



Don't Let Steroids Tackle Your Teen

Tarrant Council on Alcoholism & Drug Abuse Offers Tips for Parents of Youth Athletes

Fort Worth, TX (PRWEB) February 24, 2005 -- As many as 1.1 million young people ages 12-17 have taken a performance-enhancing drug or sport supplement, according to a recent survey. Almost four times that many personally know someone who is using these substances.

Although steroids are banned in nearly every sport, young people often hear about athletes using these substances to make them stronger. While steroids may help build muscle in the short term, they are extremely dangerous — especially for young people. They can cause serious health problems in the long run, including damage to the liver, heart and sex organs.

Don't Let Steroids Tackle Your Teen

In a recent national survey, parents rated the use of performance-enhancing supplements and drugs and their No. 1 concern in youth sports. Yet, 81 percent of the young people surveyed said they had never had a conversation with their parents about the substances, and 69 percent said they had not received information from their sports teams.

In response to a recent investigation into steroid use in the Grapevine-Colleyville school district, Tarrant Council on Alcoholism & Drug Abuse offers the following tips for parents of youth athletes:

1. Set rules. Let your teen know that steroid and other illegal drug use is unacceptable and that these rules are set to keep him or her safe.
2. Talk to your teen. While shopping or riding in the car, casually ask him/her how things are going at school, about his performance or progress in sports competitions or practices, about his friends and teammates, what his plans are for the weekend, etc.
3. Spend time together as a family regularly and be involved in your kid's lives. Attend games, competitions, and even some practices.
4. Take time to learn the facts about steroids, marijuana, drinking, speed and supplements. Talk to your teen about their harmful physical, social, and mental effects on young users. Focus specifically on how these drugs could affect your child's performance on the playing field and his/her future as an athlete.
5. Get to know your child's teammates (and their parents) by inviting them over for dinner or talking with them at practices, games, meets or competitions or at team meetings.
6. Stay in touch with your child's coach and have them inform you of any changes in your teen's performance and demeanor, at practice or in the locker room which may suggest drug use.
7. Work with your teen athlete to develop some straightforward "refusal skills" to help them avoid risky situations.

For more information on how to talk to your kid about drugs, contact Tarrant Council at (817) 332-6329.

About Tarrant Council

Tarrant Council on Alcoholism & Drug Abuse is a private non-profit organization with a 48-year history of providing an essential link between the public and substance abuse services. Tarrant Council serves over 50,000 adults and youth in Tarrant County annually with the mission of "reducing drug and alcohol abuse in our community." It is the front door for substance abuse and treatment and provides prevention programs in 144 schools in Tarrant County.

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