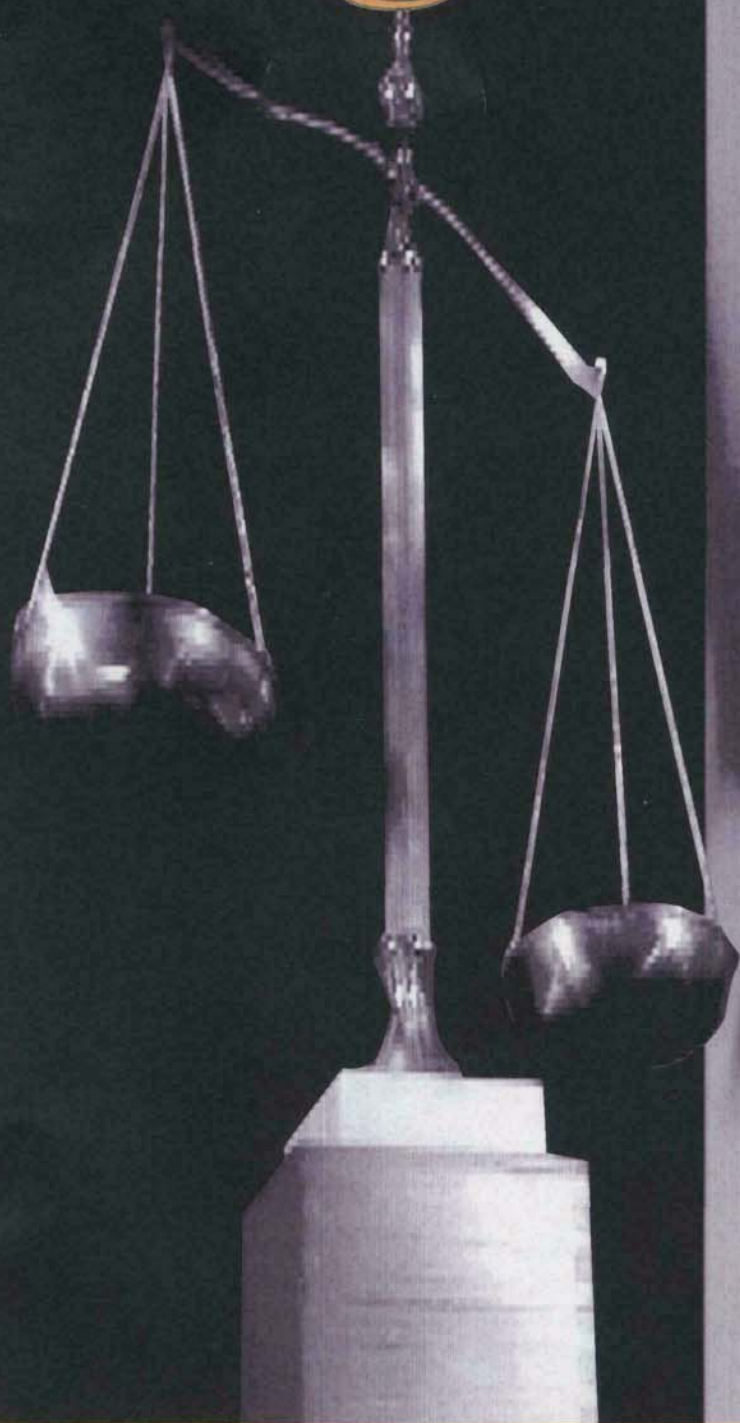


LPBC LOUISIANA PUBLIC BROADCASTING

Legal EASE[®]



PERFORMANCE DRUGS

THE TEACHER'S GUIDE FOR THE VIDEO SERIES

Legal EASE

"Performance Drugs"

Instructional Guide

*for program seven of the law-related education high
school video series produced by*

Louisiana Public Broadcasting

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Governor's Safe and Drug-Free
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Program

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OVERVIEW

Performance Drugs is the seventh program in the LegalEASE series produced by Louisiana Public Broadcasting. It is a 15 minute long video which educates young viewers not only about the legal ramifications of abusing steroids and other performance-enhancing drugs but also about the dire physical consequences associated with such abuse.

