

drug free

australia handbook



E D I T I O N 1 2 0 2 4

name	phone number	service
Police, Fire and Ambulance	000	Emergency Response
Poisons Information Centre	13 11 26	Poison information, advice and referral
Suicide Call Back Service	1300 659 467	24-hour telephone and online counselling for people at risk of suicide
Child Protection Crisis Line	13 12 78	Weekend and after hour service for concerns about the immediate safety of a child or young person within their family unit
Direct Line	1800 888 236	24-hour information, counselling and referral for alcohol and other drug related issues
Gamblers Help Youth Line	1800 262 376	24-hour telephone support for issues related to gambling
Healthdirect Australia	1800 022 222	24-hour health advice line staffed by registered nurses to provide expert health advice
Kids Helpline	1800 551 800	24-hour counselling for young people and children
Nurse-on-call	1300 606 024	24-hour general health advice and information
Parentline	1300 301 300	Support, counselling and education for parents and carers of children and young people.

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introduction

Today's Children are Tomorrow's Future

Keeping safe and healthy is important to all of us.

The Drug Free Australia Handbook is an invaluable publication which will be made available to as many school communities as possible.

Drug Free Australia is honoured to be part of this offering.

Our affiliation with the Rotary Action Group for Addiction Prevention has further strengthened community safety links. Some resources that schools and families may like to access are:

- The new 'Save Your Brain' website with offers age appropriate resources to schools and families including a special section on vaping: www.saveyourbrain.com.au
 - The DAESY program, which follows up with the offer of books by Kerryn Redpath which describe her devastating experience with drugs and the lessons to be passed on to young people and their families.
 - The promotion of books such as 'Golden Haze', the story of Jade Lewis and her encounter with drugs in her teens, that robbed her of her chances to become an Olympic Sprinter and 'Anna's Story', where 15 year old Anna died of ONE ecstasy pill at a Rave party, due to an allergic reaction.
 - The launch of Elaine Walters OAM's recent publication about Australia's 'Addiction Industry' and its circulation to communities, school libraries and health centres via Rotary Clubs, together with a copy being sent to politicians in Federal and State Parliaments. Copies are still available through Drug Free Australia and the Rotary Action Group for Addiction Prevention: www.drugfree.org.au
- The Drug Free Australia Handbook would like to thank Jo and her team for the tireless work they do in the community and through schools across Australia.

Please visit www.drugfree.org.au for more information.



drug users

Brandon's Story

Brandon loved footy. He was shy boy, but somehow when he played foot he felt great. He did well in the under 16's and trained hard – his ambition was to get into the AFL. His coach said he could really go places.

But the club culture revolved around the bar after the game and even on training days. He got to mix with the big league players and the odd beer or two helped him relax.

One day he was offered a joint – to help him relax even more – and so the down hill slide started. Mixing marijuana with alcohol became the norm.

He missed a few practices and in the end he didn't even care.

He just looked for the next hit.

A family friend got him to try meth – it would make him feel happier.

He joined other friends at Rave parties and that's when he tried heroin.

The mixture of uppers and downers were just too much.

At 19 he went missing – his family was distraught. Where did our boy go?

Not just physically missing, but mentally detached and too often angry and argumentative.

He was found in the gutter by a stranger, who happened to work for Odyssey House – a residential rehab in Melbourne. The stranger took him to a nearby shelter for the night. There was a waiting list for Odyssey House, but in the meantime the stranger became a supporter and helped him through.

Eventually contact was made with Brandon's family and a place became available at Odyssey. Brandon was one the lucky ones – and even provides peer support for others who are in similar trouble – but his footy days are long gone and his dreams needed to change.

drug users

Kate's Story

Kate was an only child who lived in lovely home with her parents who were busy professionals. She went to a very good private school and when she was 15 she found herself relying more and more on her friends, rather than family. She told them that she preferred being at school than at home.

Why? She hardly ever saw her parents and when she did, there was little time to talk about anything. Her mum just criticised her, told her she was lazy and her Dad was always tied to his computer.

One weekend she went to a party with her friends and her parents didn't even know where she was going. It seems they were too busy with their work and own arrangements. That's when she tried Ecstasy – the so-called 'keep awake pill' It made her feel happy and started to dominate her life. Her parents didn't even notice the change.

