

# TALKING TO A LOVED ONE



Has anyone ever taught you about the dangers of 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 in your school or on your team 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?*

## IMPORTANT THINGS TO REMEMBER ALONG THE WAY

- Be clear about your expectations as a parent. Tell your student/child that you expect him or her to avoid them. Remind them that the use of anabolic steroids, without a legitimate prescription from a medical doctor, is illegal.
- Discuss ethics and proper training. Remind your son or daughter that using Appearance and Performance Enhancing Substances is cheating but even more importantly, could lead to serious health problems or even death. Reassure your child that they can achieve their objectives the right way, with proper diet, exercise and hard work
- Explain the health risks of anabolic steroid use. Teach your teen that short-term gains can lead to long-term problems.
- Identify the signs of anabolic steroid abuse. Learn what kind of symptoms can indicate that your child may be abusing anabolic steroids. Go to our side effects page for more details.
- Talk about healthy alternatives. Talk with your student/child about the importance of a good diet and exercise to achieve all of their physical goals.
- Inspire your teen to be his or her best. Let your student/child know that they

can achieve all of their physical goals in life without the use of substances.

- Urge coaches to implement a Zero Tolerance policy. Help ensure kids are receiving positive reinforcement by getting the coaches and/or athletic director on board with anti-doping talks and education on why anabolic steroids will not be tolerated.
- Reassure your teen. Show your love and support – even when your child does not perform well in competitive sports – to help instill confidence and a positive outlook.
- Set rules. For example, if your son or daughter uses Appearance and Performance Enhancing Substances, he or she has to quit the team.
- Talk with your child’s coach. Let the coach know you have talked with your teen and that you do not approve of Appearance and Performance Enhancing Substances.
- Monitor your teen’s purchases. Take a close look at the dietary supplements that your young person takes. Closely check the ingredients and be aware that dietary supplements are not regulated the same way that food is regulated. Talk about this with your child. Be sure if you are taking dietary supplements or purchasing them for your student/child that they are 3rd Party Certified through NSF Certified for Sport. The NSF Certification process is recognized as the gold standard in the industry to ensure the supplements they test are free of over 270 banned substances and other illegal drugs. Find out more at [www.nsf sport.com](http://www.nsf sport.com).

**THE BELIEF:**

*Why would my loved one listen to me about taking anabolic steroids?  
What difference can I make?*

**THE TRUTH:**

*You are just as influential as any muscle magazine, TV show or mentor. The first step to dealing with Appearance and Performance Enhancing Substances is realizing it is a real issue and you can do something about it.*