



### Be Real!

**Testosterone** is the male hormone that causes boys to develop into men. During puberty, more testosterone passes into the blood stream causing muscles and body

hair to develop and the voice to deepen. This is the way a male's body develops naturally. In females, testosterone is also produced naturally, but in smaller amounts.



### Not For Real!

**Anabolic steroids** are artificial substances that change the natural way the body grows and develops. These dangerous drugs interfere with normal body development.

**Anabolic steroid** users take large amounts of these synthetic substances. Some steroids are taken orally as pills or capsules. Some are injected by hypodermic needle deep into the muscles.

### Fit?

Steroid users want a quick fix to obtain a developed body. Abusers who work out, may become "ripped." This means that their muscles become clearly defined in a short period of time.

### Or Not So Fit?

Steroid abuse has some very dangerous side effects. Abusers may develop bad acne, bad breath, lose hair, and have heart and liver damage. Use of steroids by pre-teens and developing teens may cause bones to stop growing naturally. These teens may have stunted growth. Others have rapid weight gain.

Any steroid abuser who shares needles with other abusers, is at increased risk for **AIDS**.



### All In The Mind!

Chemicals in steroids cause mood swings and **roid rages** (sudden aggressive behavior). Abusers may become violent for no apparent reason. They can be dangerous to themselves and to those around them.



## STREET SMART STRATEGIES

**KNOWLEDGE POWER:** Learn about the dangers of steroid abuse.

**CORE VALUES:** Include exercise in your daily activities. Shortcuts don't work!

**PROACTION:** Take a stand—practice steroid refusal skills.

## BUZZ WORDS

1. **Aggressive** — hostile, striking out at someone or something
2. **AIDS** — Acquired Immune Deficiency Syndrome
3. **Anabolic steroid** — chemical taken internally to promote weight gain and muscle growth
4. **Artificial** — not natural, man-made
5. **Blanks** — slang word "false" steroids
6. **Dependence** — relying or counting on someone or something
7. **Hormone** — chemical made by the glands of the body
8. **Interfere** — to prevent or get in the way of
9. **Joy rider** — person who abuses steroids to look "ripped"
10. **Ripped** — increased muscle definition of body builder
11. **Roid rages** — uncontrolled burst of anger
12. **Sterile** — unable to produce children
13. **Stunted** — prevented from growing or developing properly
14. **Synthetic** — not natural; man-made
15. **Testosterone** — male hormone