

# **Steroids & Performance-enhancing Substances Links for Parents**

The following links are a few resources for talking to your teen. Please note that inclusion of the external web links does not imply endorsement of either the reliability of the information presented or its suitability for a particular age group or grade level.

Mayo Clinic – Performance Enhancing Drugs and your Teen Athlete

<http://www.mayoclinic.com/health/performance-enhancing-drugs/SM00045#>

Parents – The Anti-Drug

[http://www.theantidrug.com/drug\\_info/prescription\\_abusing\\_types\\_steroids.asp](http://www.theantidrug.com/drug_info/prescription_abusing_types_steroids.asp)

Parents - The Anti-drug Conversation Tips

<http://www.theantidrug.com/advice/safeguarding-and-monitoring/conversation-tips/default.aspx>

eHow – How to talk to your teen about Steroids

[http://www.ehow.com/how\\_2072951\\_talk-teen-steroids.html](http://www.ehow.com/how_2072951_talk-teen-steroids.html)

How to stop a teen from taking steroids

[http://www.ehow.com/how\\_2342481\\_stop-teen-from-taking-steroids.html](http://www.ehow.com/how_2342481_stop-teen-from-taking-steroids.html)

Answer Bag – How to talk to teens

[http://www.ehow.com/how\\_2072951\\_talk-teen-steroids.html](http://www.ehow.com/how_2072951_talk-teen-steroids.html)

Steroid Precursors – US Dept Health & Human Services

<http://family.samhsa.gov/be/athblocked.aspx>