The illegal use of performance-enhancing drugs is a topic which has not received the full attention it deserves. Sound research on the harmful physiological effects of these drugs undergirds the state and federal laws that have been enacted to ban their possession, use and distribution. However, except for the occasional news story about someone whose career has been ruined or whose life has been lost because of the misuse and abuse of drugs such as steroids, awareness of the problem has been relegated to an underground network of distributors and users who are spreading misinformation and myths about the benefits of using illegal performance-enhancing drugs.

This guide is designed to provide adults who are neither prevention specialists, treatment specialists nor lawyers, but who come into contact with teens on a regular basis, with background information on the physiological, social and legal consequences of steroid misuse and abuse. LPB recommends that, if possible, an informed adult view this video with young people and engage them in a healthy discussion of the issues.

While LegalEASE provides a wealth of information on various aspects of the abuse of performance-enhancing drugs, these materials are NOT intended to be a sole or complete source of information on any of the

topics addressed. Adults viewing this video with teens should avoid giving legal advice to students and should steer discussions away from specific personal or family references when inappropriate. Moreover, they are cautioned to recognize the limitations of their knowledge and ability to provide assistance best offered by a competent physician, counselor or attorney. Nonetheless, adults who work with teens should familiarize themselves with the wide range of legal, medical and prevention resources available in their communities. For a young person who is on the brink of making a potentially devastating choice or who has already begun using these substances, a concerned adult can be a valuable resource person to direct him or her to the individual(s) best suited to provide critical help.

The on-air program host is Durand "Rudy" Macklin, who came to Louisiana State University in 1976 and, as a freshman, was voted AP and UPI All-American. Macklin made the ALL SEC First Team during his sophomore, junior and senior years and led the LSU Tigers to the Final Four in Philadelphia in 1981. Macklin went on to play professionally for the Atlanta Hawks, the New York Knicks, and the Los Angeles Clippers before a career-ending injury forced him to retire from professional sports. He now devotes much of his time to counseling youth on the importance of physical fitness and to working with children to help prevent underage drinking and drug abuse.

Funding for this segment of LegalEASE was provided by a grant awarded to Louisiana Public Broadcasting by the Governor's Safe and Drug Free Schools and Communities Program.

THE PROBLEM

Harkenback to the days of old and you may recall traveling vendors, often referred to as "snake-oil" salesmen or "flimflam" men, who sold "magic elixirs" from the backs of wagons as they peddled their wares from town to town. Promising that their tonics would rejuvenate users and /or cure a wide variety of ailments, such salesmen managed to convince some people that these potions would make them healthier, stronger and more energetic. But that was rarely the case.

Today's breed of "snake-oil" salesmen are marketing "potions" which they claim are powerful enough to turn a 120 pound weakling into a muscle man and convert a mediocre athlete into a superstar. Instead of peddling their wares from the backs of wagons, however, today's salesmen use magazine ads, books and even the Internet to attract potential customers. Unlike the claims made for the "miracle" potions of yesteryear, some of the claims made about these modern-day potions (steroids and other performance-enhancing drugs) are true. However, these drugs also pose a serious threat. Despite the fact that these "potions" might initially make users bigger and stronger, they also have the potential for doing grievous bodily harm and even causing death!

Widespread abuse of steroids and other performance-enhancing drugs is sometimes referred to as a "silent epidemic." For one thing, the harmful physiological effects associated with the use of these drugs may not become evident for many years. For another, there is a "don't ask, don't tell" attitude amongst users that keeps the problem under wraps. Even so, within the secretive underground world of users and promoters, myths and misinformation abound.

This LegalEASE program aims to communicate the facts loud and clear. Except when prescribed by physicians for patients with debilitating medical conditions, the use of steroids and other performance-enhancing drugs is unsafe.... and illegal.

What are Steroids?

The drug commonly referred to as steroids or anabolic steroids is actually a group of substances classified as anabolic/androgenic steroids.

