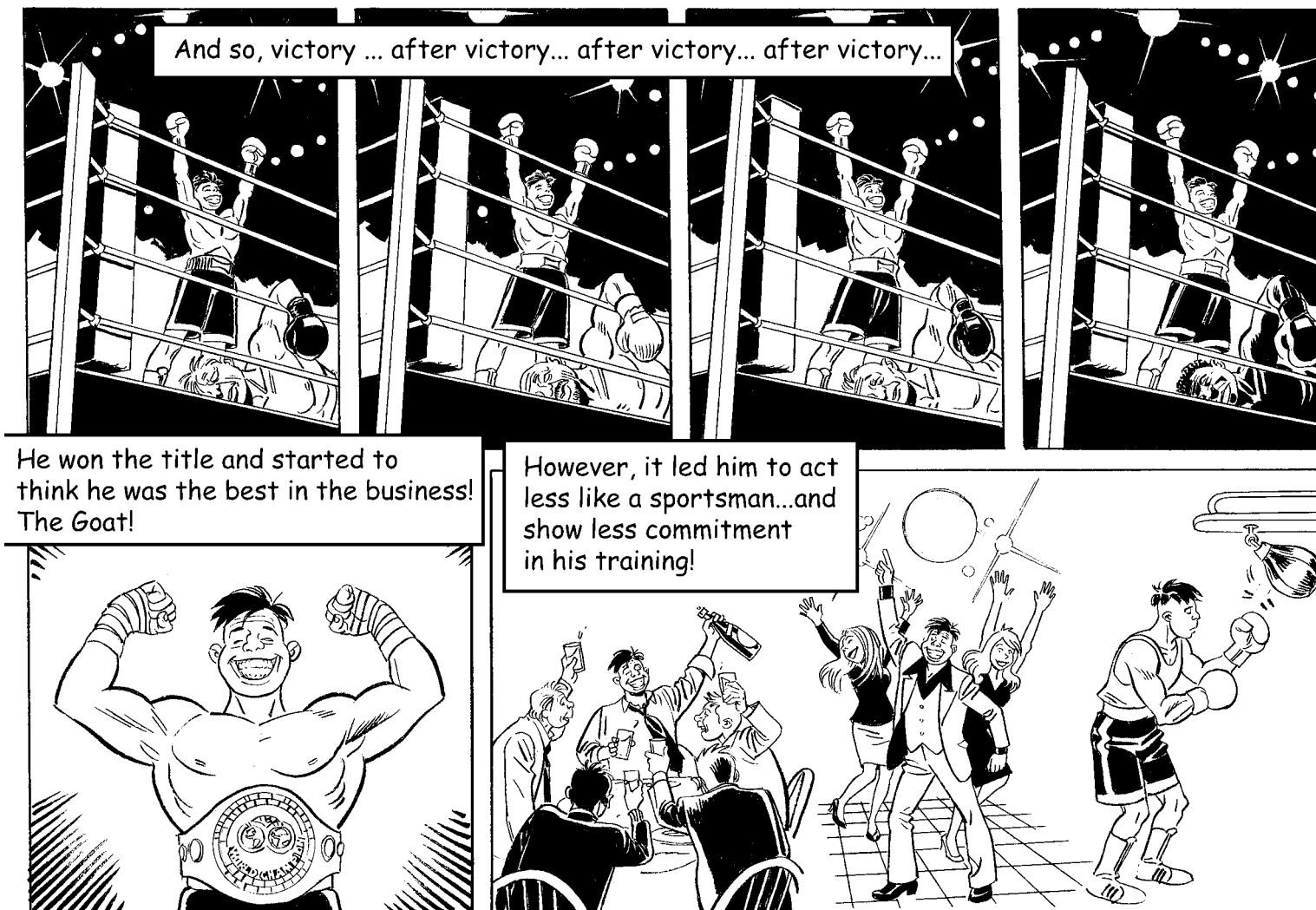
Co-funded by the Erasmus+ Programme of the European Union

The entire project was co-funded by the Erasmus+ Sport Programme

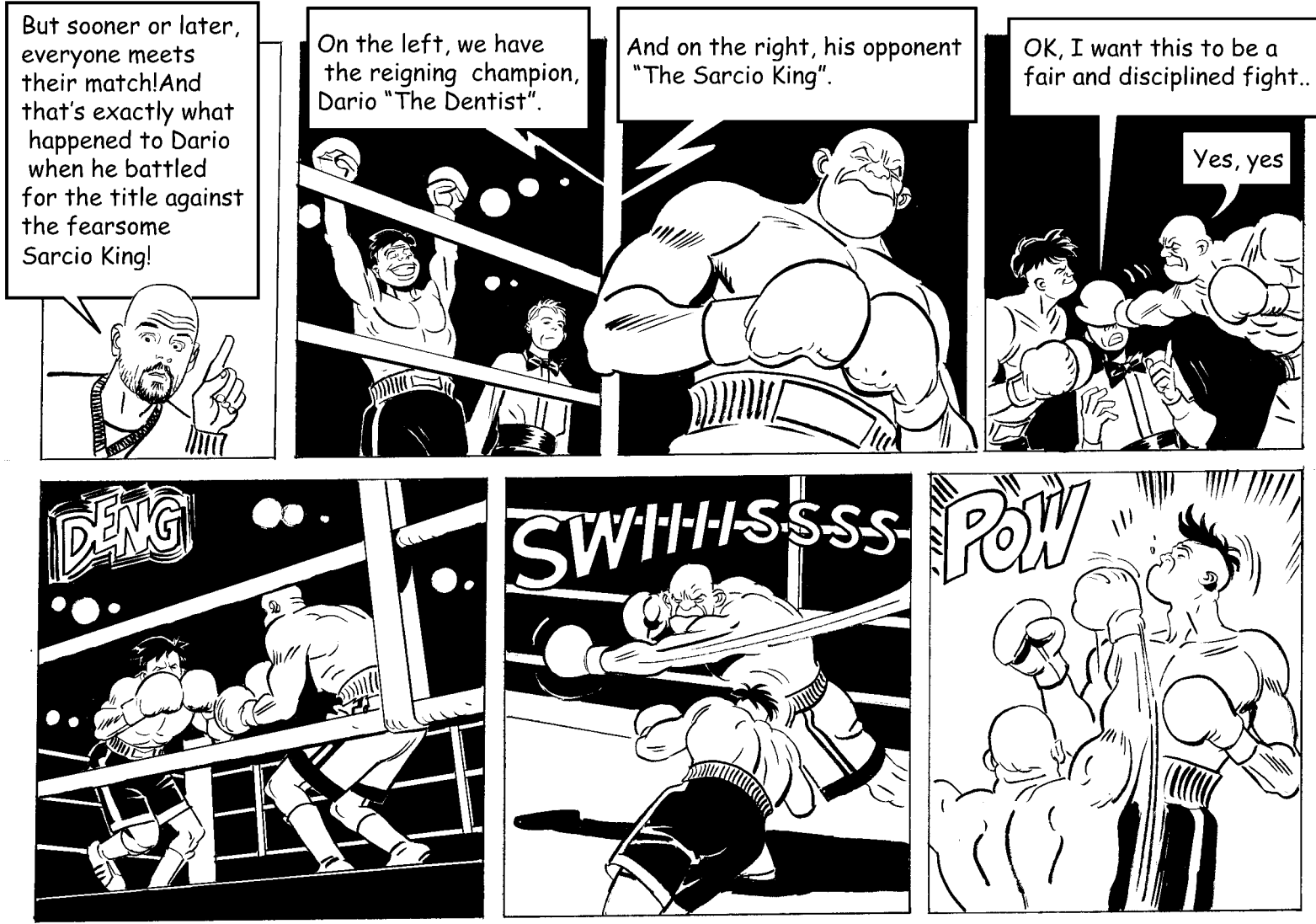
Let's now look at the results of the project: some recent studies show that doping is steadily rising especially in recreational sports