At 16 she became pregnant and didn't know where to turn. She ran away from home, with the help of her so-called 'friends'. Things got from bad to worse and she contemplated abortion. Then someone pointed her in the direction of the Salvos who took her in, contacted her parents and helped the family to make some much-needed adjustments.

Kate and her baby spent their first year together at Odyssey House and Kate was able to give up her drugs. She did it for her baby. She became a wonderful mum and kept a connection with Odyssey.

drug users

Ollie's Story

Ollie, a 7 year old was always hungry. She lived with her mum in a run down apartment. The nights were cold, as there was no money for heating. Her mum needed the money for her medicine – heroin, methadone and marijuana. Ollie's mum was always sleeping and never had time to shop for food. The fridge was bare and Ollie had to visit the next door neighbour to get even a simple sandwich once every few days. Ollie also missed a lot of school. Her clothes were like rags and she hated going as the kids would tease her.

Thankfully her Year 2 teacher heard about help from Odyssey House and the Smith Family. Ollie was placed in a caring foster home and her mum was given help to stop taking drugs. This was a long journey and it wasn't until Ollie was 10 that she could be with her mum again, on a part time basis. Odyssey was able to provide family accommodation to ensure a safe environment for Ollie while her mum was rehabilitating. But there is only so much that can be done for kids like Ollie ...

There are more other stories where people don't survive. I know of 3 family friends who have lost their kids to suicide because of drugs. Tim, Anna, Jono – all 15-25.

Statistically at Odyssey – one of the more successful rehabs find that:

One third recover – but are still affected health wise;