Anabolic means growing or building
Androgenic means masculinizing or generating male characteristics

Substances within this group have varying combinations of anabolic and androgenic properties. Anabolic steroids are synthetic derivatives of testosterone, the male sex hormone. Testosterone, which the body produces naturally, and its synthetic derivatives have a chemical structure with both anabolic and androgenic properties. In the laboratory these substances can be designed (modified chemically) to enhance muscle building and strength while reducing masculinizing traits. Since the emphasis is on their anabolic properties, these designer drugs are referred to as anabolic steroids.

Anabolic steroids are also known as performance-enhancing (ergogenic) and appearance-altering drugs. Another substance used for these purposes is Human Growth Hormone (HGH).

Anabolic steroids are available in both pill form and liquid form and are either ingested or injected. On the street steroids are

sold under a variety of names, such as: "rocket fuel," "annies" or "stacks." Users often say they are "juicing up" or "rounding out." Other terms associated with the use of anabolic steroids are "doping," "megadosing," "stacking," and "cycling."

Doping refers to using drugs and other non-food substances to improve athletic performance and prowess.

Megadosing is taking massive amounts of steroids by pill or injection.

Working from the notion that more is better, *stacking* is taking many types of steroids, sometimes in combination with stimulants, depressants, painkillers, anti-inflammatory drugs and other hormones.

Cycling means taking drugs on and off. A cycle starts and stops over months or even years, usually to avoid detection.

Why do People Use Steroids?

Let's begin by differentiating between steroids that have legitimate uses and those that are illegal.

There are instances in which steroids can be appropriately and legally prescribed. For instance, certain steroids are used for the treatment of allergies, severe anemia, osteoporosis and some cancers. Catabolic steroids are used to reduce inflammation. Anabolic steroids are prescribed by physicians for patients with certain medical conditions to increase body tissue and prevent the breakdown of tissue caused by specific diseases. For example, patients diagnosed with chronic nutritional deficiencies or AIDS-wasting syndrome may be treated with steroids to promote weight gain. Human Growth Hormone (HGH) is medically

approved to enhance growth in children who suffer from pituitary dwarfism and are not developing normally.

The American Medical Association (AMA) and other medical associations condemn the illegal use of anabolic steroids and related substances when not prescribed by a physician for legitimate medical purposes.

Nonetheless, thousands of Americans overlook the fact that performance-enhancing drugs are both dangerous and illegal and, by doing so, put themselves at great risk.

Among the most vulnerable are teenagers who are in a hurry to mature, who are looking for a short cut to athletic success or who just want to improve their appearance. Many young people have unrealistic expectations, and often find themselves on the receiving end of irreversible damage to their bodies and, in some instances, premature death.

Peer pressure is a major factor in steroid abuse, but there are other pressures as well.

Society dictates how teens should look and act. Parents, coaches, and even neighborhood acquaintances often encourage young athletes to "win at any cost," and may not stop to realize the intensity of the pressure those athletes feel not to disappoint "the hometown crowd." Some teens honestly believe that they cannot achieve the level of success everyone is expecting of them if they do not artificially increase their strength and endurance with the help of performance enhancers.

THE REALITY

What comes to mind when you hear the words "drug problem?" Crack cocaine? PCP? Heroin? Of course, abuse of these substances is a serious problem in contemporary society. But there are other substances which should also come to mind immediately when you hear the words "drug problem" and those are the performance-enhancing drugs, because their use is on the rise.

The abuse of anabolic steroids by adolescents is a growing concern in our country. Numbers have risen significantly over the past twenty years. A study conducted for the U.S. Department of Health and Human Resources in 1990 found that more than 250,000 American adolescents were using or had used anabolic steroids... illegally. Other sources estimate that, more recently, over 500,000 teens under the age of 18, athletes and non-athletes alike, may have used or may have been using performance and appearance enhancers. (This is the same number of teens thought to be using crack cocaine.)

Studies have also shown that even health-conscious and image-conscious teens who reject alcohol, cocaine and marijuana because of their harmful side effects do not necessarily shy away from steroid abuse. On the other hand, studies indicate that teens who abuse performance enhancers are three times more likely to drink alcohol on a regular basis and three times more likely to use marijuana and cocaine than non-steroid abusers.