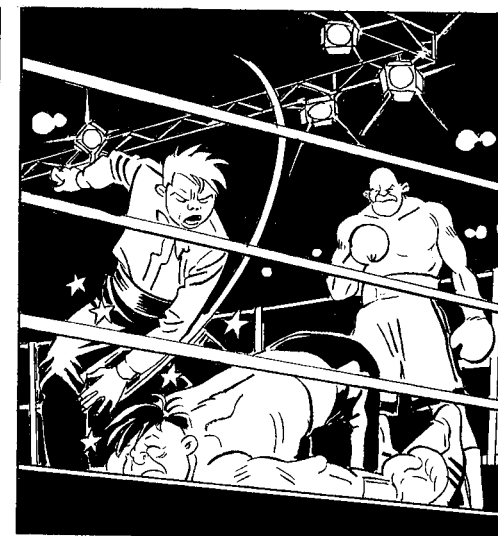
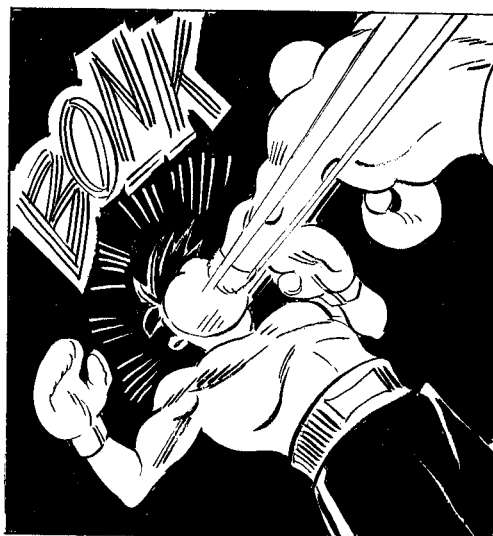








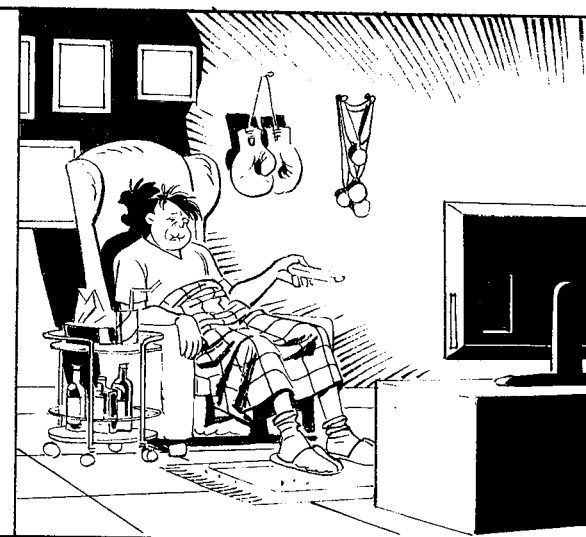




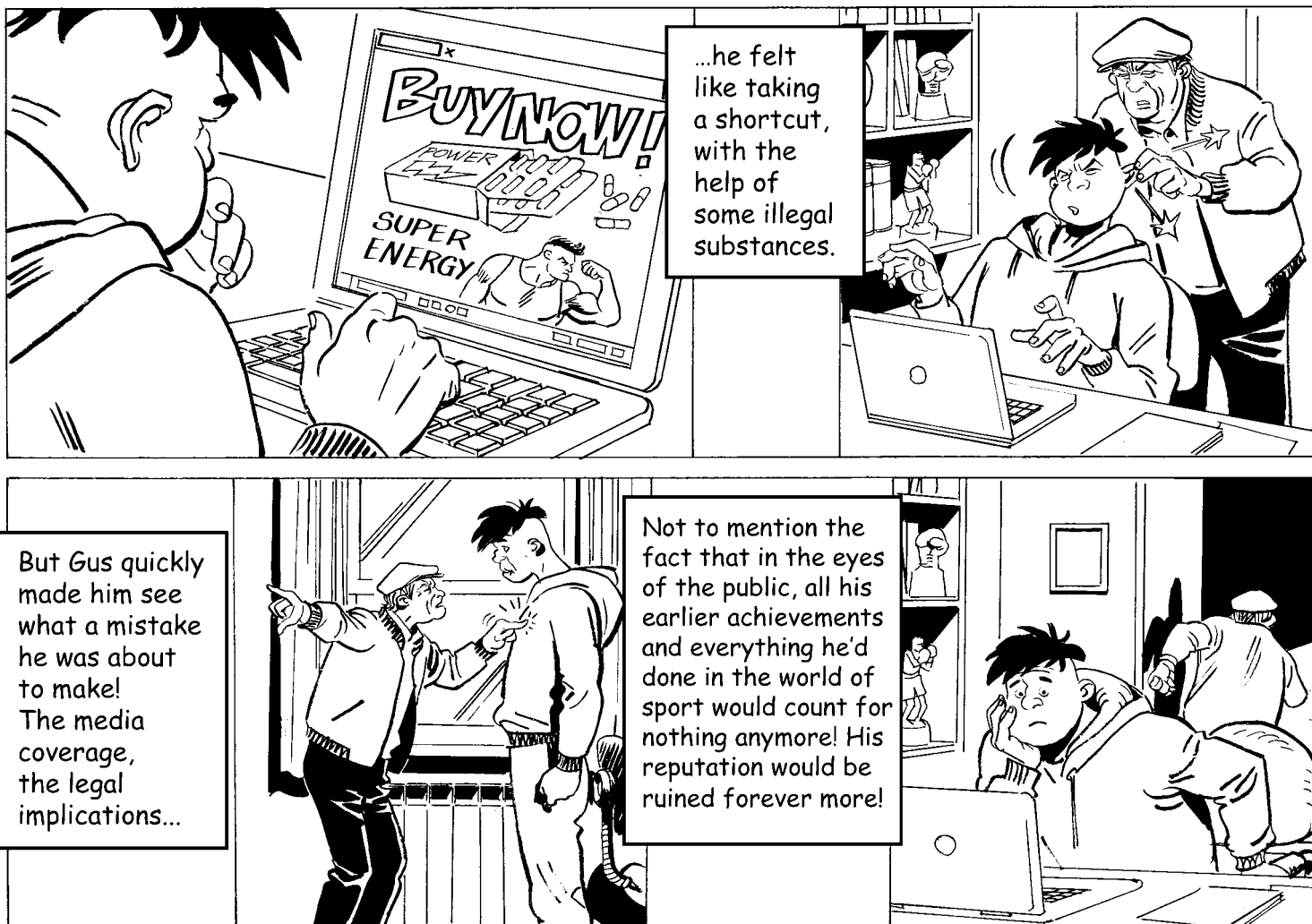
...And that's how our hero lost the match and the title! But what hurts Dario the most was that he lost his teeth.

