



DOPING RAISING AWARENESS AMONG YOUTHS
IN SPORT RECREATIONAL ENVIRONMENTS



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Erasmus+ Programme
of the European Union

Comic DRAWS

Work Package 4 - Intellectual Output 3

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UNIVERSITÀ
CATTOLICA
del Sacro Cuore



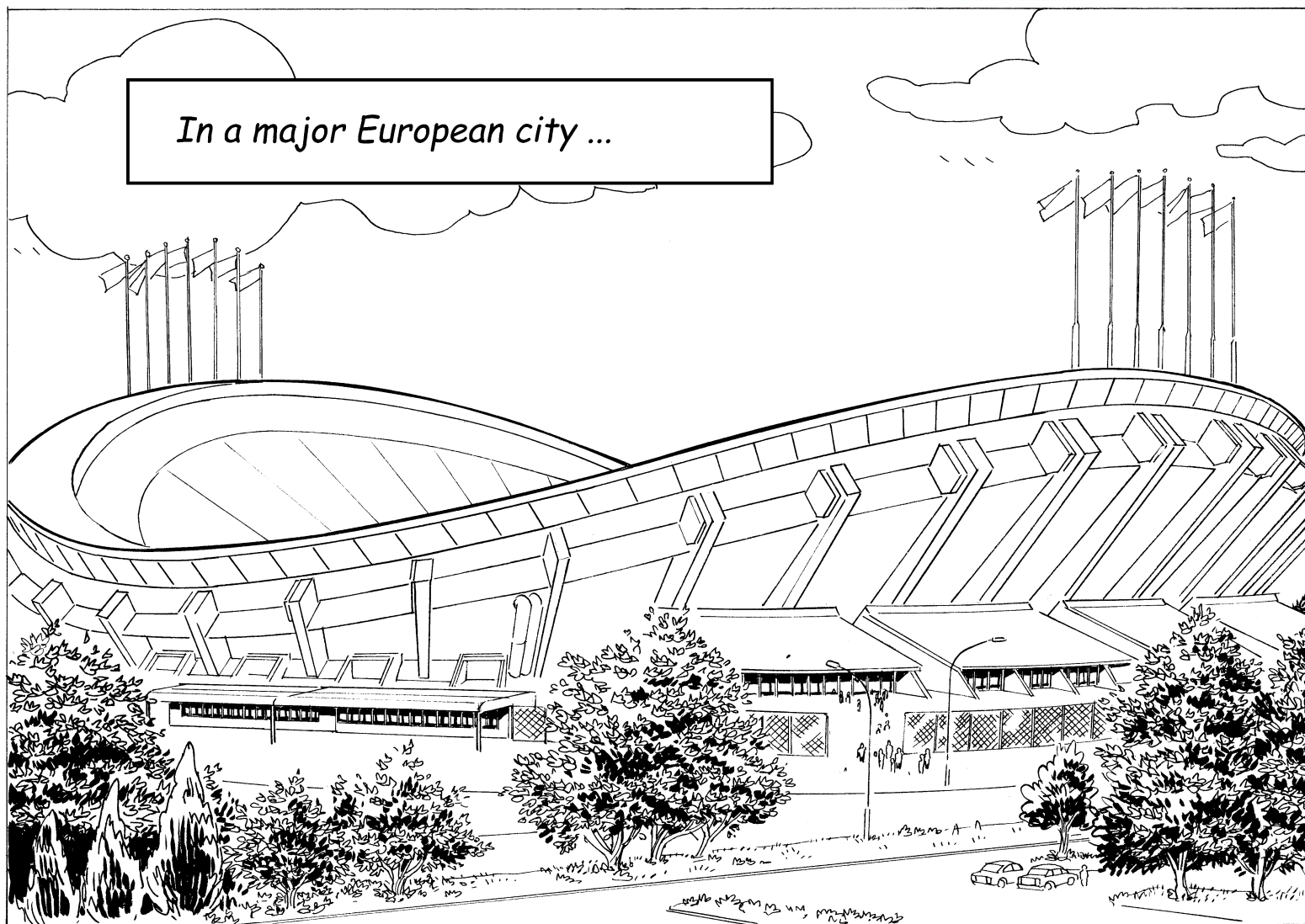
Hello everybody!

I am Valerio Piccioni. I have been working in the field of comics for almost 30 years. I drew for the publishing house Bonelli in the books Julia, Zagor and Dylan Dog. For publisher Delcourt I drew the graphic novel "Les pierres rouges". It is a pleasure and an honour for me to be part of the DRAWS project as a cartoonist of this comic.

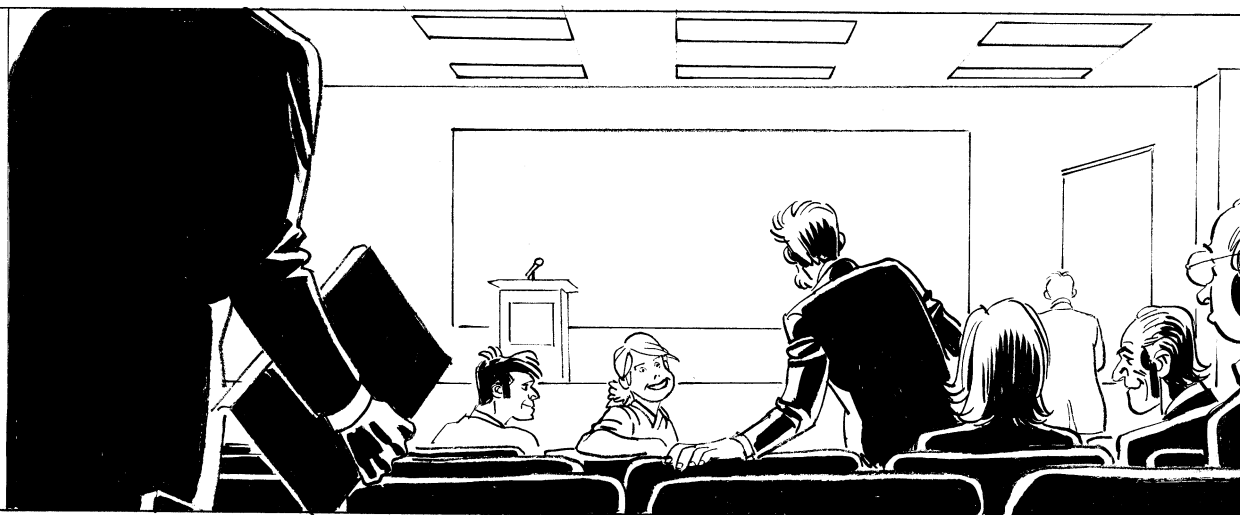
This comic deals with the 4 predisposing factors of doping, identified by the research:

- Approach to Sport
- Body Image
- Environment
- Nutrition and PAES use

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...

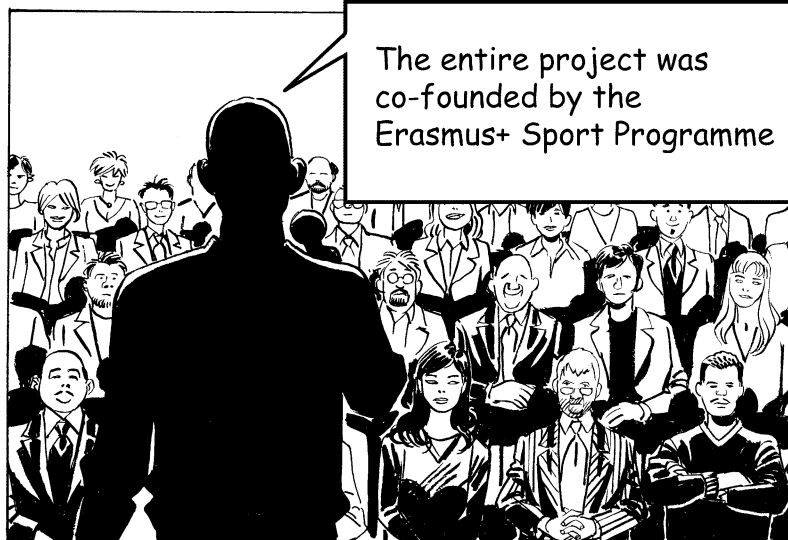




Università Cattolica led the project alongside other European partners: CONI and Lega Pro in Italy; FISAF in the Czech Republic; IOTC in Greece; LUSF in Lithuania; LSFP in Latvia; LEVSKI in Bulgaria and HASK MLADOST in Croatia.

