

WHY TAKE IT WHEN YOU MAKE IT?

SESSION 1: ACTIVITY 4 (15 MINUTES)

- ★ The goal of this Activity is to learn what happens to the body when anabolic steroids are used. Your Squad Leader is going to read you one question at a time and then ask for your answer. You will discuss each question until you come up with the correct answer and then move on to the next question.
1. Your 5'5" friend regularly uses anabolic steroids, starting at age 14. His older brothers are over 6' tall. How tall will your friend be? (circle all that apply)
 - a. 5'4"
 - b. He'll still need to use a booster chair at restaurants
 - c. Over 6'0"
 - d. If he's lucky, he will reach 5'5½"
 2. Name the part of your body that would get smaller if you used anabolic steroids: (circle all that apply)
 - a. breasts
 - b. testicles
 - c. chin
 - d. brain
 3. People who use imitation anabolic steroids will get bigger and stronger: (circle all that apply)
 - a. without working out
 - b. if they work out occasionally
 - c. if they work out hard and eat more protein
 - d. if they eat more protein without training
 4. What is really in supplements advertised in magazines and health food stores that claims to make you bigger and stronger? (circle all that apply)
 - a. nobody knows
 - b. who cares?
 - c. great stuff that all the pros use and that you can't get from real food
 - d. most often the same ingredients you CAN get from real food that works better for less money
 5. Fill in the blank:
 - a. _____ percent of U.S. male high school students have never used anabolic steroids.

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SESSION 1: ACTIVITY 4 (CONTINUED)

6. Your friend injects steroids with a group of his weight lifting buddies. What diseases or problems could occur? (circle all that apply)

heart attack	liver tumors	hepatitis (liver inflammation)
cancer	AIDS	high blood pressure
sterility	you don't want to know	all of these

7. Why do athletes use anabolic steroids? (circle all that apply)

to make bigger muscles	to become stronger
to look better to their friends	to make the first team
to get an athletic scholarship	all of these
to run faster	

8. Many anabolic steroid users take them for 6 to 8 weeks, then stop for 6 to 8 weeks. What are some of the effects of coming off a cycle of anabolic steroids? (circle all that apply)

- depression (feeling very sad and alone)
- loss of appetite
- loss of strength
- less testosterone production than in a female
- problems with sexual performance
- muscle breakdown
- all of the above