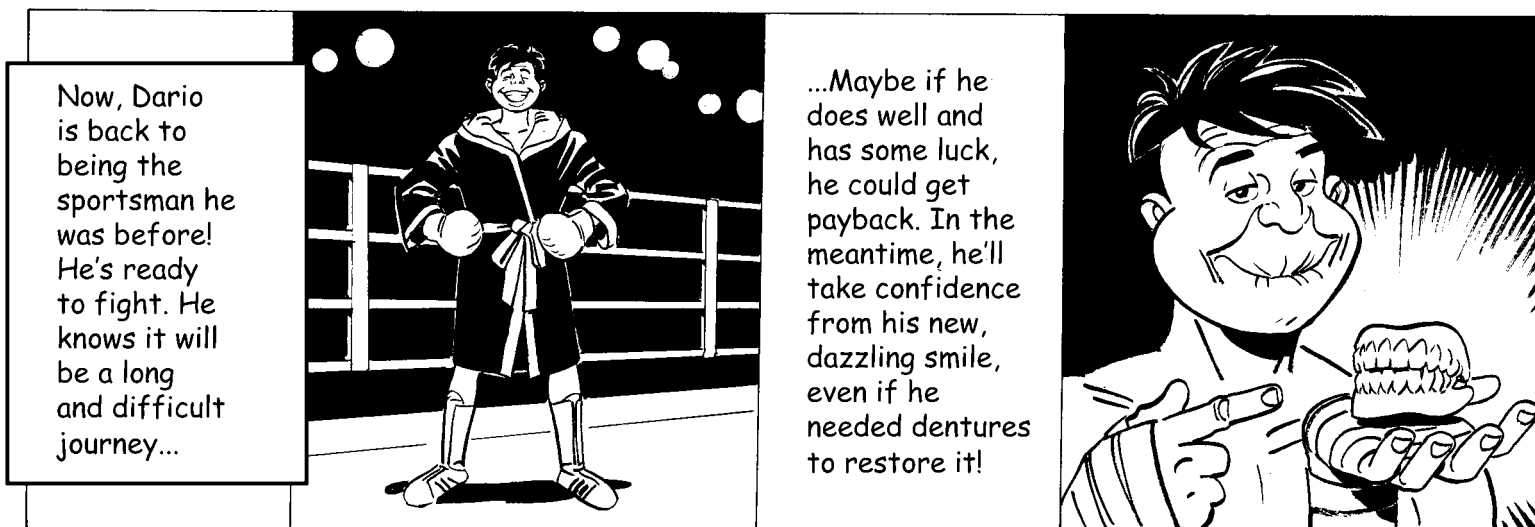
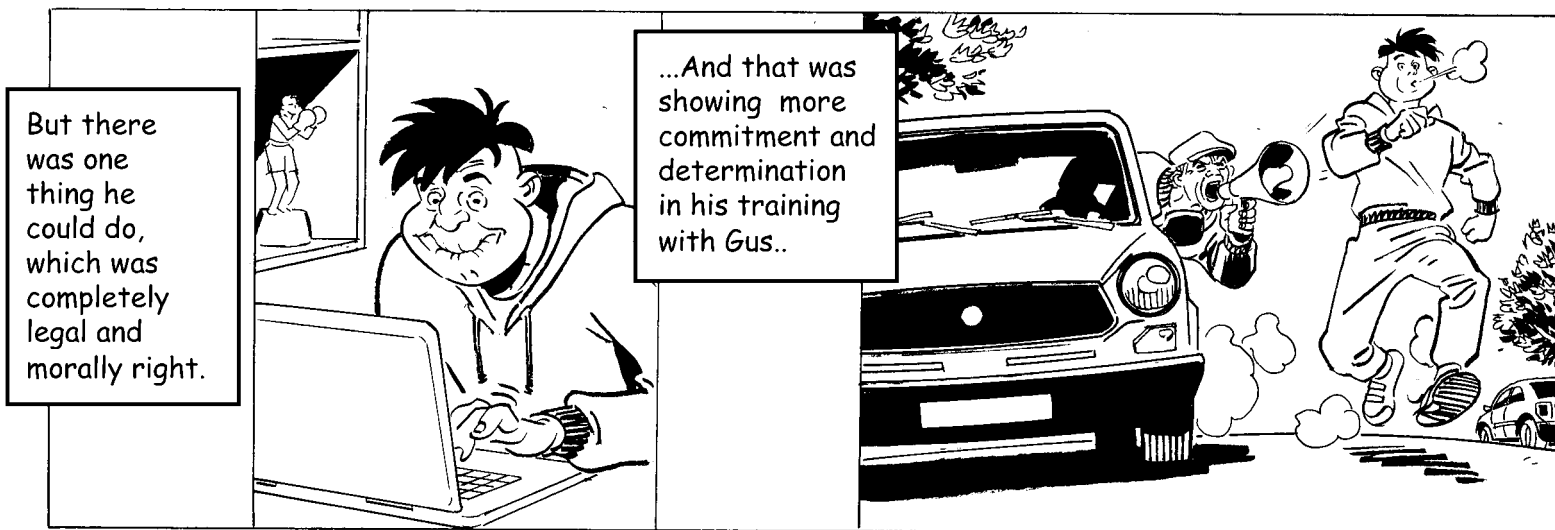


What a loss! What a waste of his beautiful smile! He felt so miserable that he thought about retiring even at such a young age...









Now let's turn our attention to the second predisposing factor: body image.

- 1 APPROACH TO SPORT
- 2 BODY IMAGE
- 3 ENVIRONMENT
- 4 NUTRITION AND PAES'S USE

Many young people idolise the physique of famous sportspeople.

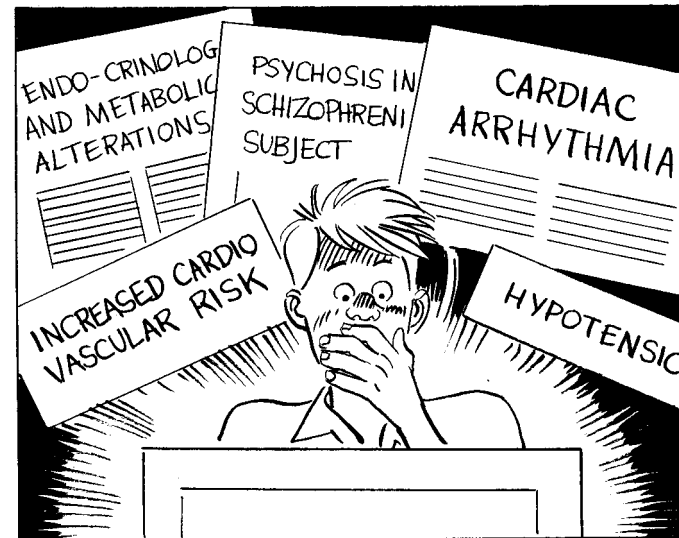
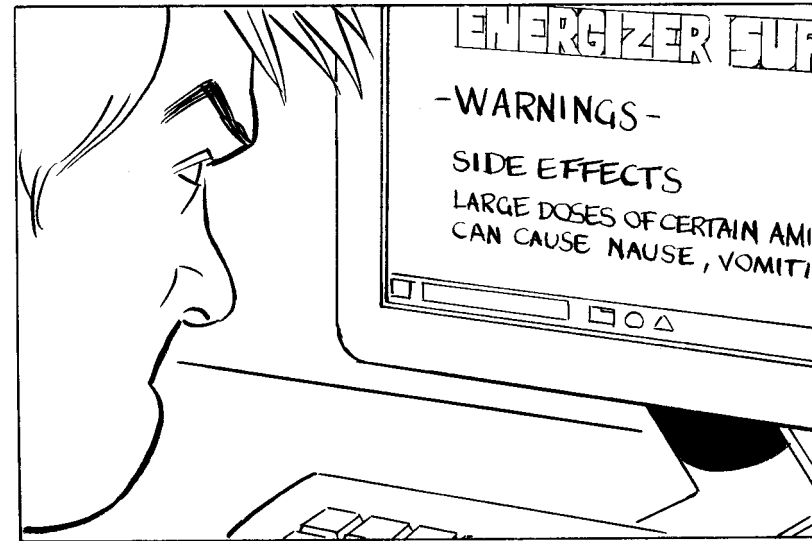
Lots of people think that to reach certain levels in sport, you need to "develop" the right physique! And all of this comes with the backdrop of current beauty standards.

