

# HOW DO I STAY AHEAD OF THE ISSUE?



## KNOW YOUR FACTS

Talk to your loved one. Remind them Appearance and Performance Enhancing Substances are illegal, could lead to serious health problems, could get them kicked off a team or banned from a sport and devalues their hard work. Get the conversation started with these questions.\*\*\*

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## SUGGEST HEALTHY ALTERNATIVES

1. Reassure your loved one they can achieve their goals the right way with proper diet, exercise programs and hard work.
  2. Show love and support, even when they don't do well in competitive sports, to help instill confidence and a positive outlook.
  3. Talk to them about getting help from a nutritionist and/or strength coach.
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## NO EXCEPTIONS

Set rules such as, they must quit the team if they use Appearance and Performance Enhancing Substances. Urge coaches and schools to implement a Zero Tolerance Policy and ensure kids are receiving positive reinforcement.

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## BE AWARE

Research the dietary supplements your loved one may be taking, including ones that can even be bought in stores. Supplements are loosely regulated, so be sure any they are taking are 3rd Party Certified through NSF Certified for Sport®. They are the gold standard in the industry to ensure supplements are free of over 270 banned substances and other illegal drugs.

## Questions\*\*\*

Not sure where to start when talking to your loved one or athlete about appearance and performance enhancing substances? We understand it's not a comfortable subject, so here are a few questions to help get the conversation started.

- Has anyone ever taught you about anabolic steroids and other appearance and performance enhancing substances like human growth hormone, dietary supplements, and energy drinks?
- What do you know about anabolic steroids?
- Do you know if anyone on your team or in your school is using anabolic steroids?
- Are you happy with your physical appearance?
- Has anyone ever asked you to change your appearance? Like a coach, trainer or instructor asking you to lose weight? If yes, did they offer any tips on how to do that in a healthy way?
- Are you trying to achieve any physical goals over the next month? Season? Summer? Semester?
- How do you plan to achieve your goals?
- Are you being advised to or are you thinking about taking dietary supplements? If yes, let's be sure to look together to ensure they are safe.
- Would it be helpful if we created a nutrition plan together to help you achieve your goals?