

I FOUND OUT A LOVED ONE IS USING, NOW WHAT?



DON'T LOSE HOPE

Remember, the pressure on kids today to perform and look their best is higher now than it was 20 or even 10 years ago. Be supportive, know your facts and know that things happen, but now you can do something about it.

REMEMBER WHO IS THE PARENT

Your loved one is making uninformed decisions that could be putting their life at risk. Know that trust and communication could be temporarily damaged in the process but it just may save their life.

ASK TO UNDERSTAND

Ask your loved one why they're so interested in changing their physical appearance or performance. Sometimes this is the underlying problem and knowing why your loved one made this decision will help you figure out next steps.

OBTAIN A URINE SAMPLE

Knowing what your loved one has taken is important. Take your loved one to a doctor and be sure to ask them to test for anabolic steroids as they are not part of the standard drug test.

SEEK PROFESSIONAL HELP

Quitting anabolic steroids cold could do more damage than good. Seek the help of a sports medicine physician. **DO YOUR RESEARCH.** Make sure whomever you seek has experience with anabolic steroid use and be honest with them about the situation. Then enlist a sports dietician, strength coach or athletic trainer to provide your loved one with proper nutrition and strength training to continue obtaining their goals.

KEEP TRYING

In a perfect world your loved one would listen to you the first time, but especially now, they may not hear a word you say. Keep trying to communicate openly and supportively. And remember, you're not alone. You can find reference materials and helpful articles on our blog.