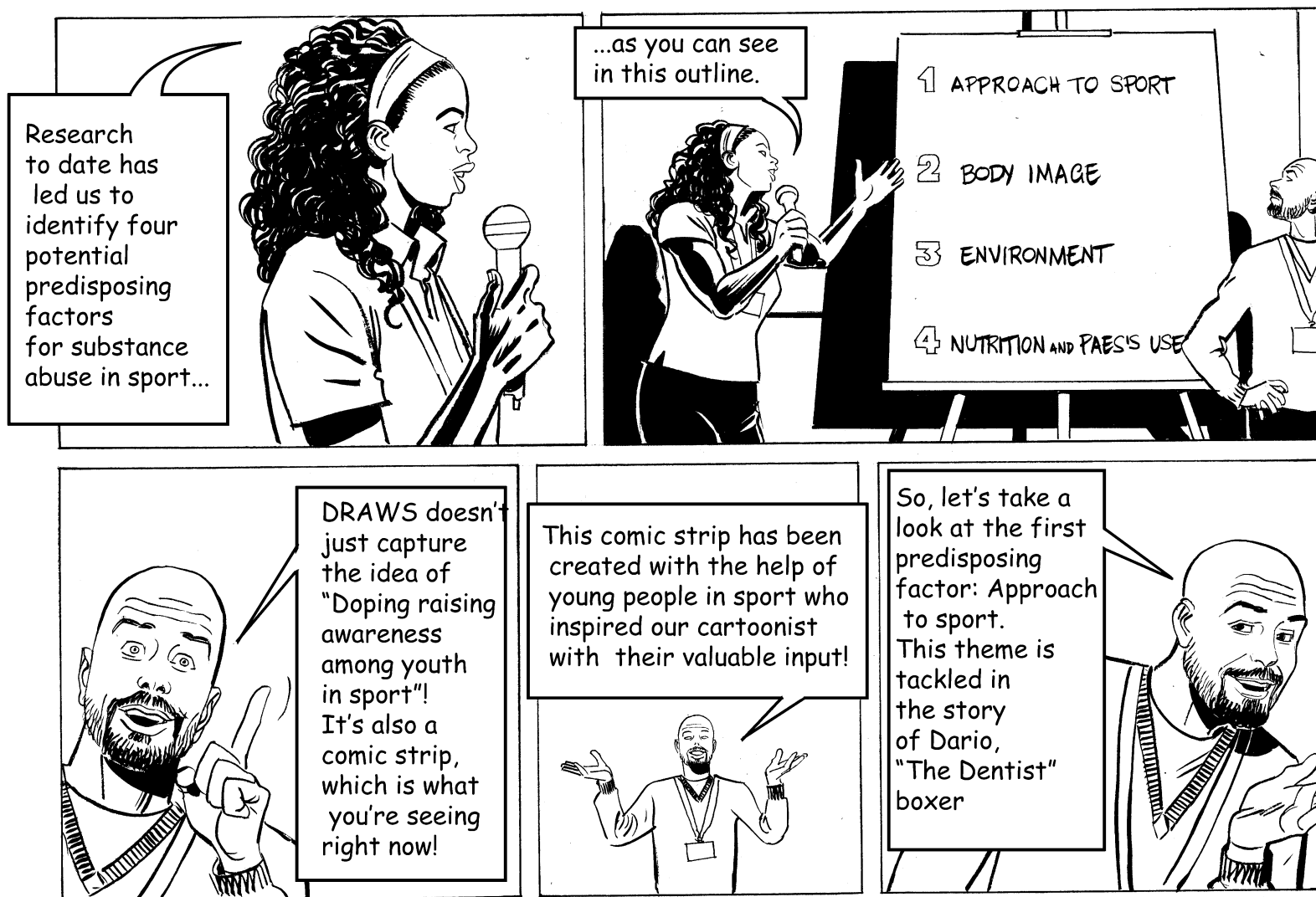


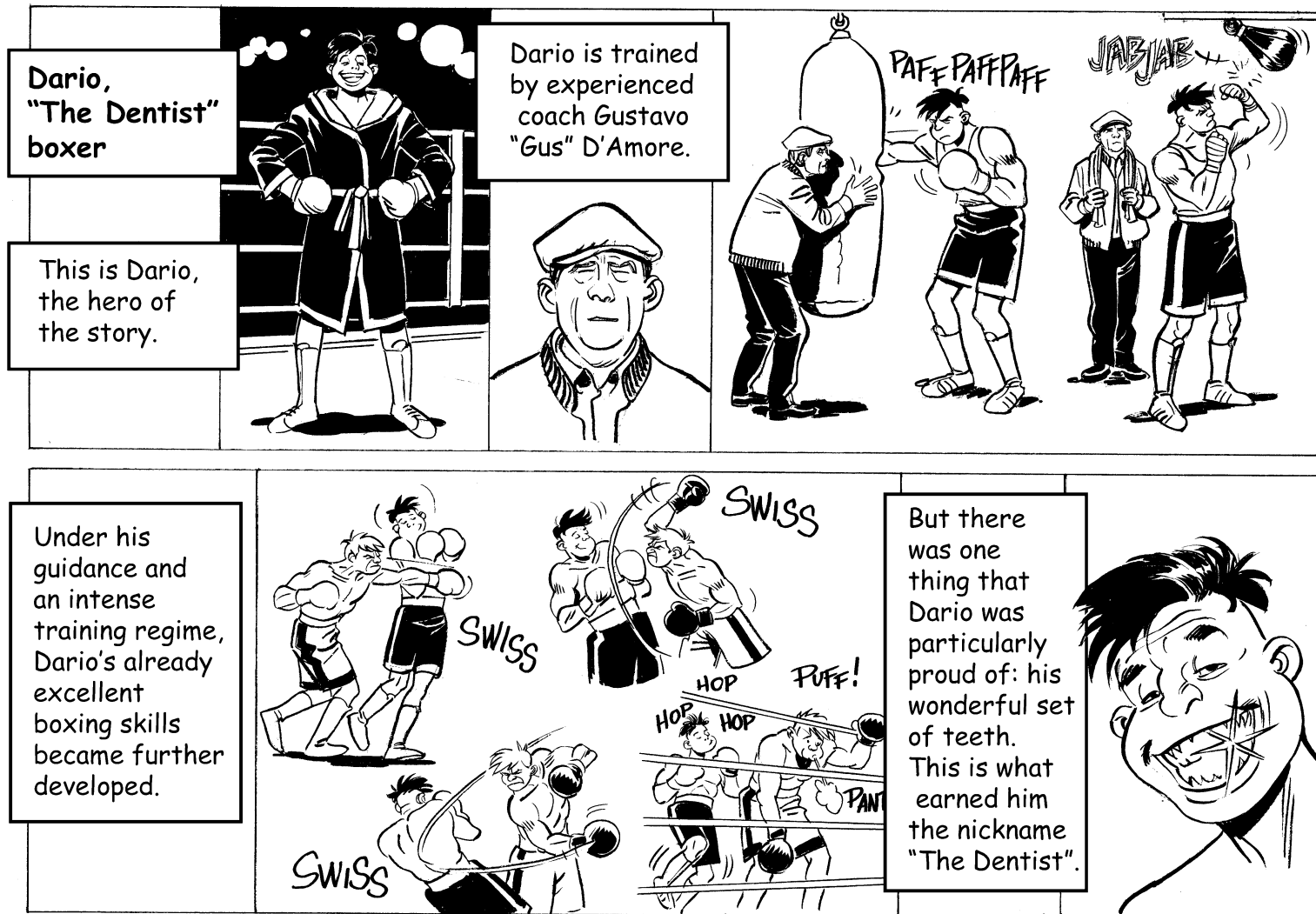
The entire project was co-funded by the Erasmus+ Sport Programme