According to the 1990 NIDA study, 3-5% of males and 0.5% of females reported having used steroids sometime in their lives. According to the National Household Survey on Drug Abuse conducted in 1993, almost 2% of eighth graders, 2% of tenth graders

and 2% of twelfth graders admitted to using steroids. Nonetheless, hard data on abuse of performance-enhancing drugs is hard to come by because few people, regardless of their age, are willing to admit openly that they have cheated and have broken the law. While the data at hand seems to indicate that most students do not get involved in steroid abuse, it is troubling to note that potentially half a million teens have chosen to use these types of drugs.

If Steroids Are Illegal, What About the Alternatives?

Because of the stiff legal penalties associated with the illegal use of anabolic steroids, some athletes have turned to other substances which claim to deliver similar effects, such as Human Growth Hormone (HGH); other drugs, such as clenbuterol and gamma hydroxybutyric acid (GHB); and dietary supplements. Some of these have been described by research clinicians as very dangerous substances. Because clinical studies involving humans using varying doses are non-existent, it is impossible to say with certainty how little constitutes an overdose.

One of the major problems associated with the illegal use of prescription drugs is that they are often taken in large doses without a physician's supervision. GHB, for example, which is intended for livestock, has serious and immediate negative side effects on humans. Yet few teens are aware of such complications, unless, perhaps, they live on a farm. Ingestion of too much Human Growth Hormone (HGH) can cause excessive growth of bones in the hands, feet and face and can precipitate a condition, resulting in heart disease and other metabolic problems, which may prove fatal.

Performance Enhancement: An Historical Perspective

Ancient Greece

During the first Olympics, before testosterone and anabolic steroids were known, wrestlers looking for a competitive edge ate huge quantities of meat to build muscle.

Circa 1000

It is purported that a band of Norse warriors ate hallucinogenic mushrooms to gear up for battle. Is it a coincidence that the word *berserk* comes from the Viking name for warrior (*berserker*)?

Circa 1900

The male hormone testosterone was recognized for its unique effect on muscle growth and masculinization.

2935

German scientists synthesized testosterone derivatives.

WWII

German soldiers were allegedly given these substances to increase their strength and aggressiveness.

1940's-50's

Synthetic testosterone was introduced into sports. In the early 1950's weightlifters sought to increase their size and strength using synthetic testosterone compounds. In the 1952 Olympics wins scored by Russian weight lifting teams were attributed, in part, to their use of synthetic testosterone. Shortly thereafter it was discovered that anabolic steroids were being widely used by athletes from Eastern European countries.

Late 1950's

American athletes, looking for an edge against the Russians, sought to have ana-

bolic steroid compounds produced in the U.S. Before the negative side effects were well known, their use had become widespread. Some of the first American users of these performance enhancers were body builders, weightlifters, football players, and discus, shotput and javelin throwers.

1968

Medical testing of Olympic athletes was established by the International Olympic Committee (IOC) for three major classes of drugs: stimulants, narcotic analgesics and anabolic steroids. To date the IOC has placed 17 anabolic steroids and related compounds on its list of banned substances.

3976

Testing of athletes for anabolic steroids began at the Olympics. Subsequently the U.S. Olympic Committee and the National Collegiate Athletic Association established strict penalties for use of anabolic steroids by athletes.

The Consequences of Steroid Abuse

Thousands of young people cling to the mistaken belief that the benefits of using performance-enhancing drugs far outweigh the negative consequences of using them.

There is a pervasive attitude among steroid abusers that such activity "won't hurt me," even though many have heard about the effect performance-enhancing drugs have had on public figures such as football superstar Lyle Alzado, who died in 1992 at the age of 43, from a rare form of brain cancer which he, himself, attributed to his prolonged use of steroids and HGH.

The negative consequences of abusing these drugs are real, and bigger muscles and greater strength will not help teens overcome them.