Every sport has its own physical requirements.

We can see all of this in the following two short stories about body image.



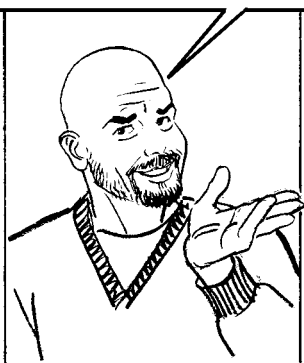








As we have already
said, every sports
has its own physical
requirements



Guys... May I play too?

To do what?
We already have a ball!



Our hero, sad
and dejected,
returns home,
convinced that
he cannot
play with
other boys,
never again



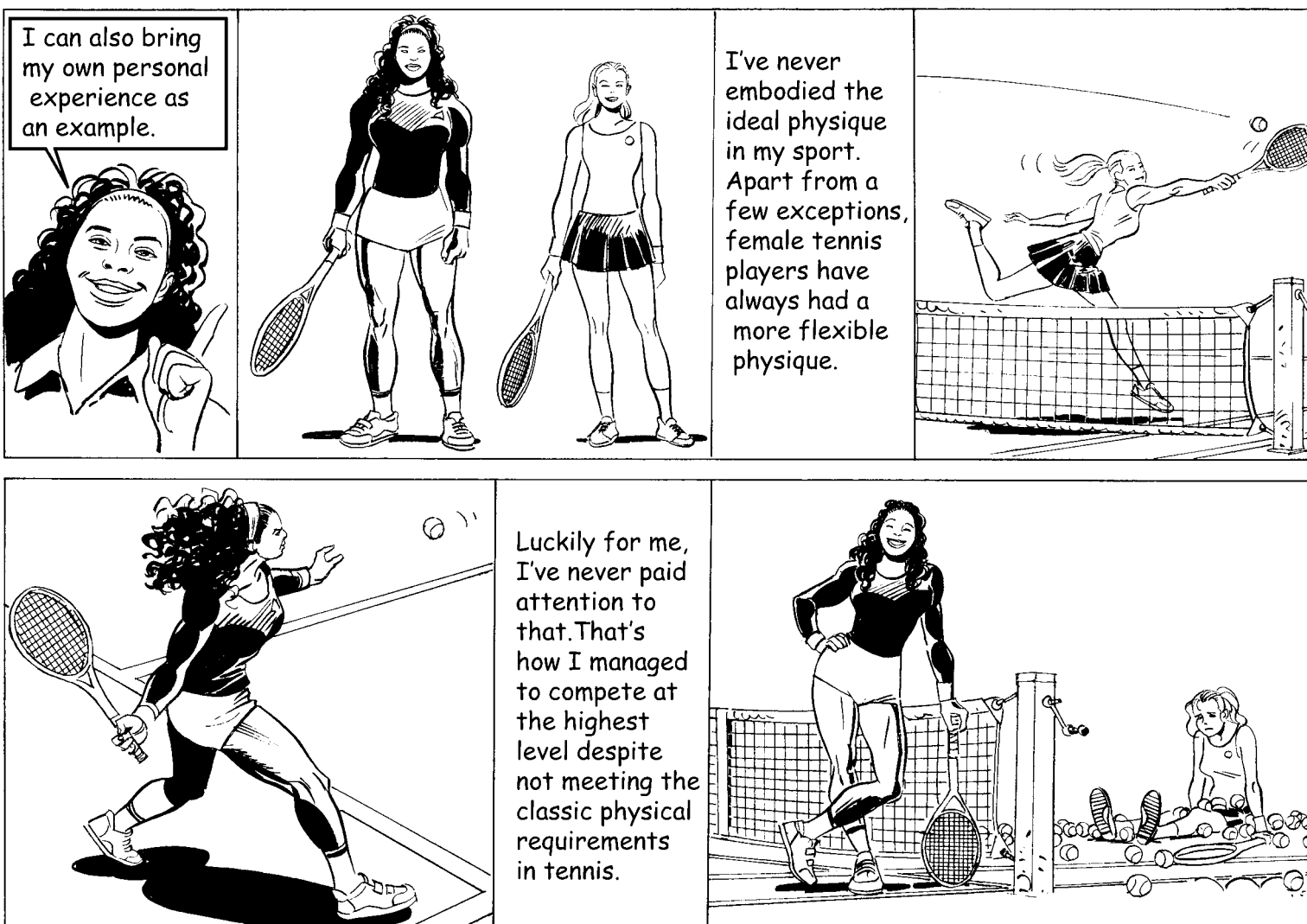
My love...
Is that you?
Go and wash
your hands,
the table
is laid.

