

Words Can Work®: When Talking About Steroids

Anabolic steroids can harm your physical and emotional health. List three ways steroids can affect you physically.

1) _____

2) _____

3) _____

Craig's steroid use affected his parents and his sister. Describe how they were affected.

Explain how you think you'd feel if you used steroids and reacted violently around your family and friends.

Some people risk using steroids despite the threat to their physical and emotional health. Why do you think some people are willing to take these risks?

Words Can Work®: When Talking About Steroids (continued)

Nate refused to use steroids. He is achieving his athletic goals through hard hard. How do you think his sense of accomplishment would be affected if he used steroids?

How would you feel if you knew you were competing against someone who was using steroids to gain a competitive edge?

Jose says that using steroids would take the fun out of playing baseball. Explain what you think he means by that.

Josh says some young people feel pressured to do whatever it takes to win, including using steroids. If a friend told you he or she was thinking about taking steroids for this reason, what would you say to him or her?

John worries that he may develop cancer as a result of steroid use. What would you say to a friend about the long-term risks of steroids, if he or she were using the drugs?

If someone offered you steroids, how would you respond?