One third Overdose or suicide

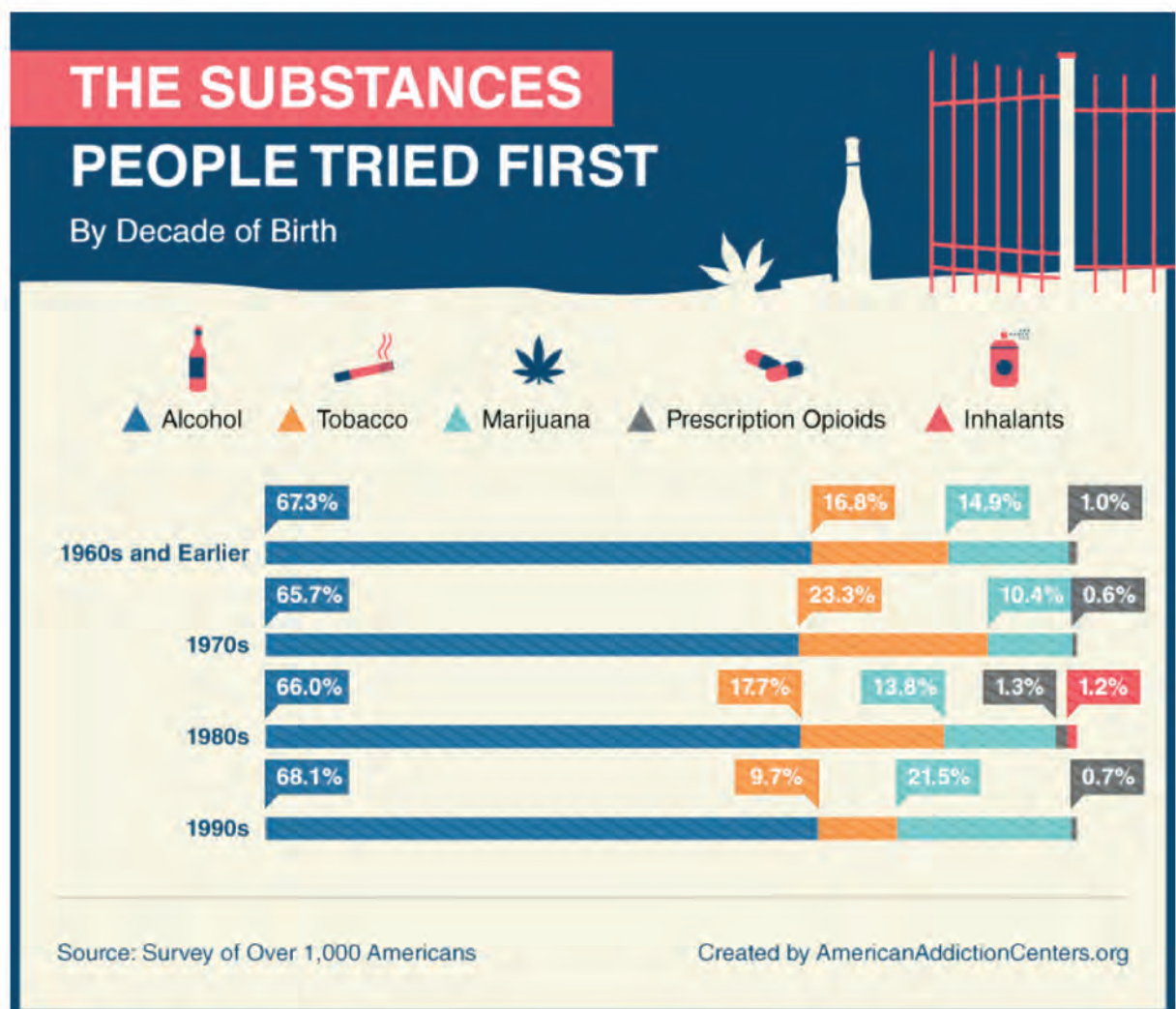
One third go through the revolving door

marijuana

A Gateway Drug.

Marijuana, known by different names, is also **seen by many as a gateway drug** – the next step toward using substances such as cocaine, methamphetamine, or prescription opioids. While it may often be billed this way, is it the only substance guiding users down a dark and dangerous road?

Over 1,000 Americans shared their past experiences with substance use and the order in which they started and potentially furthered their experimentation with other substances.



marijuana

A Gateway Drug.

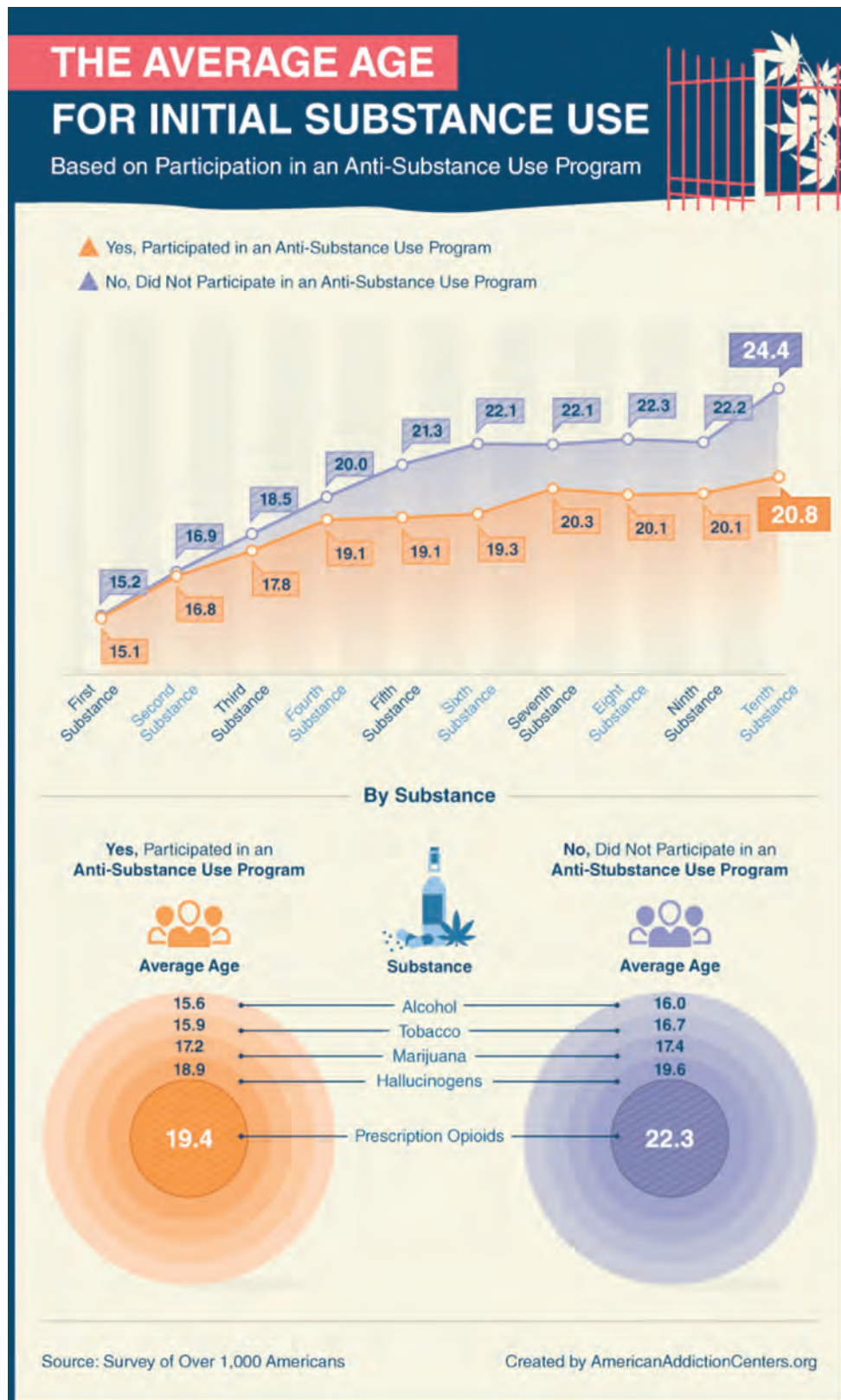
Alcohol was the first substance used for over 65 to 68 percent of participants. Spending on alcohol advertising increased to over \$540 million in the U.S. from 1971 to 2011, and those born in the 1990s were the largest group to have tried alcohol before any other substance