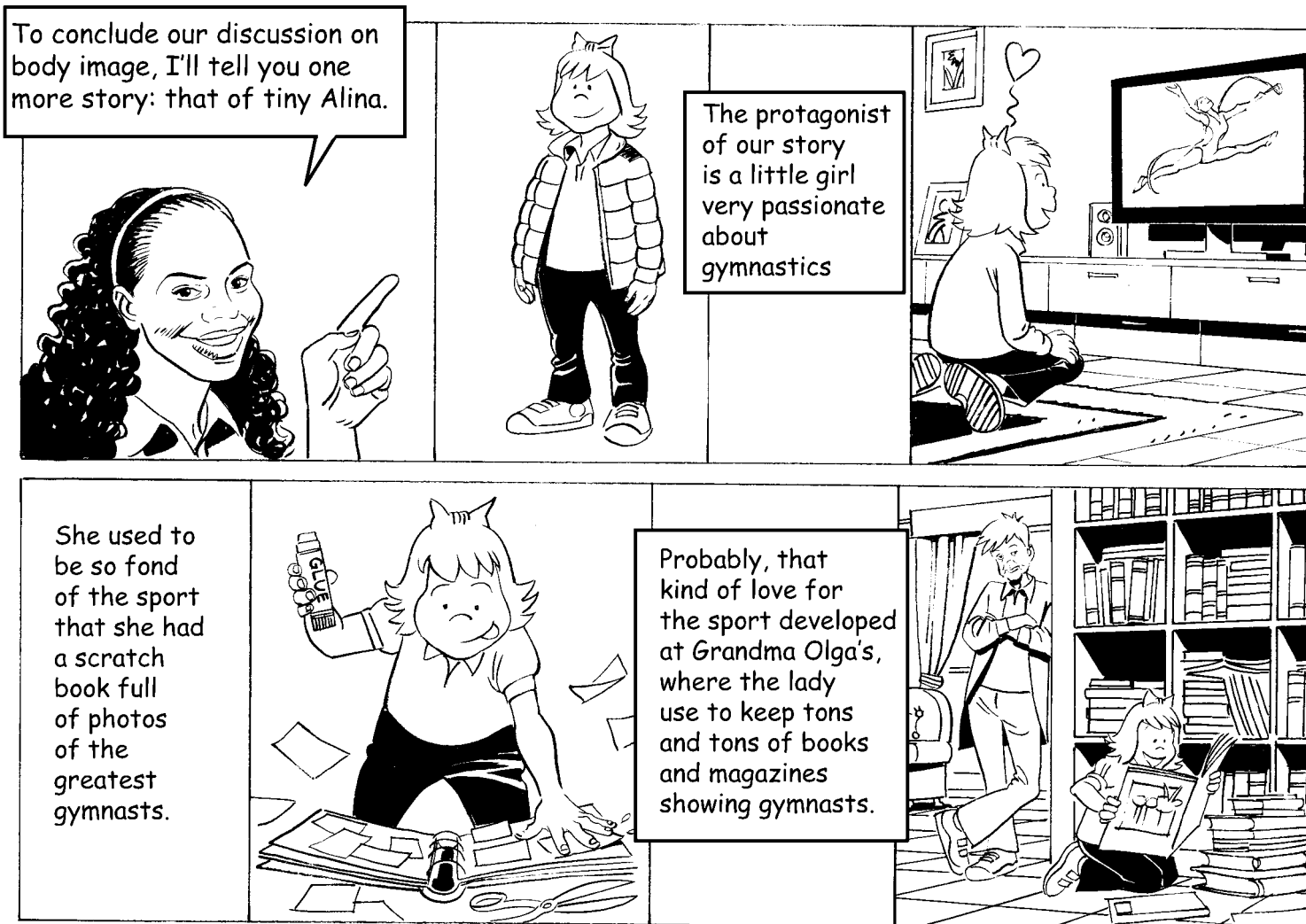


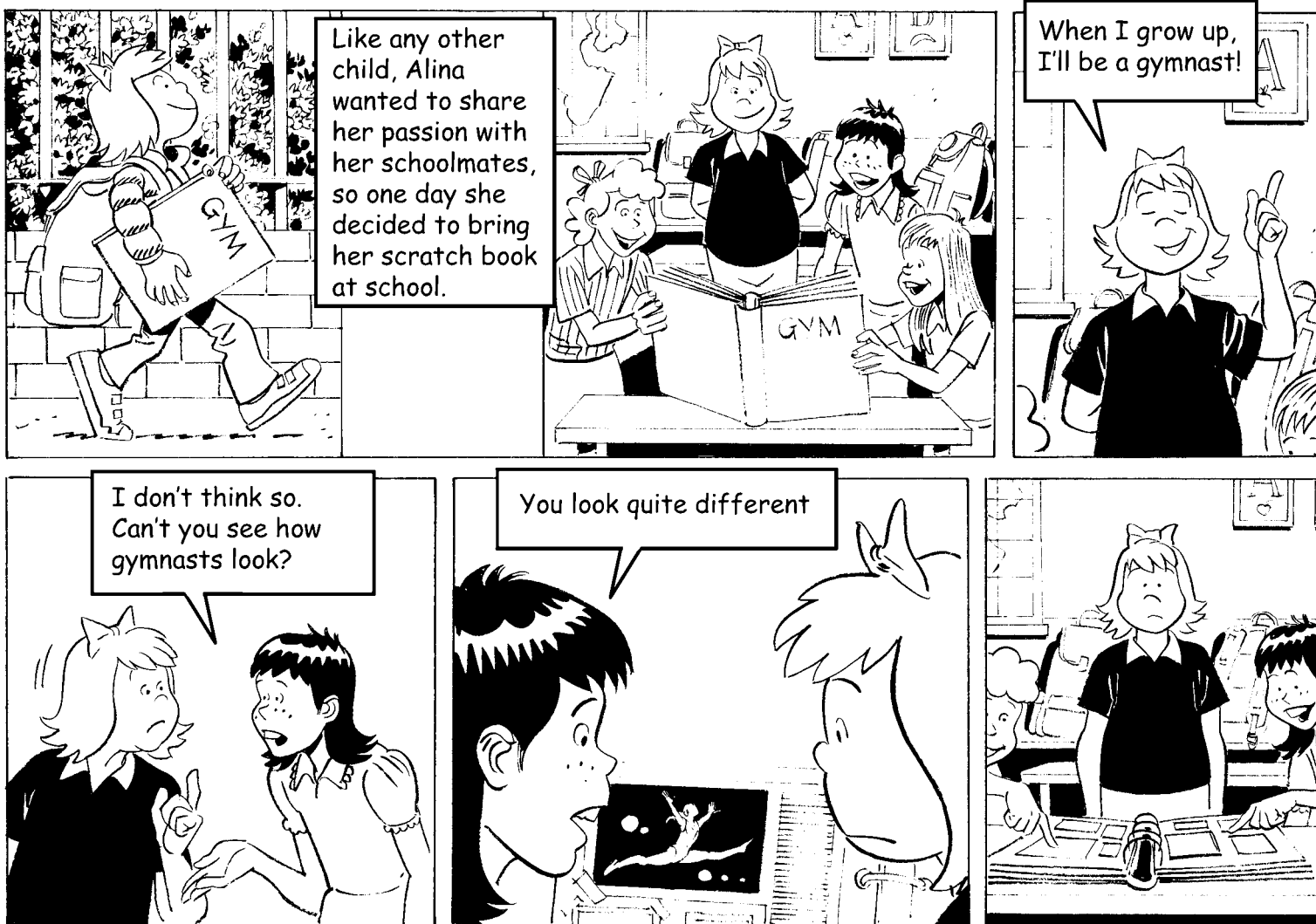
Hi, I'm not
hungry. I'm
not eating.

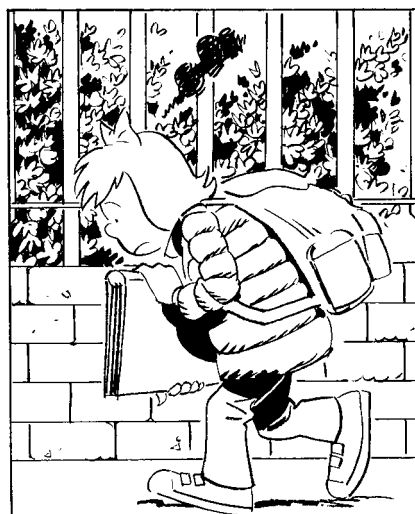




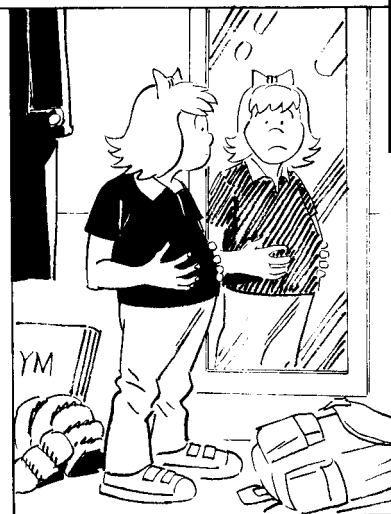




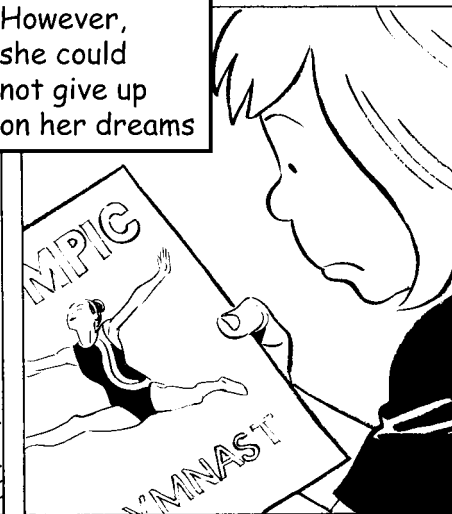




She felt devastated. She could not believe she did not look like the gymnasts of her precious album.



However, she could not give up on her dreams



She was determined to get in shape and look exactly like her heroines.

