



# Discussion Guide for

## STERIODS: BULKING UP CAN KILL

### OBJECTIVES

- To give reasons athletes begins using steroids.
- To detail common side effects associated with steroid use.
- To profile two athletes whose use of steroids ultimately lead to devastating consequences.
- To show how athletes can achieve success without using steroids, in spite of the tremendous pressure on them to perform.

### SYNOPSIS

For all athletes, the pressure to perform can be tremendous. In sports like football, bigger, stronger players often contribute greatly to the success of the team, and so are considered the most valuable. Many athletes work hard to build muscles, and some use anabolic steroids to achieve the desired results.

*Steroids: Bulking Up Can Kill* details the consequences of steroid use. Common side effects include hair loss, acne, high blood pressure, increased cholesterol and cardiovascular disease. Emotionally, users can become paranoid, depressed and suffer from uncontrollable anger.

The program profiles the experience of Curt Marsh, an ex-NFL football star who came to realize the devastating consequence of steroid use. As a sophomore in high school he had a natural physique for the game. Without steroids, he worked toward a football career and was drafted out of college by the Oakland Raiders. But that wasn't good enough.

Marsh's drive to be even better lead him to steroids, which initially gave him the results he wanted. Ultimately, however the price of steroid use was too high. Viewers learn steroids may have cost him his career, and even more tragic, contributed to the amputation of his right foot and ankle.

Dan Barton, a promising high school athlete before turning to steroids, dreamed of a career in football but never made it due to an obsession with the drugs and their effects. He came to his senses only upon realizing that not only was he not playing football, but he also wasn't doing anything productive with his life.

Viewers also hear from a high school football team whose hard work transformed them from consistent losers into football star. Accused of using steroids, these players all passed repeated drug testing and proved that success can be achieved through effort and determination alone, without the false promise of anabolic steroids.

### QUESTIONS TO ASK BEFORE VIEWING

- For playing football, what body type do you think is best to have?
- If an athlete's body type isn't ideal for playing football, what might he do to improve his ability?
- How do football players prepare for the season?
- What do you know about anabolic steroids?

### QUESTIONS TO ASK AFTER VIEWING

1. What motivated ex-NFL player Curt Marsh to use anabolic steroids? (He wanted to be better than what he had been able to achieve on his own. He saw steroids as a way to get bigger, stronger, and faster in a very short time.)

2. Anabolic steroids are related to which male hormone? (testosterone).

3. What are the possible physical consequences of steroid use to a growing adolescent? (They can permanently stunt growth, cause acne and hair loss, breast enlargement in boys, cardiovascular disease, increased cholesterol, and high blood pressure).

4. What are the emotional consequences? (Paranoia, depression, and uncontrollable anger.)

5. About how many high school students in Canada might be using anabolic steroids? (In a survey of 16,000 students, 2.8% of all respondents reported that they had used anabolic steroids in the last 12 months.)



# Discussion Guide for

## STERIODS: BULKING UP CAN KILL

6. Why were the football players of Belle Vernon High School suspected of taking steroids? (Because the team had previously had very poor results, and then suddenly they jumped to being the best in their league.)

7. How did Belle Vernon respond to the suspicions? (The players were tested for drugs at the beginning of the season and then at random throughout the rest of the season.)

8. What were the results of the drug testing? (None of the players ever tested positive for steroid use.)

9. According to Coach Donjelli of Belle Vernon High, why are high school athletes tempted to take steroids? (Athletes are under great pressure to be the best, in part because they can earn college scholarships. The pressure can cause athletes to turn to steroids to enhance their performance.)

10. According to estimates, what percentage of high schools currently test their athletes for drugs? (In Canada there are no known high schools testing athletes for drugs.)

11. What is one big reason more high schools don't test their athletes? (Drug testing is too expensive.)

12. Why did Dan Barton start using steroids? (He wanted to rebuild the injury he had suffered, and to get bigger, faster and stronger in a short period of time.)

13. What happened to Dan as a result of repeated steroid use? (He became obsessed with taking steroids and getting bigger. Ultimately he lost interest in everything else, stopped playing football, had mood swings and fits of temper.)

14. According to Dan, what did steroid use help him accomplish? (Nothing. They almost ruined him.)

### FOR FURTHER INFORMATION

Canadian Centre for Drug-free Sport, 702 - 1600 James Naismith Drive, Gloucester, ON K1B 5N4 (613) 748-5755 or FAX (613) 748-5746

National Clearinghouse on Substance Abuse, 75 Albert St., Suite 300, Ottawa, ON K1P 5E7 (613) 235-4048, ext 222 or FAX (613) 235-8101

### PROVINCIAL ADDICTION AGENCIES:

British Columbia: Alcohol and Drug Services Clinic: 800-663-1441

Alberta: Alcohol and Drug Abuse Commission, Youth Services: 403-422-7383 (Edmonton) 403-297-4664 (Calgary)

Saskatchewan: Alcohol and Drug Services, Myers Recovery Centre: 306-766-7910

Manitoba: Addictions Foundation of Manitoba: 204-944-6235

Ontario: Addiction Research Foundation: 800-387-2916

DART Info Line (Drug & Alcohol Treatment Information Line): 1-800-565-8603

New Brunswick: Regional Addiction Services: 506-452-5558

Nova Scotia: Drug Dependency Services: 902-424-5623

Prince Edward Island: Addiction Services of P.E.I. - Adolescent Program: 902-368-4273

Newfoundland: Department of Health - Addiction Services: 709-729-0623

### PROGRAMS DETAILS

#### LENGTH:

15 minutes

#### SUBJECT AREAS:

Substance Abuse

#### AUDIENCE LEVELS:

Senior High-Adult

#### ORDER NUMBER:

1-9257SG

### CANADIAN LEARNING COMPANY

95 VANSITTART AVENUE  
WOODSTOCK, ON N4S 6E3

[INFO@CANLEARN.COM](mailto:INFO@CANLEARN.COM)

TEL:(800) 267 2977

FAX:(519) 537 1035