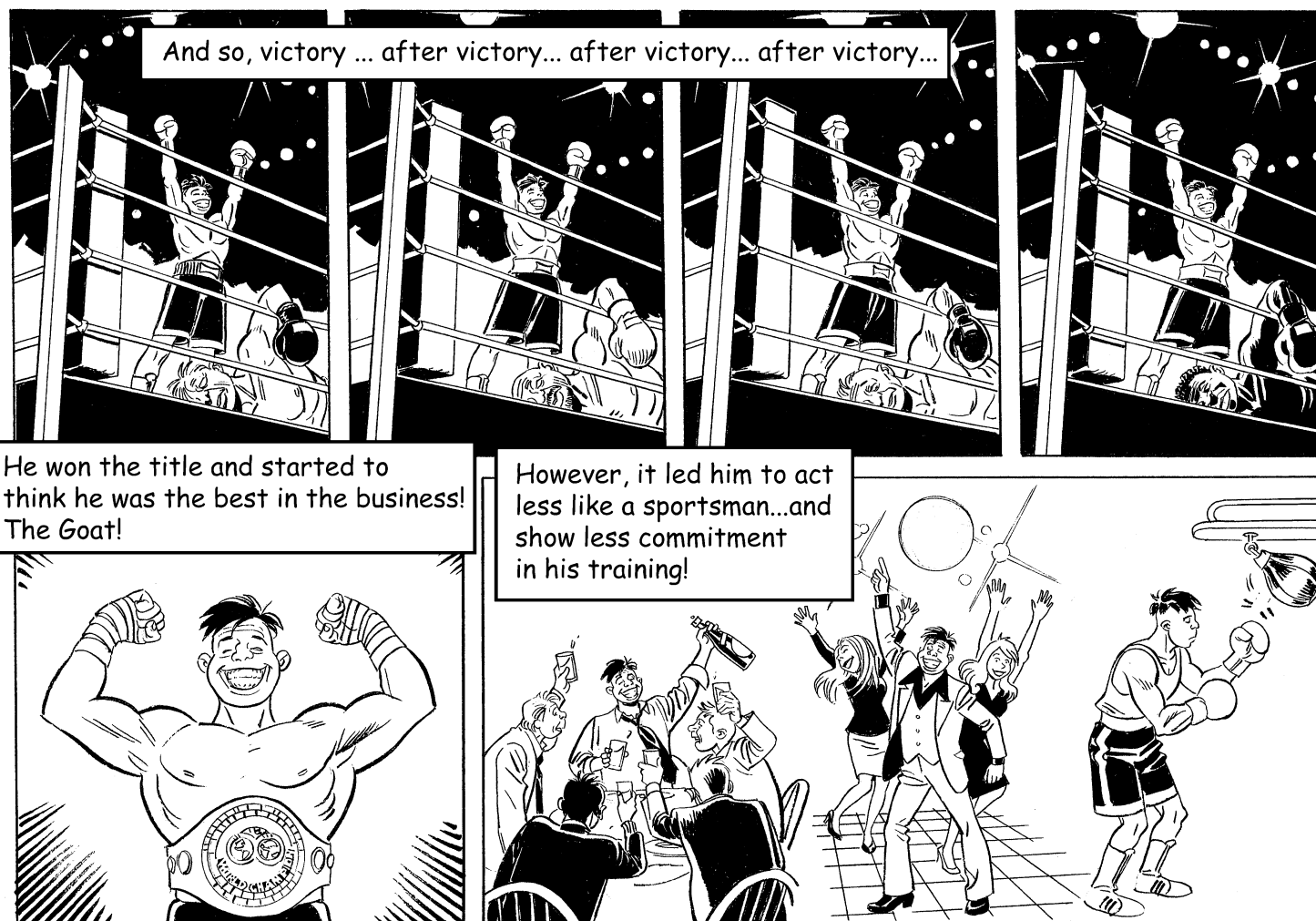


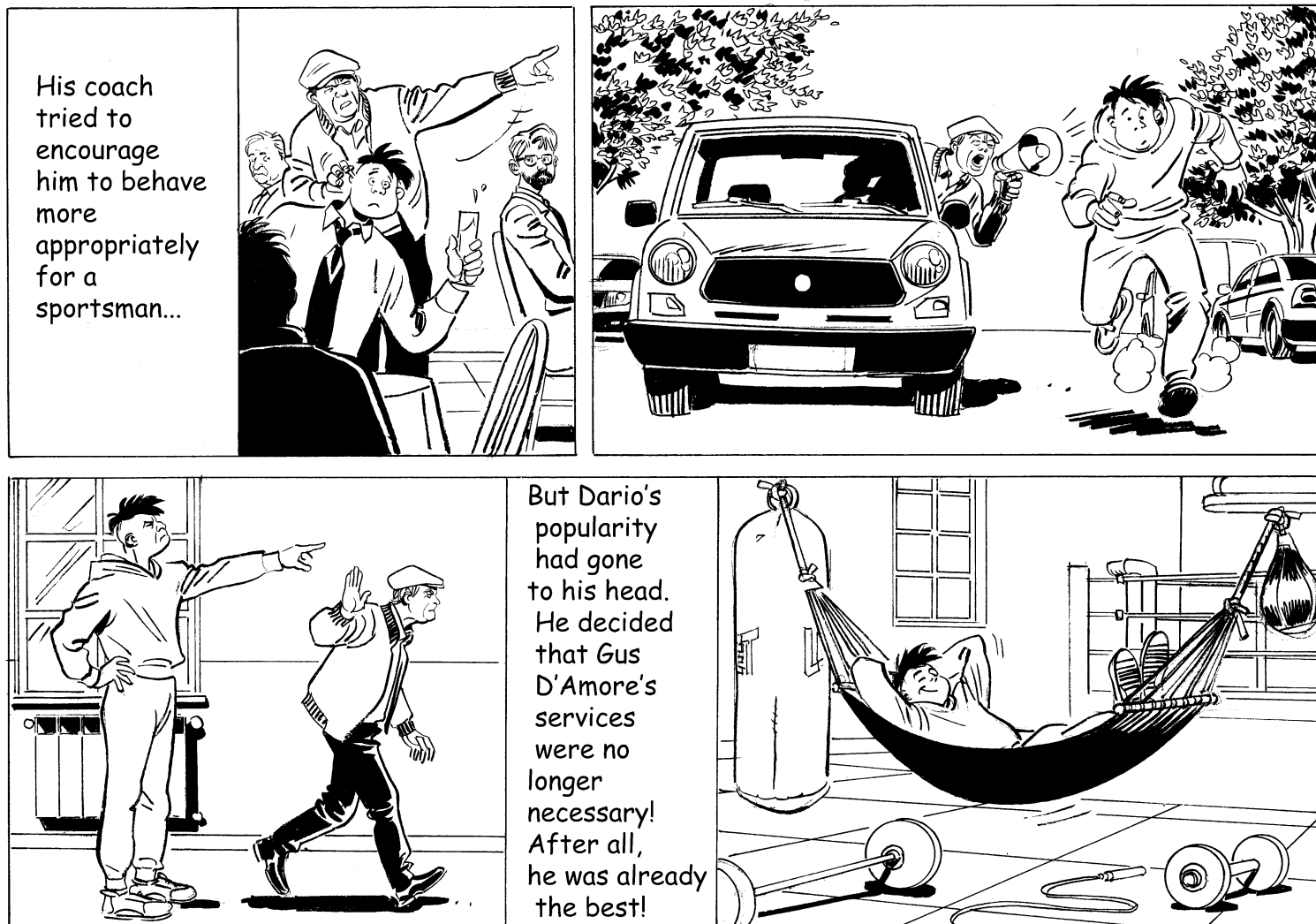
Let's now look at the results of the project: some recent studies show that doping is steadily rising especially in recreational sports