Physical and Psychological Consequences

Myths and misinformation abound, but the reality is that these substances do contribute to irreversible bodily damage and sometimes hasten death. Almost all medical experts agree that the risks associated with such drug abuse *far* outweigh any short term benefits. As with most drugs, performance enhancers are not without side effects. Some are merely bothersome. Others are devastating.

Physical side effects and risks for both male and female abusers include:

- HTV from sharing needles (HIV can cause AIDS)
- damage to growth areas at the end of bones, permanently stunting an adolescent's growth
- increased cholesterol levels
- increased risk of heart attack and stroke
- increased risk of cancer
- liver disease, including jaundice, tumors, and cancer
- gall stones
- infertility
- severe acne and oily skin
- water retention, bloating, puffiness (particularly in the facial area)
- weakened tendons and ligaments, resulting in tears or rupture
- muscle cramps
- nausea and vomiting/diarrhea
- increased or decreased libido
- hives/rashes
- continuous headaches
- insomnia
- continual bad breath (halitosis)

Additional risks for males include:

- prostate enlargement and prostate cancer
- premature baldness

- decreased sperm production
- impotence
- breast enlargement

Additional risks for females include:

- increased growth of body and facial hair
- deepening of the voice
- atrophied breasts
- irregular menstrual cycles
- widening of shoulders, thickening of waist

Psychological side effects and risks for both males and females include:

- steroid rage; uncontrollable anger; unexplained aggressive or violent behavior; erratic mood swings
- hallucinations; manic episodes
- depression; suicidal feelings; listlessness and fatigue
- anxiety; irritability
- hyperactivity
- cognitive impairment

Some of the side effects listed above pose a serious threat. Liver impairment, for instance, may initially be painless and non-symptomatic until irreversible damage has been done. Another risk rarely considered by abusers is the contamination of drugs produced in illegitimate labs, without appropriate controls, and sold on the black market.

Dramatic changes in musculature, severe acne, steroid rage and bloating, on the other hand, are readily apparent to others and should serve as warning signs. In addition, adults should take note if a young person is obsessively preoccupied with his or her body image. Steroid abusers may perceive their bodies differently than the outside world perceives them and may feel they are "out of shape" even when they are far from it, in much the same way that anorexics think they are "too fat" even when they are not.

Care should be taken not to jump to conclusions, however. Because some of the visible signs of performance drug abuse mimic other conditions or problems, awareness and communication are key to determining whether intervention is appropriate.

Are Anabolic Steroids Addictive?

The fact that some users have real difficulty kicking the habit, are in denial concerning their abuse of performance-enhancing drugs or discount the severity of the consequences of such behavior indicates that anabolic steroids can be addictive. There are also physiological consequences of withdrawal, such as erratic behavior, fatigue, insomnia, depression, and restlessness, to name just a few. It is very difficult to precisely predict the effects/risks associated with using anabolic steroids or other performance enhancers because there are so many factors to consider. Age, gender, dosage, genetic predisposition, duration of use, nutrition and intensity of training all must be factored in.

Legal Ramifications of Abuse: Federal Law

Because it has been determined that these drugs are dangerous when used improperly, the United States Congress enacted laws which make it illegal to possess, use or distribute anabolic steroids and related substances. The 1991 Federal Anabolic Steroids Act placed performance enhancers in the Controlled Substances Act's Schedule *TO*. (the same law that regulates narcotics) and it is a felony to use, possess or sell steroids without a valid medical prescription.

The 1988 federal Anti-Drug Abuse Act banned the possession and distribution of anabolic steroids for non-medical reasons and placed penalties for illegal use. Congress amended the Act substantially with

the Anabolic Steroids Control Act of 1990. Other provisions were amended from 1993-96 (in the Domestic Chemical Diversion Control Act of 1993, in the Drug Free Truck Stop Act of 1994, and in the Drug-Induced Rape Prevention and Punishment Act of 1996.)

Under federal law, a first offense for the illegal use, possession or sale of steroids is punishable by up to five years in prison or fines of up to \$250,000, or both. (United States Code, Title 21, Section 841.) A second offense (or an offense after another drug conviction) is punishable by up to ten years in prison, fines of up to \$500,000, or both.

