WHAT TO DO IF YOU SUSPECT DRUG USE

- Remember you are not alone, there is plenty of help.
- Document the specific behaviors/signs that have made you suspect use.
- Talk with the person about your specific concerns.
- Listen to the person.
- Let the person know of your expectations.
- Let the person know you are willing to help them meet these expectations.
- Hold the person and yourself accountable, follow through and don’t enable sickness.

Additional Resources for information:

NIDA - National Institute on Drug Abuse
The Science of Drug Abuse & Addiction

Great resource to find all types of information about anabolic steroids. NIDA touches on many of the physical as well as psychological effects of steroids.


KidsHealth for Parents
What You Should Know About Steroids

Looking for something? Enter a question or a keyword here.

http://kidshealth.org/parent/nutrition_fit/fitness/steroids.html

ANABOLIC STEROID ABUSE

http://www.steroidabuse.org/
Other Resources

The Gatorade Sports Science Institute
On this outstanding web site, click on the “Sports Science Library” to access over fifty (50) downloadable handouts on a variety of import topics from steroids to supplements.
http://www.gssiweb.com/

The NCAA and The National Center for Drug Free Sports
This site was developed by the NCAA and is hosted by the National Center for Drug Free Sports. This is an outstanding web site that the NCAA encourages all athletes to read and review regularly. Interactive.
http://www.drugfreesport.com/choices/

Consumer Reports
On May 14, 2001 Consumer Reports issued a “Press Release”
“CONSUMER REPORTS ADVISES: AVOID SPORTS SUPPLEMENTS – EVIDENCE FOR EFFECTIVENESS IS SKETCHY; SAFETY CONCERNS ARE MANY”
It is recommended that this “press release” be downloaded and reproduce for parents and student athletes as it specifically addresses teenage use of dietary supplements.
http://www.consumersunion.org/products/sportsny501.htm

Consumer Reports —
In the May 2004 edition of Consumer Report magazine had a detailed report on dangerous performance enhancing dietary supplements. “If you can buy it at a clean, well-lighted store, if it’s “all natural,” it’s not going to do you serious harm, right? That’s what many Americans assume about dietary supplements. But while most supplements are probably fairly benign, Consumer Reports has identified a dozen that according to government warnings, adverse-event reports, and top experts are too dangerous to be on the market.”
http://www.consumerreports.org

The Center for Nutrition Policy and Promotion
Available for free to download, the “Food Guide Pyramid”
An excellent publication from the USDA on proper nutrition for parents and families.
Available is English and Spanish versions.
http://www.cnpp.usda.gov/pyramid.html

The Harvard School of Public Health
This web site contains an update version of the “Food Pyramid.”
http://www.hsph.harvard.edu/nutritionsource/pyramids.html