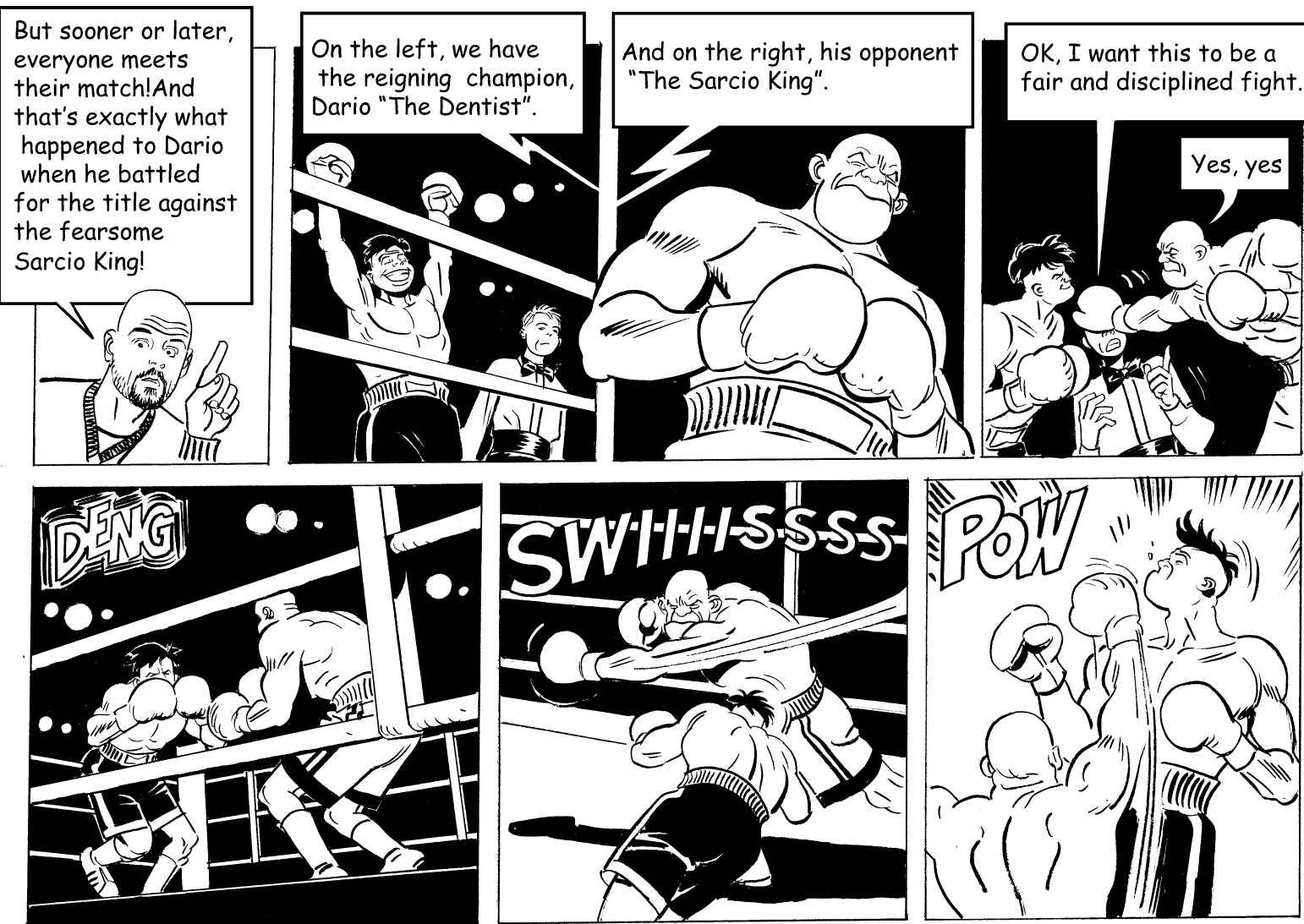


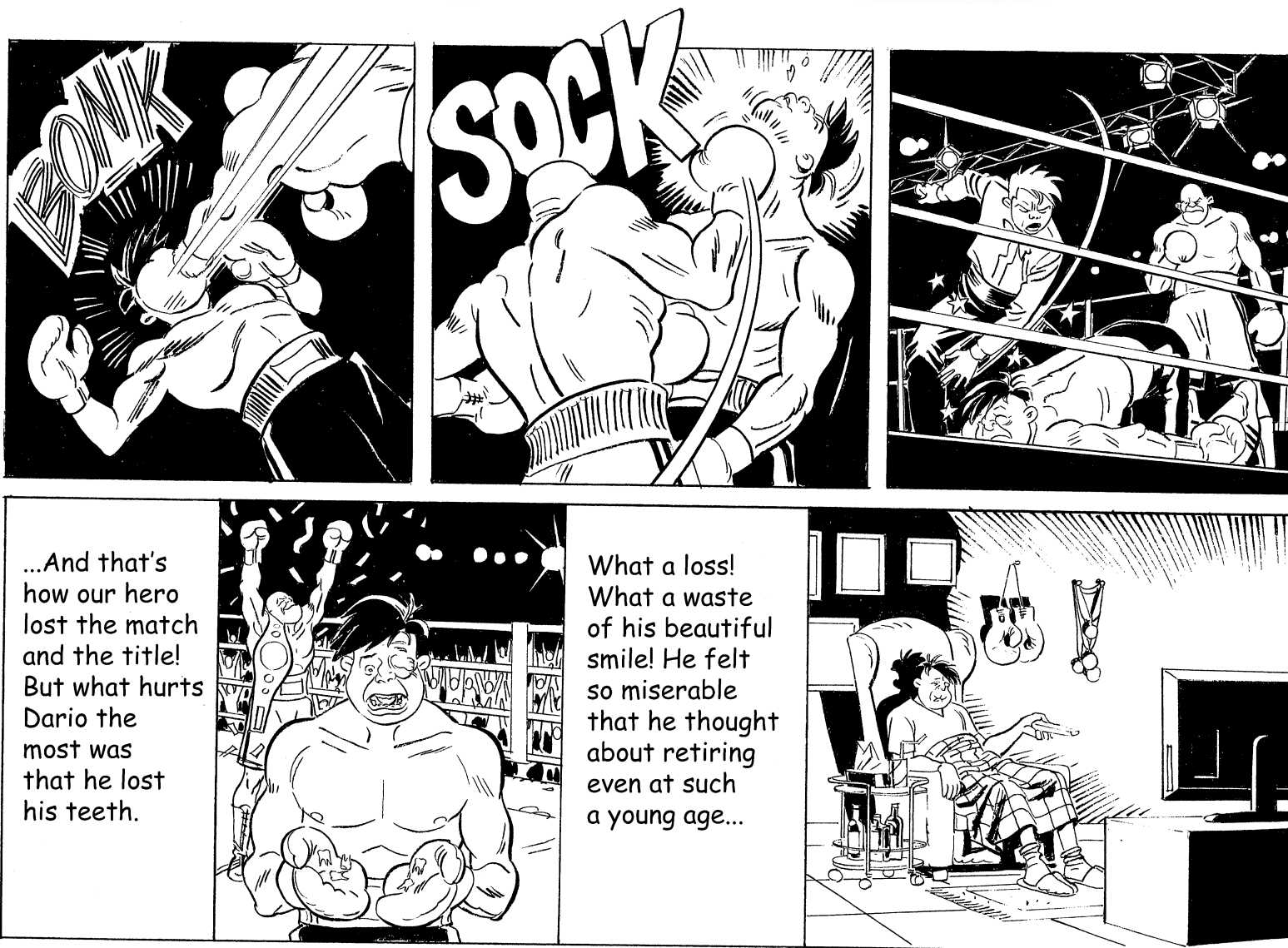




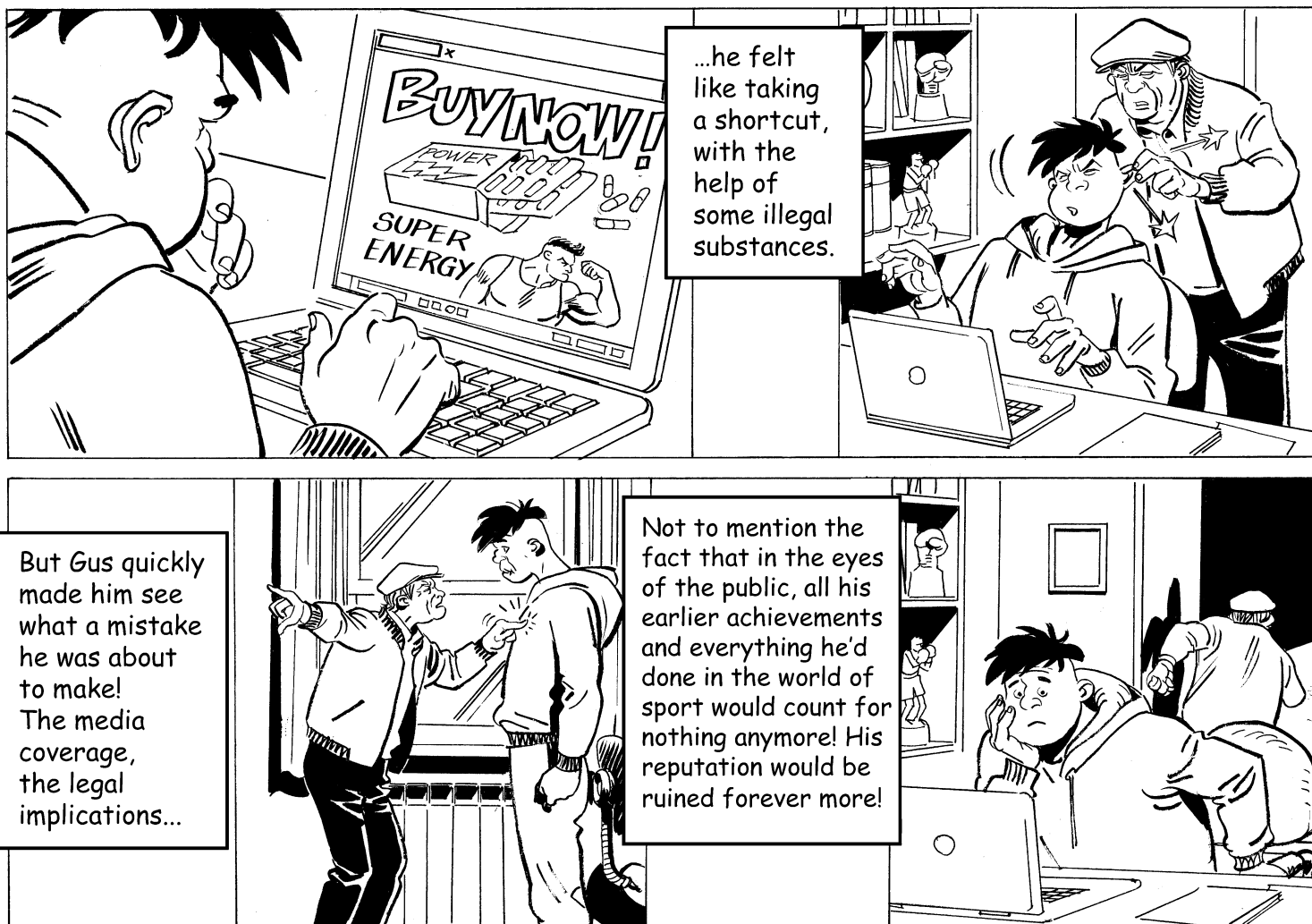








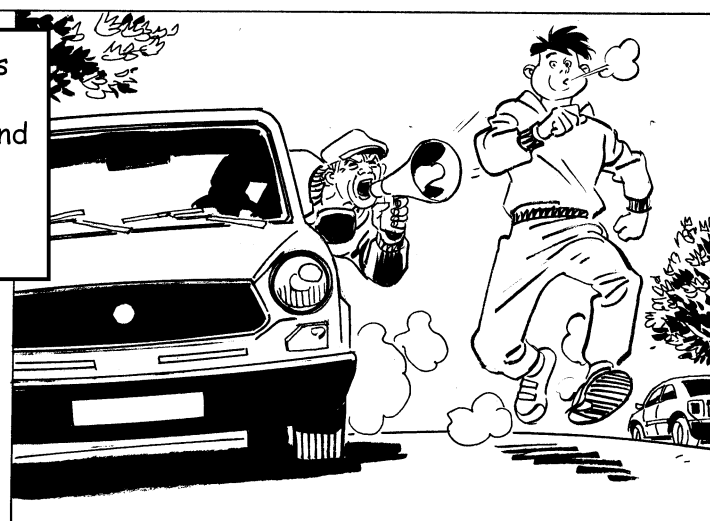




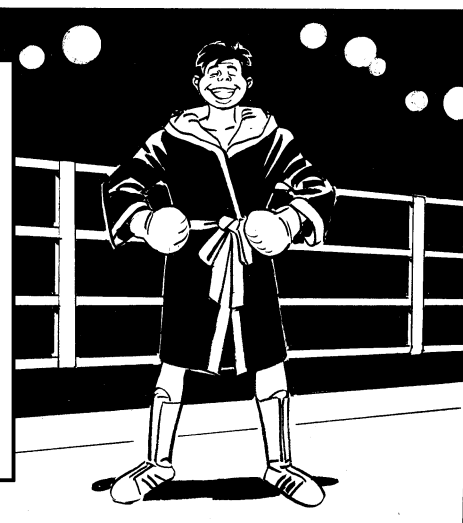
But there was one thing he could do, which was completely legal and morally right.



...And that was showing more commitment and determination in his training with Gus..



Now, Dario is back to being the sportsman he was before! He's ready to fight. He knows it will be a long and difficult journey...



...Maybe if he does well and has some luck, he could get payback. In the meantime, he'll take confidence from his new, dazzling smile, even if he needed dentures to restore it!



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.

