

Steroids and Young Athletes

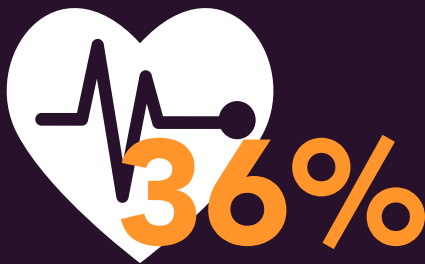
A look at the growing use of APEDs (Appearance and Performance Enhancing Drugs) among young athletes:



36%

of males aged 18 – 25 said that they, or someone they know, had taken APEDs like steroids or HGH. In all, over 8 percent admitted that they themselves had taken APEDs.

Among parents, **6%** said that they knew their son had taken steroids and an additional **10%** said they knew someone else who had. 1 in 5 parents are worried that their child may take APEDs in the future.

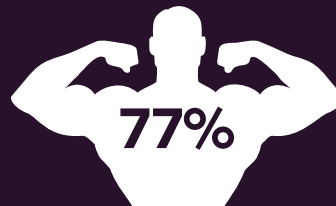


percent of males aged 18-25 said that taking APEDs without a doctor's supervision was "potentially life threatening" and 55 percent said it was "potentially harmful to overall health." Less than 7 percent thought that APED usage was "not very dangerous" or "not dangerous at all."



1 in 5 males ages 18 – 25 said that taking APEDs is "the only way to make it in professional sports." An additional 24 percent said it was "critical to enhancing one's athletic performance."

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of males surveyed said that APED usage in professional sports "puts pressure on young athletes to use drugs to get ahead." Parents felt exactly the same.

IT'S STARTING AS EARLY AS MIDDLE SCHOOL

The findings of this Digital Citizens Alliance poll are consistent with other studies. A recent study by the University of Minnesota revealed that 5.9% of boys in middle school and high school admitted to using anabolic steroids. That's in addition to the 4.6% of girls in that age group that admitted using them.



5.9%



4.6%