

Steroids Videos/DVDs

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Athletes, Alcohol and Steroids: What's Wrong With This Picture? (cc)

New research has indicated that school athletes, both male and female, are at a greater risk of abusing alcohol and steroids than non-athletes. The video and print package explain why the risk is greater (media images, advertising alcohol with sports events, peer pressure), and how knowledge about the problem can be a first step in reducing athletes' alcohol and steroid use. Interviews with coaches, teens and professional athletes highlight the problem and emphasize how alcohol use undermines sports success. The medical health deficits of steroids are clearly presented as well as eye-opening information that explains that steroid use causes breast development in boys and acne and masculine hormones in girls.

Grades 7-College 23 min. 2005 V-4162 or DVD-4162

Drug Education for Teens Series/Steroids, v. 10 (cc)

Everybody strives to be a winner, and on the playing field, most athletes do this by exercising and eating right. Unfortunately, steroid use by high school athletes trying to take a shortcut and gain an edge is gaining in practice. In *Steroids*, students examine the use of illegal anabolic steroids and steroidal supplements, profiling case studies that provide a comprehensive overview of the detrimental effects these drugs can have. Vivid animations and expert testimony shed light on what is happening to the mind and body of a steroid user, whose quest to look healthier and more fit ends up doing just the opposite.

Junior High School/High School 23 min. 2003 V-80

Drugs: Uses and Abuses Series

Steroids, v. 8

This program examines the use and abuse of anabolic steroids and GHB, a synthetic steroid-like substance and date-rape drug. Former NFL player Charles Hunt and a pharmacist, a police officer, an addiction counselor, a trainer, a swim coach, a recovering abuser, and others explore the history and biological effects of steroids, using case studies and personal experience to probe anabolic steroid abuse and the drug's many side effects. Some of these side effects include impotence, liver tumors, renal failure, and "roid rage," which can lead to violence and even suicide.

High School/Adult 24 min. 1999 V-98

Know the Score: the Dangers of Performance Enhancing Drugs (cc)

This video reveals the truth about many performance drugs such as steroids, creatine, Human Growth Hormone, diuretics, blood doping hormones and stimulants like ephedrine and amphetamines. Also included is an investigation of so-called "nutritional supplements" that claim to help users lose weight and gain muscle but in reality may set the stage for physical ailments like headaches, muscle weakness and irregular heartbeats. Speakers include young athletes who share their views on "competing clean" without chemical enhancements as well as sports medicine doctors who explain the adverse physical effects of misusing performance drugs. Viewers learn the dangers involved in abusing steroids, stimulants, diuretics and other drugs. Interviews with student athletes emphasize that using drugs to win at sports is the same as cheating. The message of this program is clear: sports competitions are meant to be fun, healthy and drug-free.

Grades 7-College 20 min. 2002 V-400 or DVD-400

Steroids: the True Story [HOPE TO ORDER]

True personal stories and honestly expressed opinions make for a compelling look at steroid use in high schools. After viewing this program, students will understand that steroids have serious physical and psychological consequences. They will also learn to look critically at content labels of nutritional supplements and to work to improve their performance using a natural approach. With the help of a moderator to lead the discussion as well as commentary by the team physician for the UCLA Athletics Department, this program offers life-saving facts about these deadly drugs. Emphasis in this program is placed on the fact that nothing replaces hard work, time, and effort when it comes to success in sports or when you want to create a "buff" looking body.

Grades 6-8, 9-12 24 min. 2006 DVD-

Steroids: True Stories

Stay strong naturally. Boston Red Sox pitcher Curt Schilling talks about anabolic steroid use. Craig and his parents describe their five-year "nightmare." Craig's sister urges others to seek help if someone they care about may be using steroids. Nate, 18, builds his strength naturally. Roberto Olivardia, Ph.D., Harvard Medical School answers FAQ.

High School 20 min. 2006 DVD-

Surviving High School (cc)

Surviving High School is a searing exploration of the stress that high school kids experience as they try to fit in and be accepted by their peers – no matter what the cost. This video unfolds like a real-life version of *The Breakfast Club* as eleven teens struggling to “fit in” exemplify the ever-growing problems of isolation, extreme dieting, steroid use, depression, and suicidal thoughts. An additional inspiration is an appearance by Keena Turner, a former San Francisco 49er, who talks to teens about how he became a Super Bowl champion without the use of steroids; Magali Amadei, a former model, recounts her painful battle with an eating disorder. Viewers are given an in-depth look at these teens’ lives and are allowed to observe as they reveal their true selves to each other. The program dares these teens to define what it means to “survive” on their own campus by finding a solution to the bullying, harassment, and exclusion that have been tearing their school apart. Like the previous Teen Files specials, this program will raise awareness about these vital issues and motivate teenagers to face the truth about modern-day pressures. By urging teens across the country to make positive changes in how they perceive themselves and how they treat others, *Surviving High School* is a compelling and invaluable resource for kids and parents alike.

Grades 7-12 90 min. 2000 V- V-8011 Spanish

The Top Ten Myths About Alcohol and Drugs (cc)

Too many teens are either ignorant about the dangers of drugs or are in denial about the hazards they pose. This program, with its clever use of satire, graphics and mock pop quizzes, captivates student attention as well as educates. The following myths are exposed and exploded: Everybody’s doing it; I can stop when I feel like it; Beer isn’t as bad as hard liquor; I can get high and still be in control; I can drive a car high on marijuana; Marijuana isn’t harmful or addictive; Prescription drugs can’t hurt me because they’re legal; Drugs help relieve stress; Drugs and alcohol do not damage the brain; and Steroids do not damage the body. Each of these dangerous and destructive myths is rebutted with cold, hard facts, challenging students to recognize harmful behaviors in themselves and others and to take full responsibility for their personal health and safety.

Grades 7-College 20 min. 2007 DVD-4182