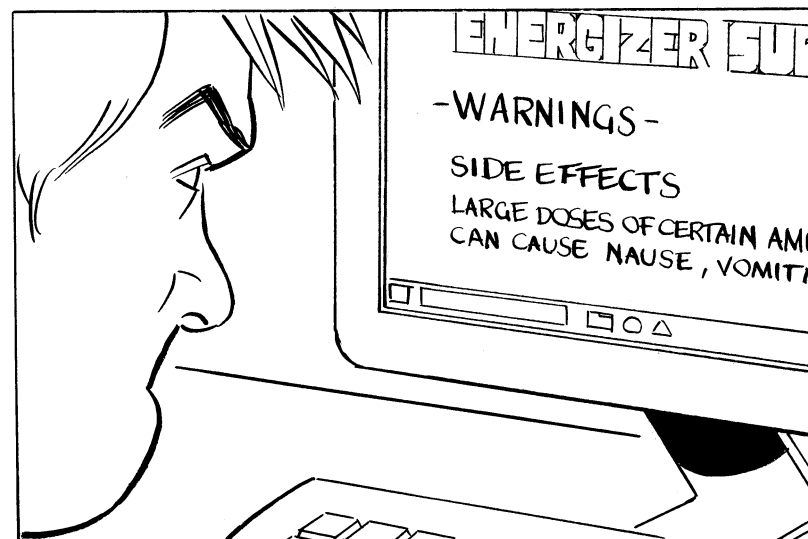
Lots of people think that to reach certain levels in sport, you need to "develop" the right physique! And all of this comes with the backdrop of current beauty standards.

Every sport has its own physical requirements.

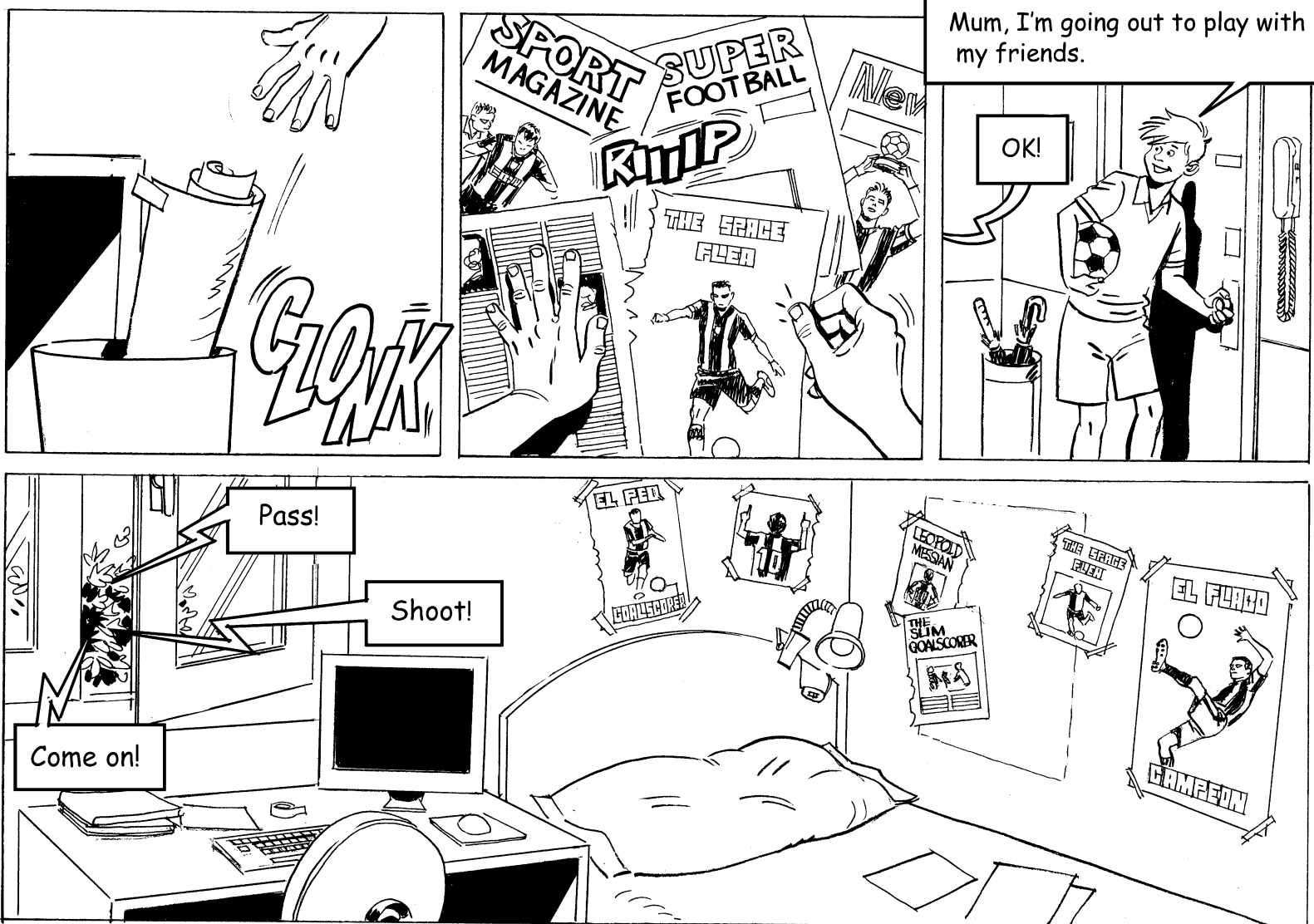
We can see all of this in the following two short stories about body image.



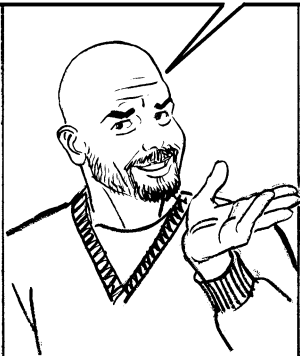








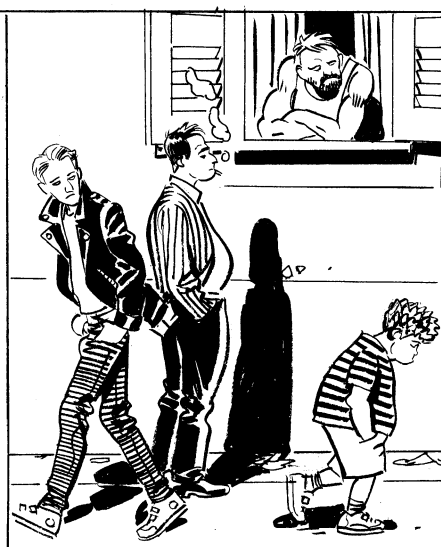
As we have already
said, every sports
has its own physical
requirements



Guys... May I play too?



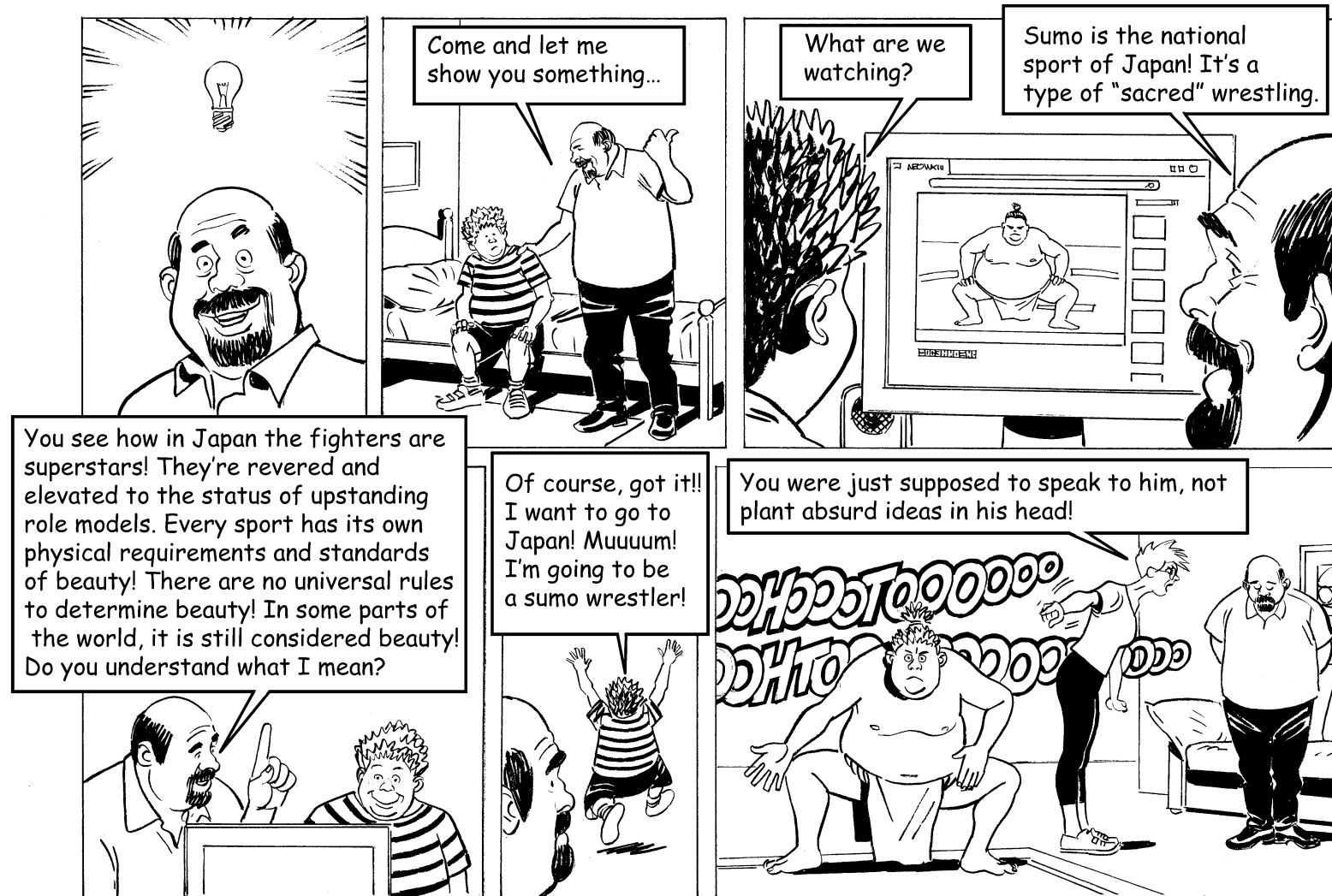
Our hero, sad
and dejected,
returns home,
convinced that
he cannot
play with
other boys,
never again