If a person is caught distributing steroids to someone under 21 years of age, the penalty is a mandatory prison term. A second offense for this crime triples the penalties and prison time. (United States Code, Title 21, Section 859.)

A conviction can be obtained under the Act even if a person does not physically possess or distribute anabolic steroids; merely attempting to do so, or helping others to possess or distribute these drugs, is punishable in the same way as direct possession or distribution. (United States Code, Title 21, Section 846.) Simply "helping a friend" is sufficient grounds for a conviction. There is no requirement that the government prove that a defendant charged with aiding or abetting a drug sale had a stake in the outcome of the illegal venture.

Enhanced penalties are imposed when one is caught possessing or distributing anabolic steroids in a roadside rest area; within 100 feet of a youth center, public swimming pool or video arcade; or within 1000 feet of a school, college, or public housing facility. In those instances, the maximum penalty is doubled. For example, while a first offense is punishable by five years in prison, fines

up to \$250,000, or both, if the first offense takes place at a roadside rest area or truck stop the penalties increase to up to ten years in prison, up to \$500,000 in fines, or both. (United States Code, Title 21, Sections 849, 860.) In cases of possession or distribution in the vicinity of schools, for example, the law does not allow judges to suspend prison time or to grant probation (non-prison time). The law also limits parole rights. (United States Code, Title 21, Section 861.)

There are also enhanced penalties if someone 18 years old or older uses someone under the age of 18 to assist them in violating the law. In such cases the minimum prison time and monetary penalties are doubled. (United States Code, Title 21, section 848.)

Penalties become extremely harsh when more than five people are involved in the commission of the felony. For example, if five "friends" work together to distribute anabolic steroids, and if one of them is the "leader," that individual can be sentenced to up to twenty years in prison, fined up to \$ 2 million, or both. (United States Code, Title 21, Section 848.)

Privacy and loss of money, however, are not the only penalties. There are also a series of provisions which allow the federal government to seize property used in the commission of a crime. For example, a car can be seized by the federal government if the owner, or a driver with the consent of the owner, is using or distributing anabolic steroids. (United States Code, Title 21, Sections 853,881.)

A criminal conviction, prison time, loss of money, and forfeiture of property are not the only penalties available once there is a federal conviction. Such individuals also face possible loss of certain welfare benefits, such as food stamps and assistance to needy

families. (United States Code, Title 21, Section 862a.)

Legal Ramifications of Abuse: State Law

It is important for teenagers to know that state laws and federal laws differ and that it is possible for someone caught possessing or distributing anabolic steroids to be charged under both state and federal statutes. Adults who work with young people should familiarize themselves with both their state statutes and the federal law pertaining to performance drugs so that they can impress upon those young people the severity of the legal consequences they could be facing if they make the wrong choice.

In Louisiana, for example, it is illegal to even prescribe anabolic steroids unless there is a valid medical reason. Louisiana law states that "bodybuilding, muscle enhancement, or increasing muscle bulk or strength through the use of an anabolic steroid by a person who is in good health is not a valid medical purpose." (Louisiana Revised Statutes, Title 40, Section 1239.)

Many states have enacted their own versions of the Uniform Controlled Dangerous Substance Law. Anabolic steroids are usually classified as "Schedule III" drugs, although details may differ from state to state, as may penalties. You owe it to yourself and to the teens with whom you work to be aware of the laws in the state in which you live.

Sometimes state laws are even harsher than federal laws. For example, while federal law and Louisiana law both classify anabolic steroids as "Schedule *EL*" drugs, a first conviction under federal law can be punished by up to five years in prison or a \$250,000 fine or both, while Louisiana law

allows a sentence of up to ten years at hard labor or a fine of up to \$15,000 or both if you manufacture or distribute anabolic steroids. Merely possessing anabolic steroids in Louisiana can result in a sentence of five years in prison, a fine of up to \$5000, or both. (Louisiana Revised Statutes, Title 40, Section 968.)