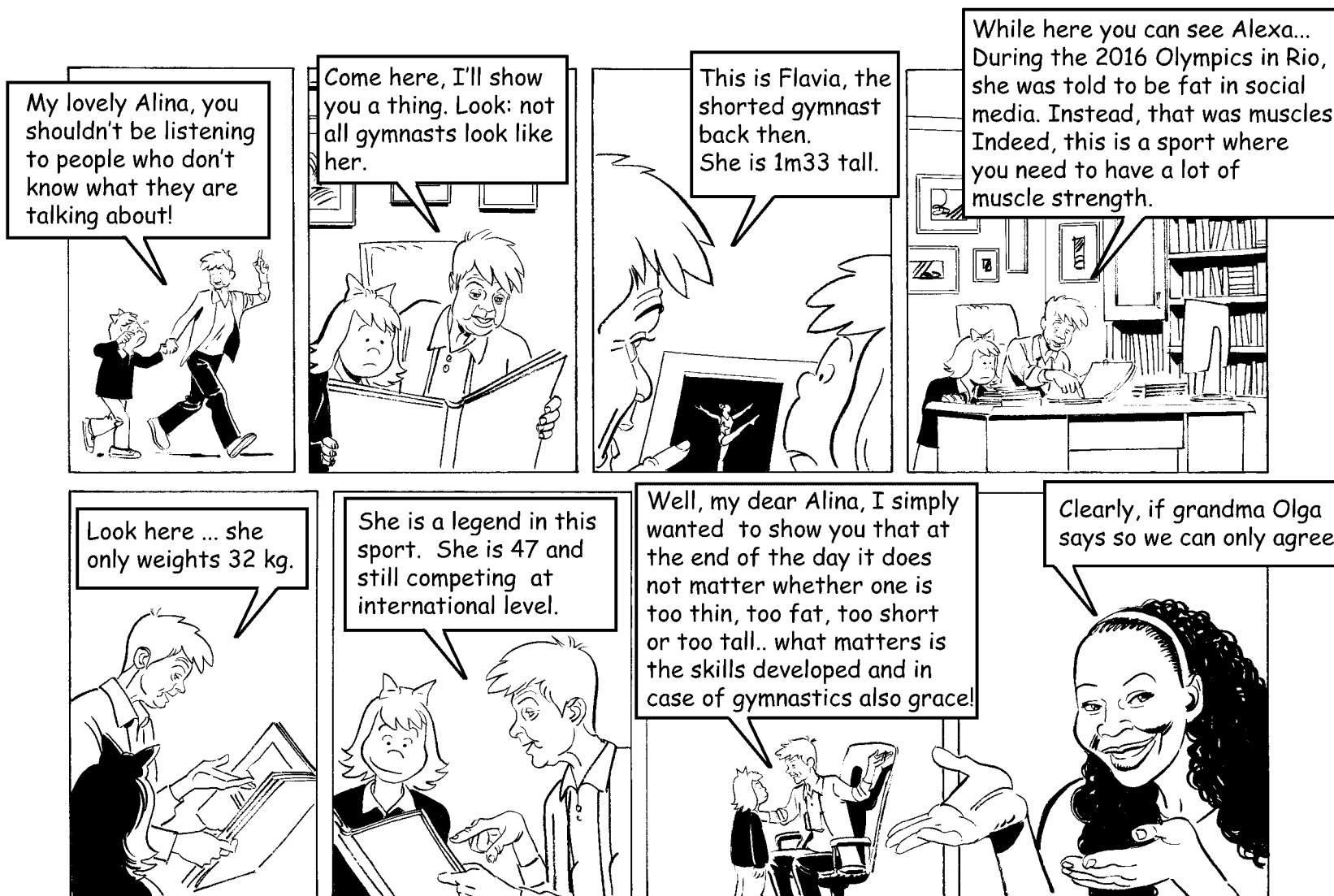


She came up with a plan to lose weight: lots of training and a healthy diet.















The years
went by and
the Genius
went up
through the
ranks as his
stock rose.



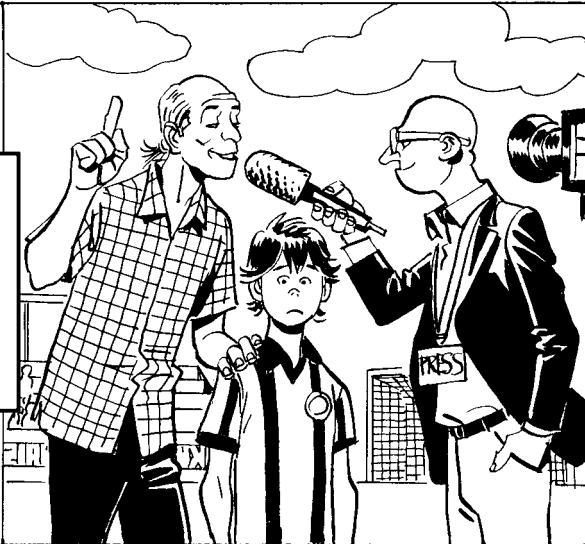
Until he
once again
caught the
eye of
"scouts in
the industry".



And so despite being young, our Genius has an entourage of professionals planning his future.



A group of professionals that manages his image and communication channels...



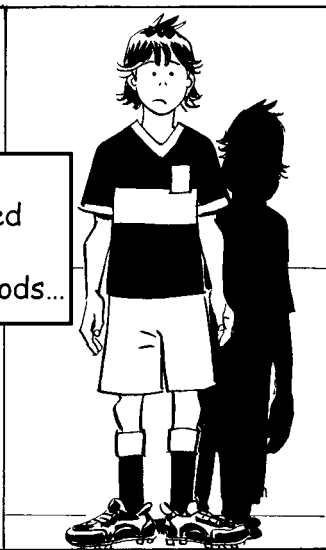
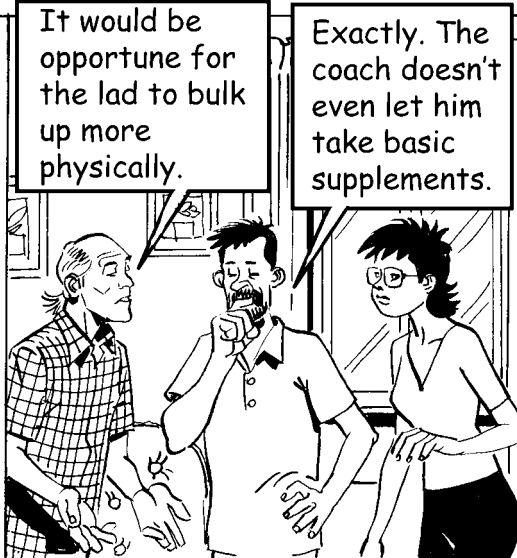
It would be opportune for the lad to bulk up more physically.

Exactly. The coach doesn't even let him take basic supplements.