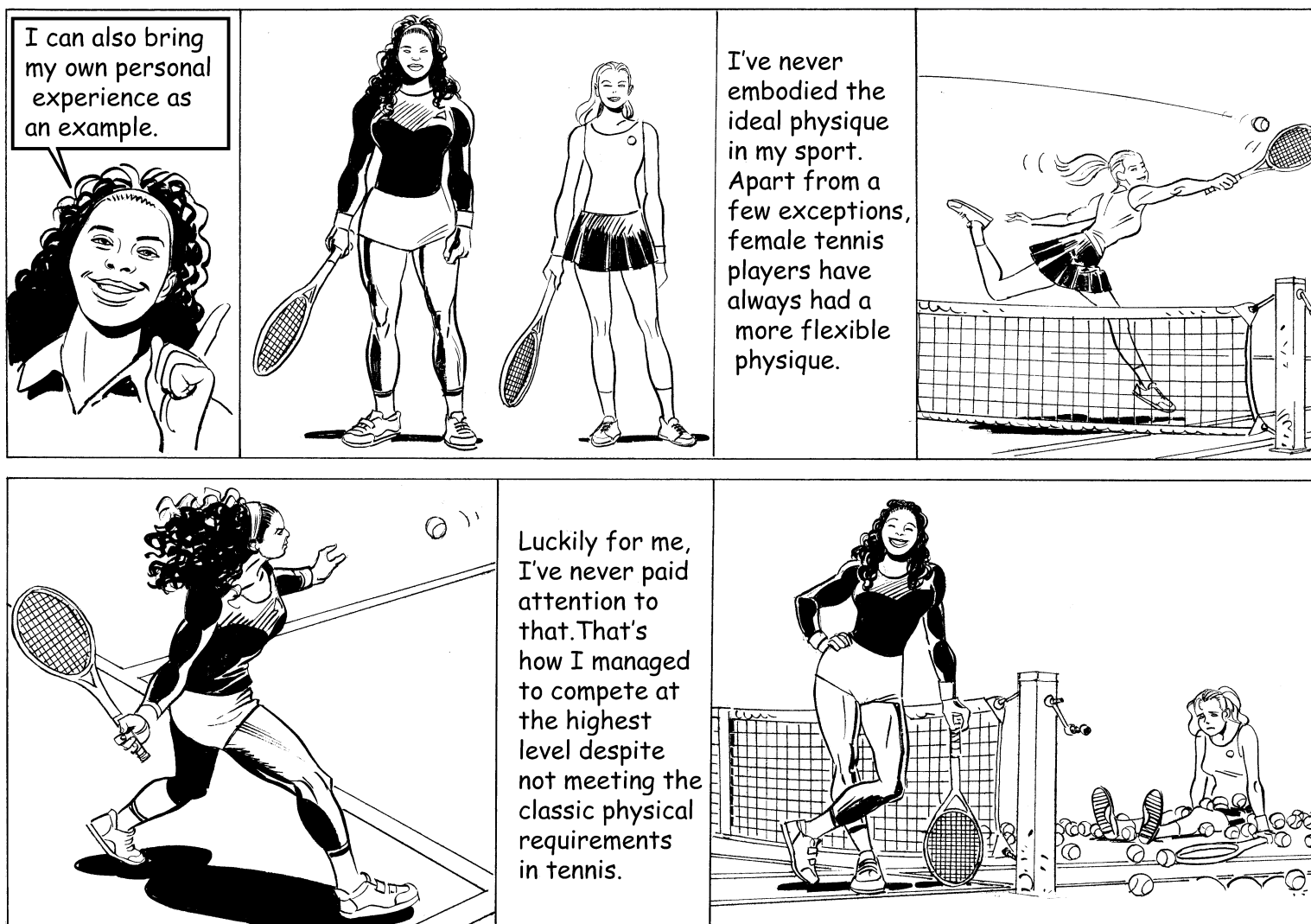


My love...
Is that you?
Go and wash
your hands,
the table
is laid.





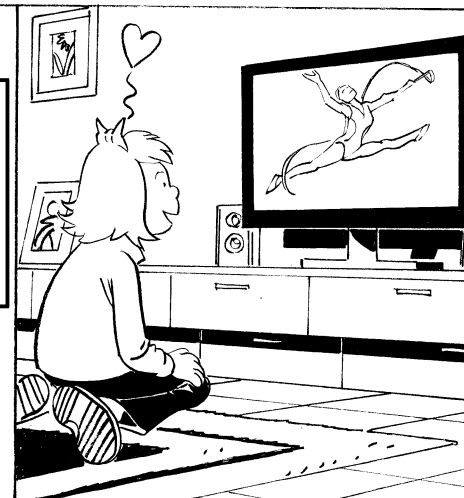




To conclude our discussion on body image, I'll tell you one more story: that of tiny Alina.



The protagonist of our story is a little girl very passionate about gymnastics

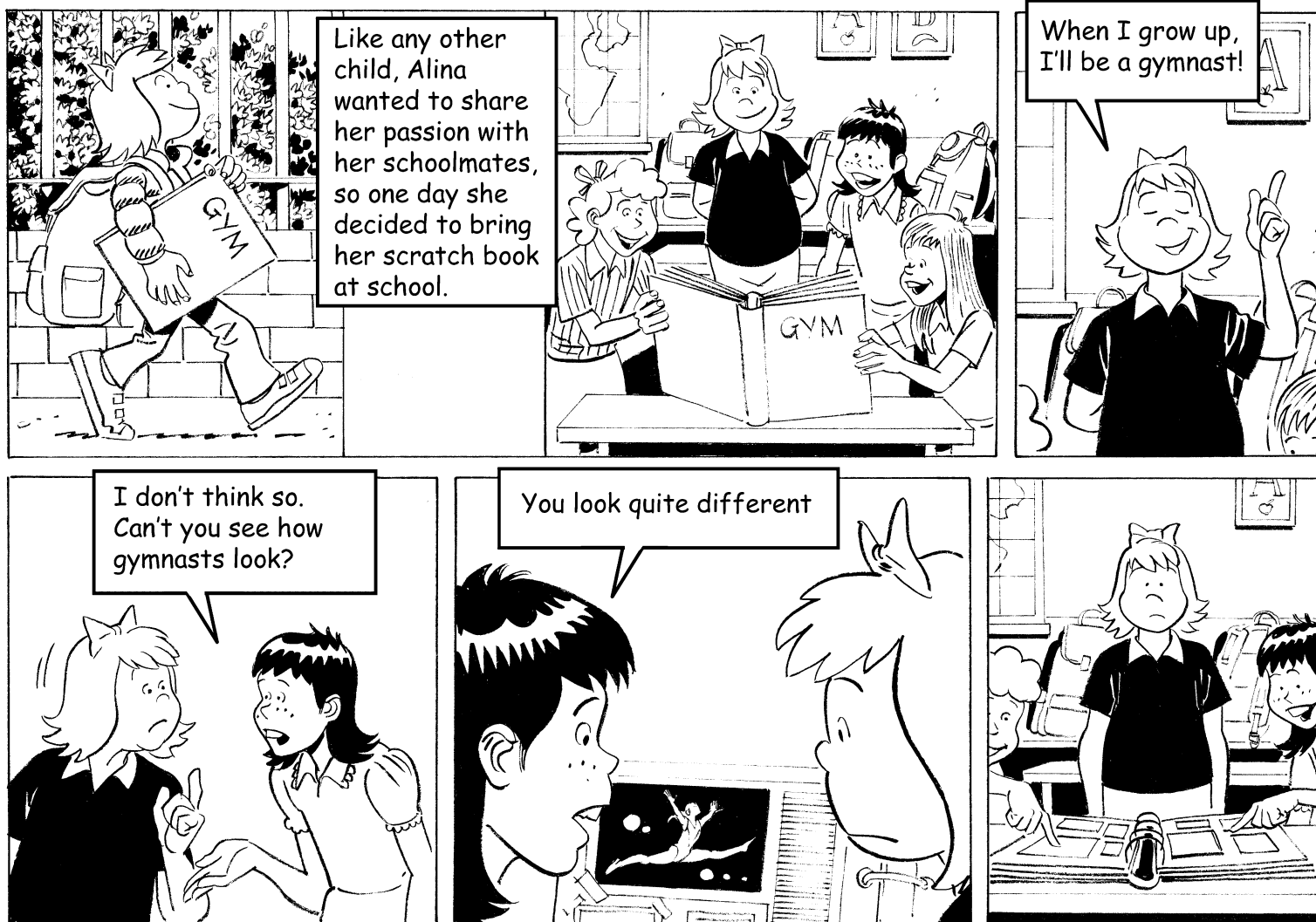


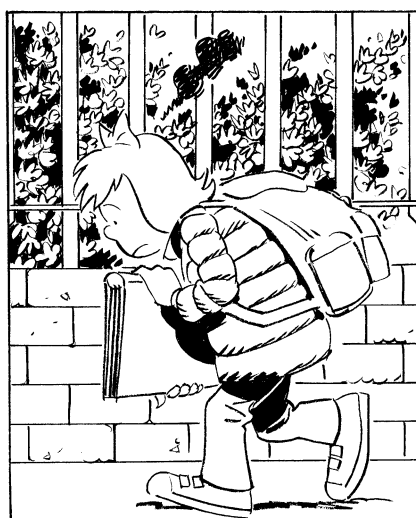
She used to be so fond of the sport that she had a scratch book full of photos of the greatest gymnasts.



