



YOUR TURN



1 Pressure to win by coaches, parents, and friends encourages some teens to take "short cuts" in training. How can coaches increase team performance while discouraging steroid abuse?

2 Strict rules by major sports organizations aim to eliminate steroid abuse by athletes. What punishment would you recommend for athletes who abuse steroids?



ASK:

How much more pressure is put on kids today to excel in athletics than when you were growing up? How did you deal with pressure when you were a teen?

Setting: You are a trained weight-lifter. Because of your training and professional attitude, you have been asked to lead a class in junior high weight-lifting. You know that some of the people in your gym have used steroids.

Situation: After two months of hard work you notice that three weight-lifters (two males and one female) have been building muscle at a much quicker rate than the rest of the class. Although you cannot prove it, you suspect they have been taking steroids.

Solution: After Friday's workout, you excuse the rest of the class and ask these three members to stay back for a "little talk." You are more interested in teaching "responsible safe behavior" than punishment. Act out the scene.



Teen Talk



1. Rick, your best friend, hopes to play varsity football but he is worried about making the team. The coach has asked him to do some weight-lifting to build up his muscles. He tells you he is thinking of taking steroids. He asks your advice. What do you tell him?

2. Jo Ann is a member of your gymnastic team. She lifts weights for strength training. Lately you notice changes; she is growing facial hair and the least little thing makes her violent. You suspect she is using steroids. You worry for her, but also for your team. What do you do?