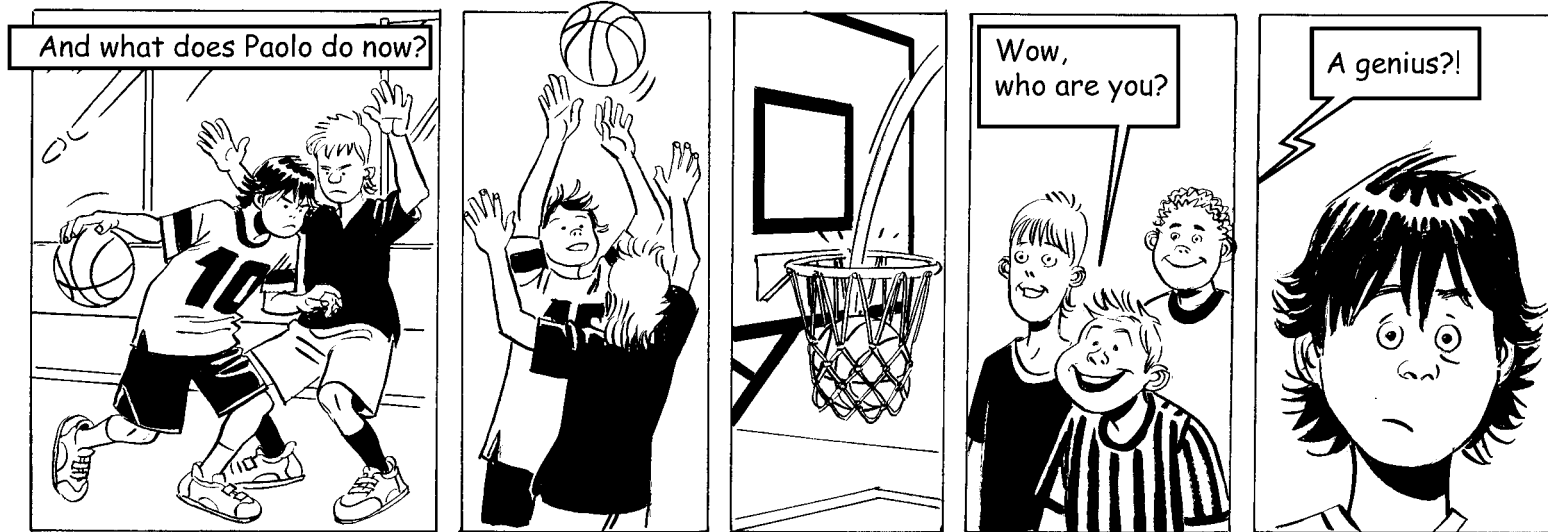
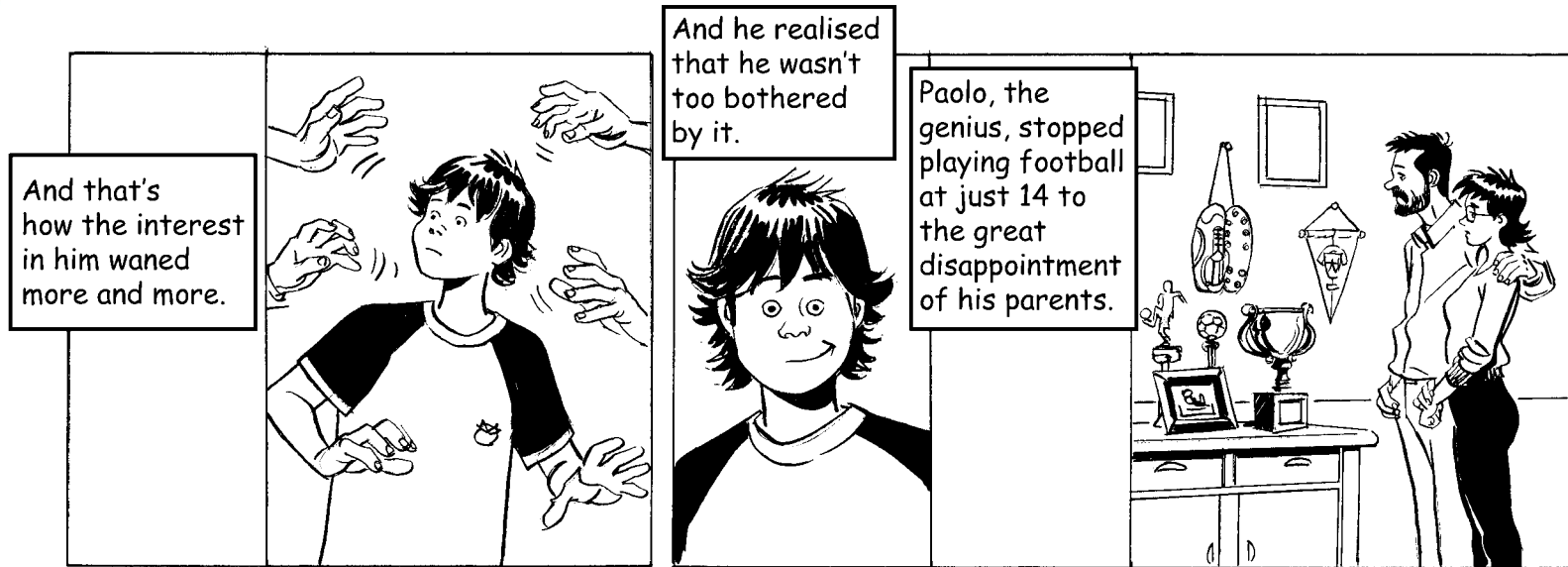
Let's change team, then. After all, he's having too much fun, which means he isn't doing well! You have to suffer in order to do well.

And so the Genius changed clubs and training methods...

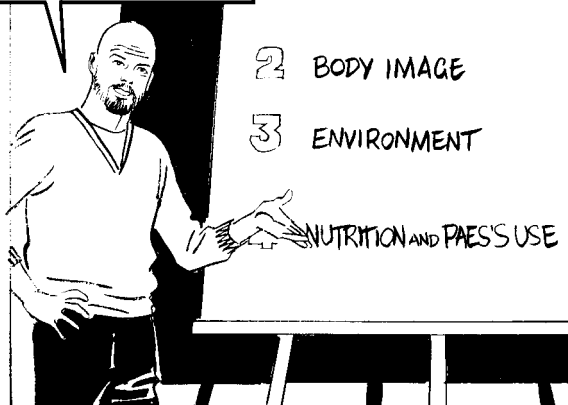
As well as the schedule for sporting commitments!







To conclude, let's look at the final predisposing factor, nutrition and the use of PAES



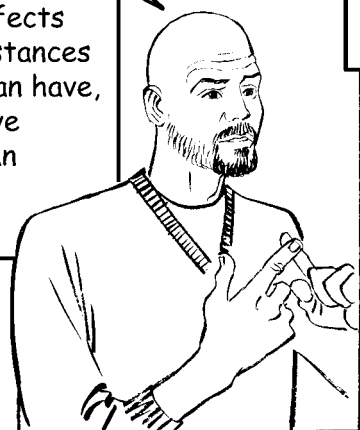
The use of PAES in recreational sport is on the rise. The DRAWS project has looked at what it's like for teenagers playing amateur sport.



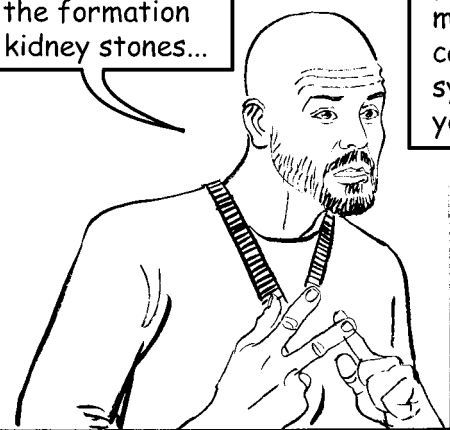
There is a widespread lack of awareness.



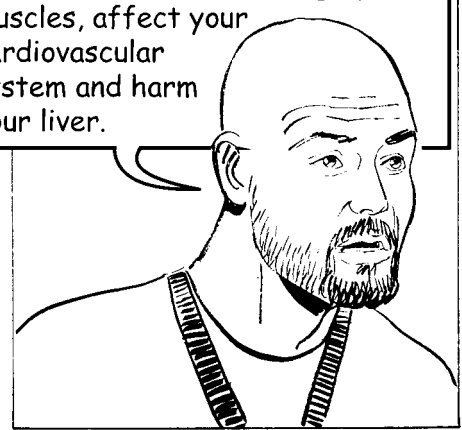
The DRAWS trainer at our partners, Levski, showed the effects that some substances like caffeine can have, where excessive consumption can often lead to dependency...