Probably, that kind of love for the sport developed at Grandma Olga's, where the lady use to keep tons and tons of books and magazines showing gymnasts.







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



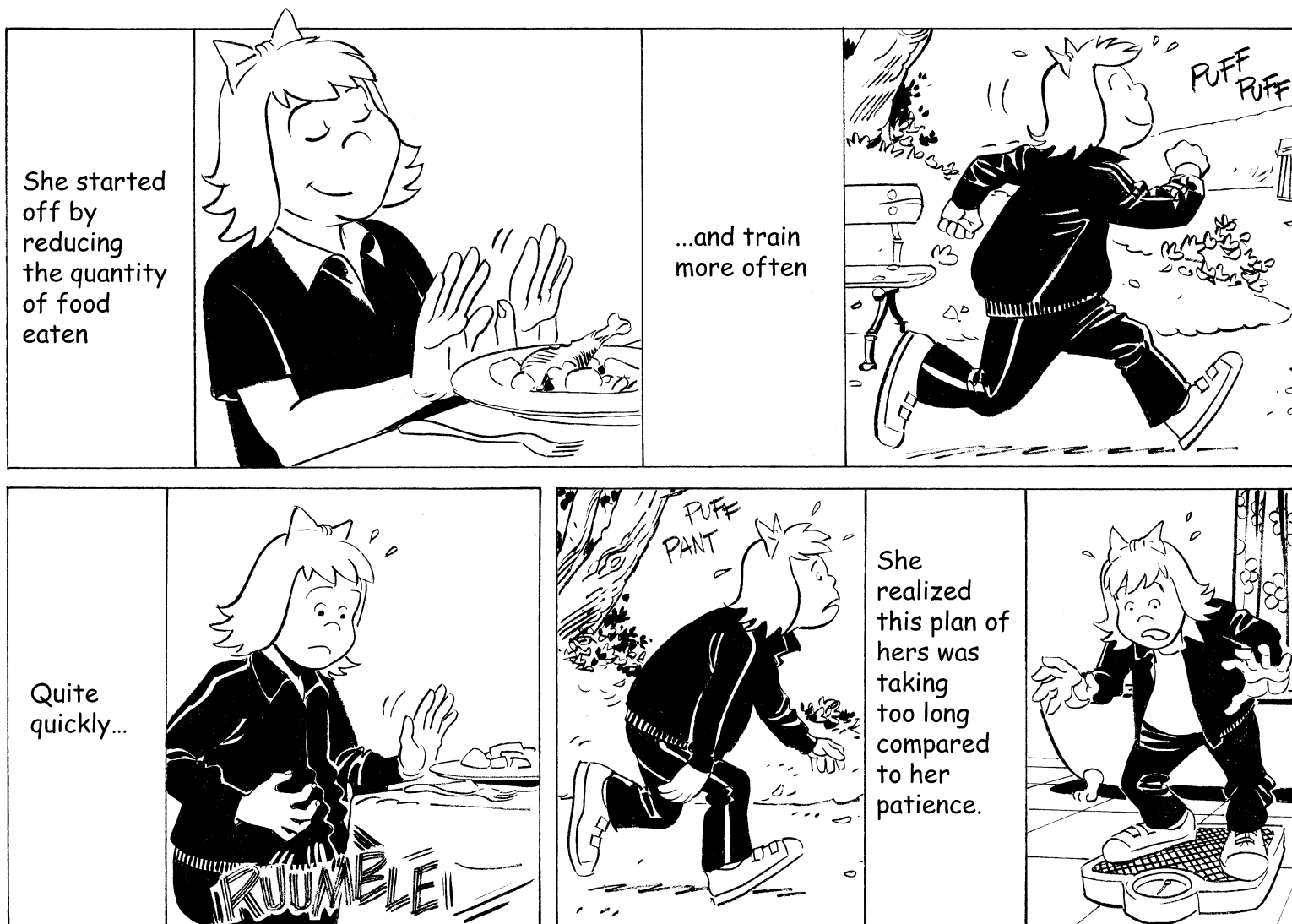
However, she could not give up on her dreams



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

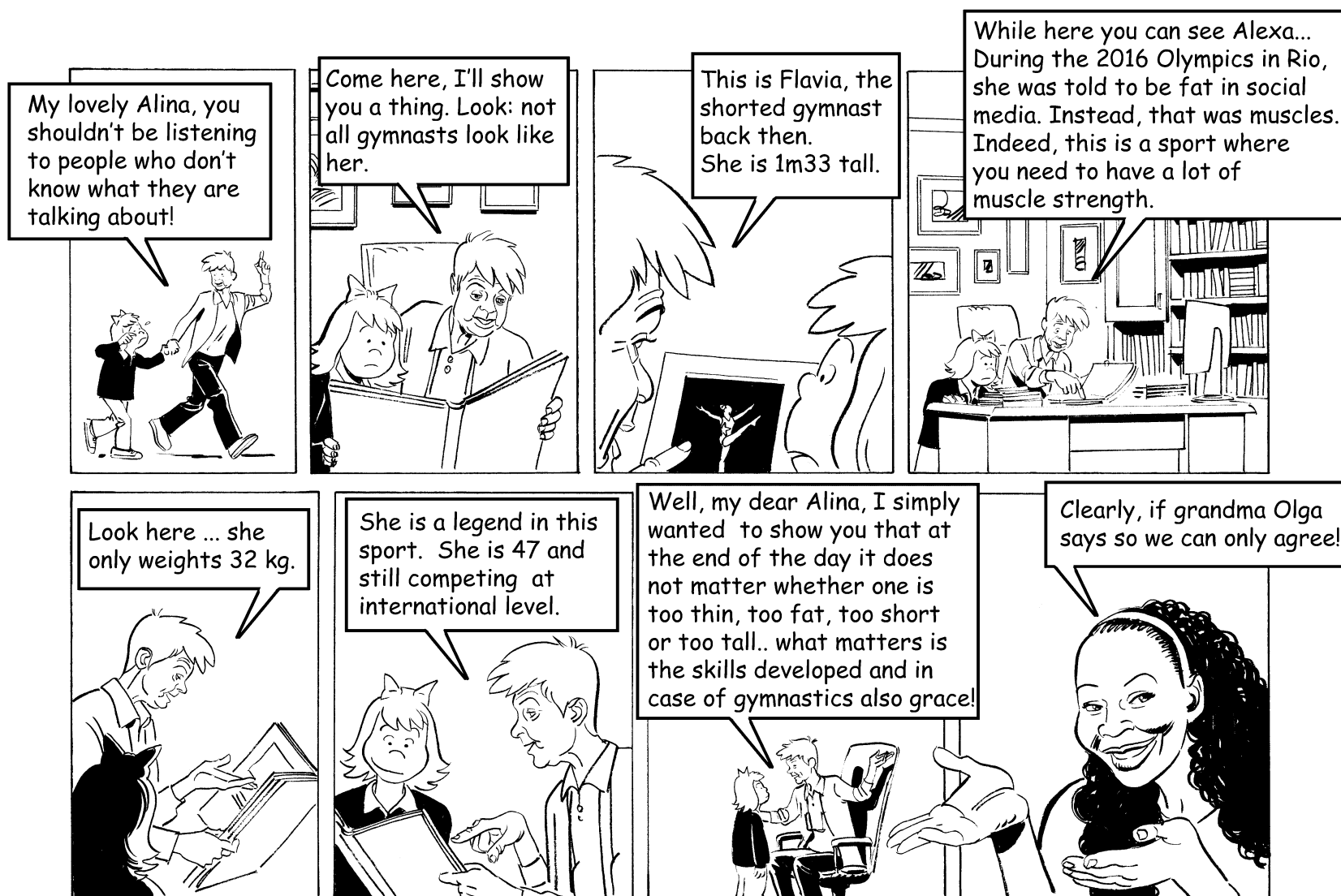


She came up with a plan to lose weight: lots of training and a healthy diet.















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



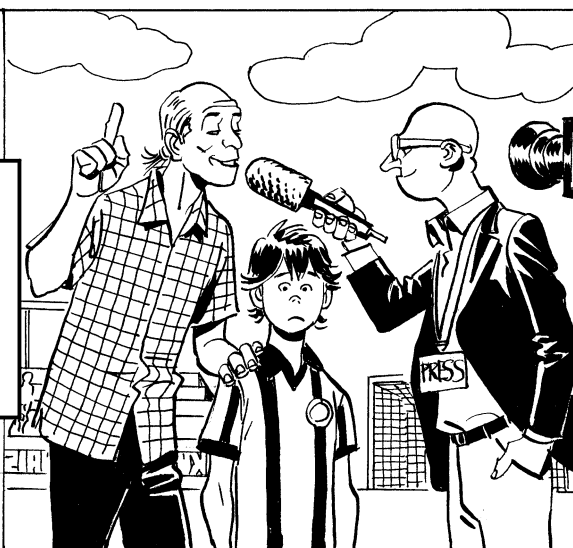
Until he
once again
caught the
eye of
"scouts in
the industry".



