

# KNOW YOUR STUFF

# STEROIDS

AKA: juice, roids, nandrolone, tren  
(Drug names vary hugely, these are just a few examples)



## WHAT IS IT?

Pills, powders or liquids for injection – this is a big group so it varies.

## THE HIGHS

Drugs referred to as steroids generally resemble testosterone in structure and effects, meaning they can improve sporting endurance and performance – so someone can train harder and for longer, and recover quicker – and stimulate muscle growth, which some consider physically attractive.

## THE LOWS

Paranoia, irritability, aggression and mood swings may be experienced, and the user may become violent as a result. Sleep disturbances are common, which in turn negatively impacts mood. The immune system can become compromised, meaning someone is more likely to pick up bugs such as colds.

Steroids can mess with physical development, stunting growth, reducing sex drive and fertility, and causing skin to become spotty. Males may notice their testicles shrink, they lose hair and find it difficult to get and/or maintain an erection, while females may experience increased body hair, shrinking breasts, a deeper voice and menstrual problems.

People with other conditions, such as high blood pressure, a heart condition, or diabetes, may become quite unwell if they use steroids, and pre-existing kidney and liver problems and cancers may worsen. There are also issues if steroids are mixed with other drugs, alcohol or medication.

Because steroids are sold on the black market, the quality and ingredients can be questionable. It is quite easy to become hooked on steroids, meaning someone keeps taking them despite having unpleasant side effects, and stopping use can lead to withdrawal, such as headaches, depression and tiredness. Dosing can be complicated – terms such as “stacking”, “cycling” and “pyramiding” are used – all of which pose additional risks.

Although it is legal to have steroids for personal use, this is usually only if they have been prescribed for a legitimate medical reason, and many sporting organisations have banned their use (and put in place testing procedures). It is against the law to possess steroids if it is thought they might be sold or given to another person, with someone who is caught facing the possibility of a 14 year jail sentence.



For more information go to:

**FRANK**

<https://www.talktofrank.com/drug/anabolic-steroids>



**DSM** foundation  
The drug education charity

[www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)

The Wellbeing Hub  
– from Teen Tips –



[www.teentips.co.uk](http://www.teentips.co.uk)