Both Louisiana law and federal law increase the penalties if anabolic steroids are distributed near schools, and Louisiana even has a special law increasing the penalties for distributing anabolic steroids to students at any grammar school, high school, vocational school or college (Louisiana Revised Statutes, Title 40, Section 981.1) and for distributing steroids to minors. (Louisiana Revised Statutes, Title 40, Section 981.)

In some states it is not necessary for an individual to actually sell or possess anabolic steroids to be convicted and sentenced to prison. In Louisiana, for example, taking a role in handling money or goods used in the distribution of such drugs can lead to up to ten years in prison or a fine of \$10,000 or both. In fact, any of the following could lead to a conviction in Louisiana:

- lending or giving money to another to buy anabolic steroids,
- lending a car to another individual to buy or sell anabolic steroids, or
- holding money for another person if you knew the cash was going to be used to buy anabolic steroids or if you knew that the money came from the sale of anabolic steroids.

Some states even require that notices be posted in all school gyms. For example, Texas law requires that the following statement be clearly displayed in all gyms:

"Anabolic steroids are for medical use only. State law prohibits possessing, dispensing, delivering or administering an anabolic steroid in any manner not allowed by state law. State law provides that body building, muscle enhancement, or the increase of muscle bulk or strength through the use of an anabolic steroid or human growth hormone by a person who is in good health is not a valid medical purpose. Only a medical doctor may prescribe an anabolic steroid or human growth hormone for a person. A violation of state law concerning anabolic steroids or human growth hormones is a criminal offense punishable by confinement in jail or imprisonment in the institutional division of the Texas Department of Criminal Justice."

California requires that every lease or rental of athletic facilities of almost any kind include a special warning about anabolic steroids in language specified in a California statute and that the following warning statement be posted in every locker room:

"Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damage liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and develop breast tissue. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use or exchange of anabolic steroids."

The Need for Public Awareness

As a result of legislation, the abuse of performance enhancers has decreased somewhat, but it is far from being eliminated. In addition to passing laws and enforcing them,

a concerted effort must be made to educate the public about the consequences of mis type of behavior. If an individual is apprehended and charged with a crime, he or she could incur significant legal costs. Their fines could be staggering. And their future could be bleak, as a felony drug offense carries a stigma which could make it hard to find or keep a job, join the armed forces, qualify for insurance, or even maintain a college scholarship. They could also lose their right to vote.

Many people who illegally use performance enhancers rationalize their behavior by saying that what they are doing is not harmful to others. But that is far from the truth. Many drug abusers suffer from "steroid rage" or other personality disorders which cause them to perpetrate violent acts which result in the victimization of others. Sadly, the general public ultimately pays the price for the enforcement and prosecution of these crimes. Even if an offender is not initially caught or charged with possession, he or she might someday find themselves on the wrong side of the law because of their drug habit.

Sports Organizations' Policies and Penalties

Besides the legal ramifications of abusing performance-enhancing drugs, athletes considering the illicit use of steroids should also consider the implications of trying to circumvent the strict policies that many sports affinity organizations have established. Drug testing of athletes began with the 1976 Olympics, and many other sports organizations have followed suit. Both the U.S. Olympic Committee and the NCAA have established severe penalties, including a lifetime ban for repeated use.

The NCAA has separate rules concerning the abuse of performance-enhancing drugs. Student athletes who wish to participate in

NCAA sports are required to sign a form consenting to random drug testing at the beginning of each season. Random testing requires that athletes disrobe from the armpit to the knees and produce a urine specimen while being observed by an NCAA official.

A 1993 survey by the NCAA revealed a marked decrease in the use of anabolic steroids among its member athletes, suggesting that random drug testing, which was initiated in 1989, has had a positive influence.

The zero tolerance drug prevention policies of many elementary and secondary school athletic programs send a strong message to young athletes and delineate clear expectations for them. Schools with policies which do not promote zero tolerance send the wrong message, however. Those that advocate mere suspension for a first offense are disregarding the law and students may actually misconstrue such policies as tacitly condoning their behavior.