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...



As well as the schedule for sporting commitments!

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...







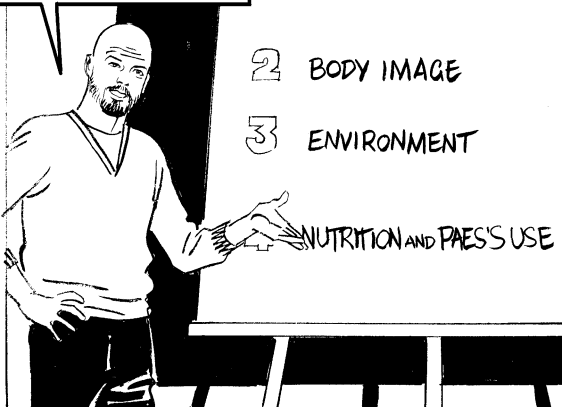
To conclude, let's look
at the final predisposing
factor, nutrition and
the use of PAES

1 APPROACH TO SPORT

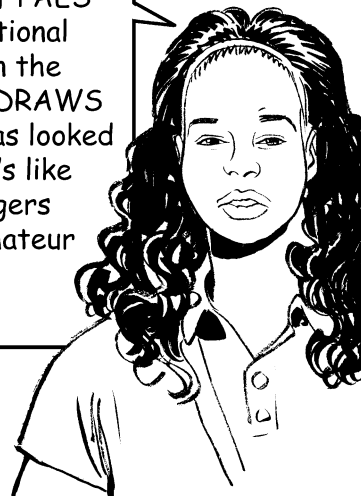
2 BODY IMAGE

3 ENVIRONMENT

4 NUTRITION AND PAES'S USE



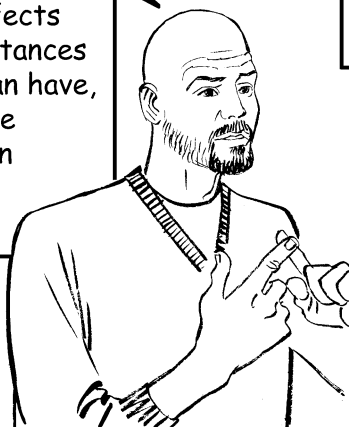
The use of PAES
in recreational
sport is on the
rise. The DRAWS
project has looked
at what it's like
for teenagers
playing amateur
sport.



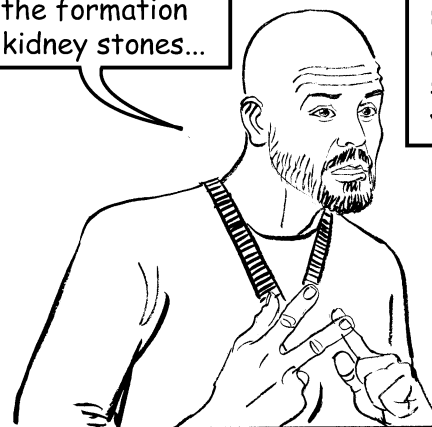
There is a widespread lack
of awareness.



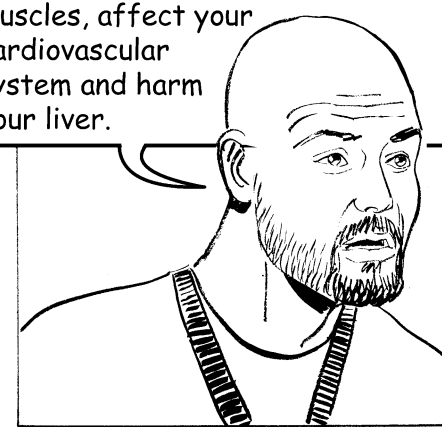
The DRAWS trainer at
our partners, Levski,
showed the effects
that some substances
like caffeine can have,
where excessive
consumption can
often lead to
dependency...



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

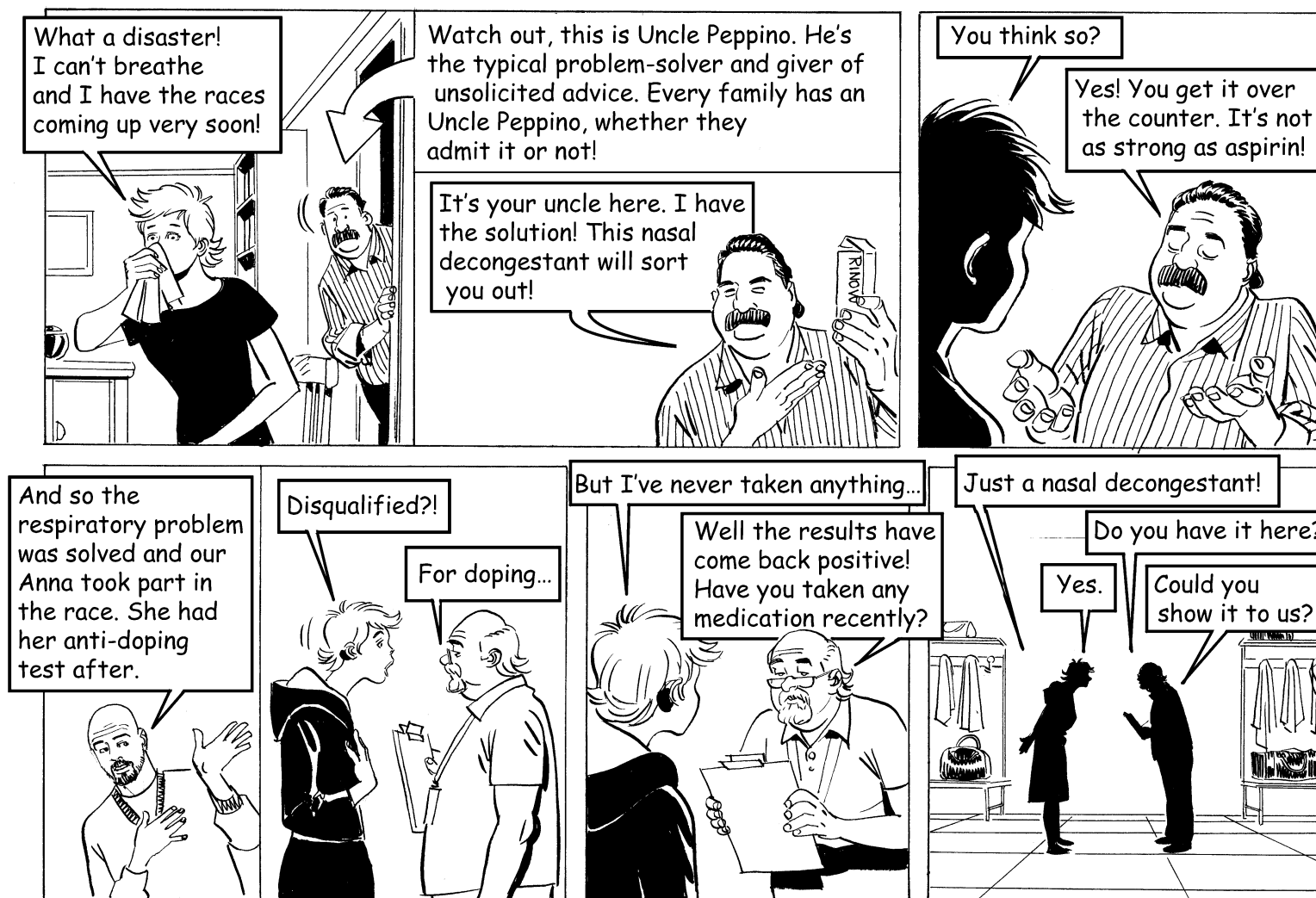


Or how alcohol, as well as reducing
your awareness, can damage your
muscles, affect your
cardiovascular
system and harm
your liver.

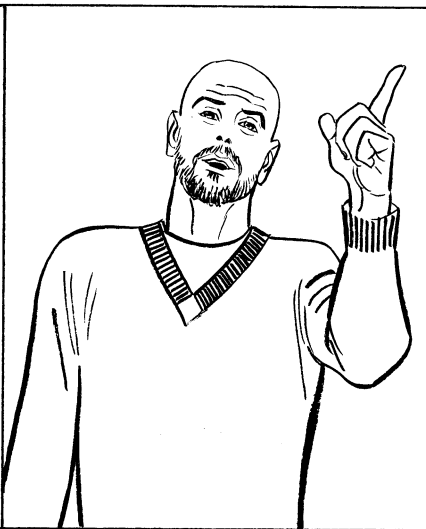

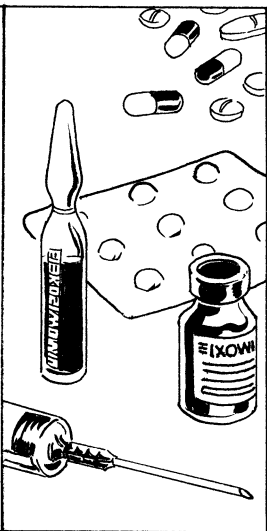















<p>What we have just witnessed happens in elite sport. However, what about grassroots sport? What happens there?</p>		<p>During the 1980s the wrong idea that while practicing sport there is the need for supplements intake became common sense.</p>	<p>Hey, cartoonist, what's that?</p>  <p>Talking of the '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>
<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>

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!