Or how too much vitamin C can lead to the formation of kidney stones...



Or how alcohol, as well as reducing your awareness, can damage your muscles, affect your cardiovascular system and harm your liver.



Actually, lots of young people underestimate the side effects of certain products. That's what happened to our cartoonist, for example, with a certain energy drink...

Wow! The deadline is fast approaching and there's lots to do. I'll definitely have to work overnight.

I'm not so worried about being tired as I am about the tummy ache. I'll get from the coffee. I'll drink to keep me from falling asleep...

But my efforts to stay awake won't be like that this time!! I'll have the drink that makes you fly like a rocket!!

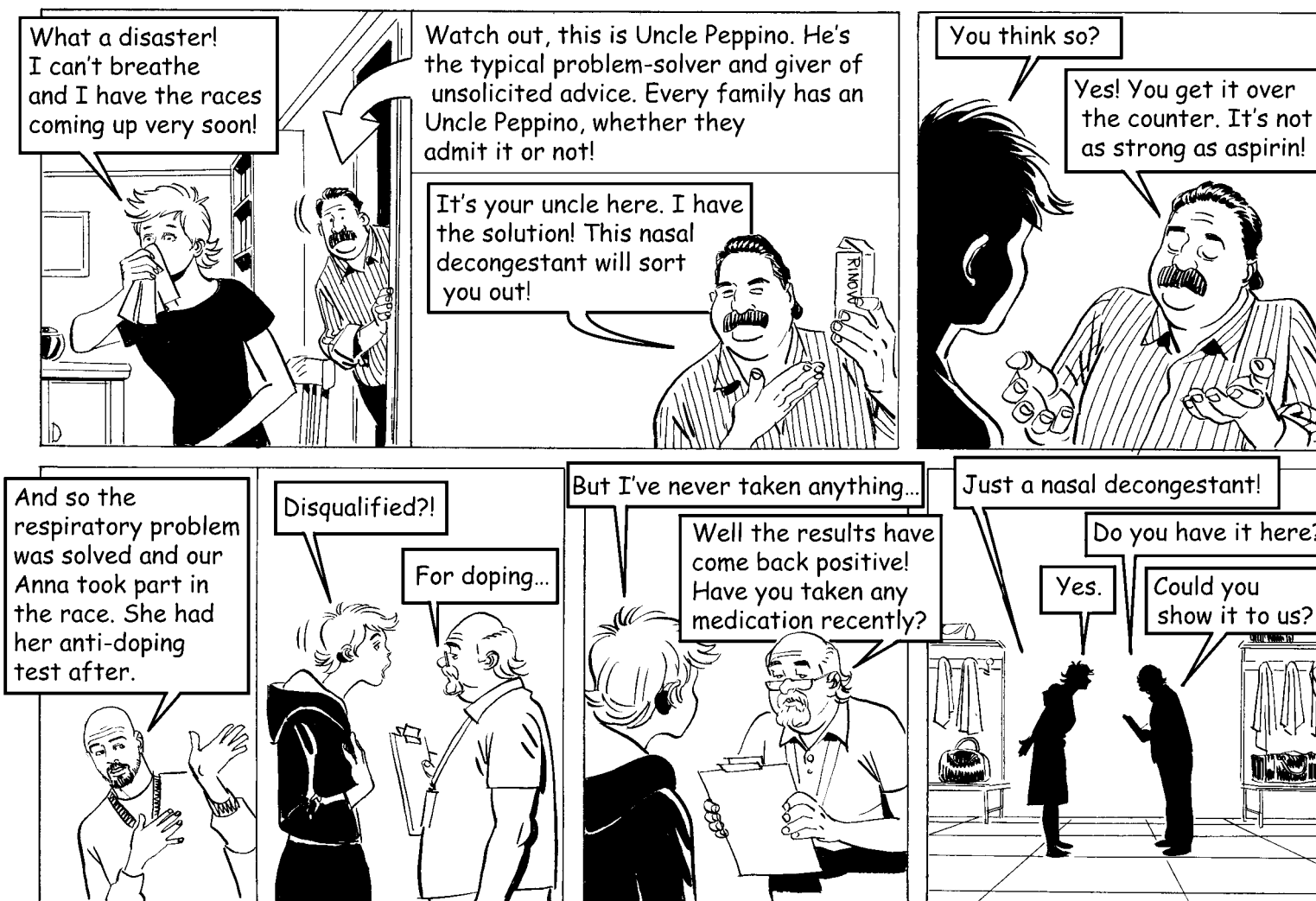
That's how the long night of work began...

But after the second drink...

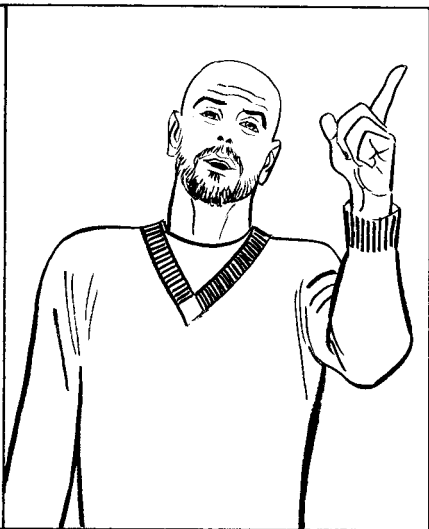

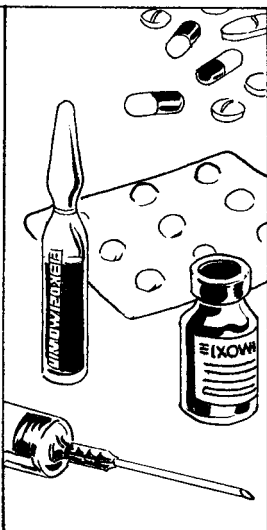

Oh no!! My hands are shaking and I can't work anymore!!!



...It's not really related to sport but it's a great example: be aware of things that seem harmless. One can of this energy drink is equivalent to 12 coffees!!









<p>What we have just witnessed happens in elite sport. However, what about grassroots sport? What happens there?</p>		<p>During the 1980s the wrong idea that while practicing sport there is the need for supplements intake became common sense.</p>	<p>Hey, cartoonist, what's that?</p>  <p>Talking of the '80s, I was thinking....</p> <p>For sports sake, please let's go back to PAES!!</p>
<p>PAES are of two kinds: controlled and uncontrolled. Controlled PAES are hormones like: steroids, anabolic steroids, growth hormone, and stimulants.</p>		<p>The use of controlled PAES is regulated by law. They are generally known as doping substances and are prohibited in elite and competitive sport.</p>	 <p>The other type of PAES belongs to the so-called group of uncontrolled PAES. They are substances that can be purchased without the need for a medical prescription. For instance, protein formulas, amino-acids, creatine, minerals, vitamins, etc.</p>

<p>In elite sports, doctors, nutritionists, and coaches play a vital role in helping out athletes not to make mistakes.</p>		<p>This kind of help is not available in non-elite sports. Anti-doping tests are not carried out. Hence, controlled PAES use (doping) has started spreading.</p>		<p>The use of controlled PAES has been linked to mental and physical problems.</p>
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<p>Even the use of uncontrolled PAES could represent a risk.</p>		<p>Overdosing on uncontrolled PAES or using them when unnecessary can cause serious side effects. Long term consequences are still untested.</p>		<p>This creates a paradox: while one thinks to be leading a healthy life, they are harming themselves instead.</p>
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And with that, I think it's time I took my leave...

I want to thank you all, but especially...



Let us thank our partners once again
And all the sportspeople and clubs that took part in DRAWS.



Goodbye!

...See you soon!

