

When you **SAY NO! TO DOPING** you **stand up** for what's right. You help yourself, your team, your sport and **all sport**. You are a true **role model**, inspiring for those around you and athletes of the future whose eyes are on you now.

## JOIN THE MOVEMENT

Around the world, athletes and sport organizations are uniting in the fight against doping. The World Anti-Doping Agency (WADA) helps develop ways to fight doping in sport and protect athletes who are committed to reaching the top without doping. Join us today!

Find out more:

[wada-ama.org/saynotodoping](http://wada-ama.org/saynotodoping)

[facebook.com/wada.ama](https://facebook.com/wada.ama)  
[twitter.com/wada\\_ama](https://twitter.com/wada_ama)  
#no2doping



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**SAY NO!  
TO DOPING**  
WADA



Making the **right choices** is a responsibility. As an athlete, you have the power to affect the people around you, who watch you, admire you and cheer for you. Make them **proud!**



*Photo courtesy of ISAF*

## SHOW YOUR COLORS!

Be a messenger. Spread the word about why doping and sport do not belong together.

- » Create your own piece of green equipment.
- » Bring your green equipment to training or use it to play with friends.
- » Take pictures! Upload your best pictures to WADA's Facebook page.
- » Take a stand. SAY NO! TO DOPING.



## WHY SAY NO?

Choosing to **play clean** is a decision that you can be **proud** of—now and for the rest of your **life!** And it lets you steer clear of the dangers of doping. Here are some reasons you should choose to SAY NO!



It is **CHEATING** – period.



It can seriously **DAMAGE** your body. **It could even kill you.**



You will get **CAUGHT**. Great tactics and playing as a team can get you anywhere — **a positive sample will get you nowhere.**



You will give your sport a **BAD** reputation. If you choose doping, your team and country will suffer too. **You will also let your friends and family down.**



You can be **CONFIDENT** in your own abilities. Being smart about how you play and train will get you further—**in competition and in life.**