Organizations like the Fellowship of Christian Athletes (FCA) and Student Athletes Detest Drugs focus on healthy living and positive choices. The latter group, an outgrowth of the original SADD (Students Against Driving Drunk) movement, has a policy statement pertaining to steroids which reads: "The use of steroids and other supposed performance-enhancing drugs turn fair competition into a chemical battleground on which athletes risk their health while they violate the ethics of sport."

Black Market Drugs

Because of specific medical policies and recent legislation, it is much more difficult to get a physician to prescribe anabolic steroids today than it was in the past; however, theft and fraudulent prescriptions pose a significant problem. Most abusers obtain

their drugs on the black market. If an individual really wants to find a performance enhancer, source information is readily available — in books, in magazines and even on the Internet. Some Internet sources actually include Web page disclaimers, cautioning potential customers about the legal ramifications of possession, use and distribution of these substances. Despite such warnings, the black market is big business; vendors hawk their illegal wares to the tune of \$400 million a year!

Caveat emptor! Buyer beware! Not only are you breaking the law when you buy illegal drugs on the black market, you are also increasing the likelihood that you will be getting fake, adulterated or even contaminated drugs, which can cause you even more harm.

Healthy Choices/Healthy Alternatives

Individuals who think that anabolic steroids can turn them into winners need to think again. The truth is that it takes a lot of effort for an athlete to become a star. Real success on the playing field depends not only on strength and endurance, but also on mental fitness and skill. Whether you aspire to be a stellar athlete or not, healthy habits — like exercise, good nutrition, sufficient sleep and rest, honesty and integrity — contribute greatly to your success and happiness in life.

What should you do if you suspect that someone is using anabolic steroids or other performance-enhancing drugs? Keep the lines of communication open, inform the individual about your concerns, give them the facts, and direct them to resources — a physician, a school counselor, or another prevention or treatment professional. Consider your own ethical and legal responsi-

bilities as well. You may be required to notify the young person's parents or, perhaps, a law enforcement officer. Every state has laws governing the responsibilities incumbent upon adults in these situations. Find out what the laws are in your state and follow them. Adopting a "don't ask, don't tell" policy is/ more often than not, unkind, unwise, and can lead to devastating consequences.

The bottom line is... performance-enhancing drugs are dangerous, life-threatening and illegal substances. They can ruin careers — and they can ruin lives! Besides suffering long term and often irreversible health complications, abusers of anabolic steroids and similar drugs can face stiff jail sentences, large fines, steep legal fees, years of probation or other forms of legal punishment — all because they made a wrong choice!

This LegalEASE video on performance drugs and its companion print material seek to educate young people and the adults who work with them about the dangers of performance-enhancing drugs by providing the facts and presenting the stories of real people who have made choices in their lives and either suffered the consequences or reaped the benefits of those choices.

Young viewers should be reminded that they are in a position of power because they can control the choices they make concerning drugs. Young people need to come to the realization that they must think before they act, and that they must understand all the implications of their actions before they take that first step down a path from which there may be no return. Real winners are those individuals who make healthy, informed decisions after a careful deliberation of the issues.

RESOURCES

1. National Federation TARGET Program
11724 NW Plaza Circle P.O. Box 20626
Kansas City, Missouri 64195 1-800-366-6667

"Students and Steroids: The Facts... Straight Up" is a curriculum developed and distributed by the National Federation of State High School Associations' TARGET Program. In addition to addressing steroid abuse, the TARGET Program also provides prevention resources on tobacco, alcohol, and other drugs and on lifestyle issues pertinent to high school athletics and other activities.

2. National Clearinghouse for Alcohol and Drug Information (NCADI)
P.O. Box 2345
Rockville, Maryland 20852
1-800-729-6686

NCADI provides a wide variety of resources (research, references, programs and materials) which can be accessed on the Internet at www.health.org.

3. NIDA Hotline 1-800-662-HELP

Operated by the National Institute on Drug Abuse (NIDA), this hotline is a confidential information and referral line that directs callers to drug abuse treatment centers around the country. A Research Report Series on Steroids (DHHS Publication No. (ADM) 91-1810) is available from NIDA.