Further, over 23 percent of respondents born in the 1970s tried tobacco first, while more than 10 percent used marijuana. And people born in the '90s most often used marijuana first (almost 22 percent). Perhaps this is why a majority of Americans now approve of legalizing marijuana, despite the risk of anxiety, depression, hallucinations, and paranoia.



marijuana

A Gateway Drug.



marijuana

A Gateway Drug.

Educating people about the dangers of substance use may not have helped people as well as advertised. Whether it was the first or fifth substance used by a respondent, those who participated in anti-substance use programs were always younger than those who didn't participate when they first used a substance. This delta only expanded as individuals tried more and more substances. Specifically, people who participated in an anti-substance use program first tried alcohol at the average age of 15.6 versus 16 for those who did not participate. Respondents who took part in an anti-substance use program also tried tobacco (15.9 versus 16.7), marijuana (17.2 versus 17.4), hallucinogens (18.9 versus 19.6), and prescription opioids (19.4 versus 22.3) sooner than those who did not participate..

The National Alcohol and Other Drug Hotline **(1800 250 015)** directs you to your local state alcohol and drug information service for free and confidential advice — as well as referral to services.



vaping dangers

Six young people suffer seizures, loss of consciousness and vomiting after vaping

Six young people have been admitted to hospital suffering seizures and of consciousness after vaping. They all presented to NSW hospitals within days of each other after suffering seizures, loss of consciousness, and vomiting between June 21 and 29.

NSW Health spokesperson confirmed that some of the vapes were purchased through the social media app, Snapchat and analysis of the vapes revealed they contained nicotine. Most of the young people admitted themselves to hospitals in the South West Sydney Local Health District which includes Bankstown, Camden, Campbelltown, Fairfield, Liverpool, Wingecarribee and Wollondilly local government areas.



Six young people were admitted to emergency rooms within days of each other after vaping.

vaping dangers

It is not the first time a young person has been admitted to hospital after vaping. A Blue Mountains Grammar student hospitalised in June last year after suffering a seizure while vaping in the school toilets. Under current legislation, vapes containing nicotine cannot be purchased without a prescription and are only legally sold in chemists. However, young people have reported that it's easy to purchase the products through social media or over the counter at tobacconists and convenience stores. NSW Health have taken the opportunity to remind parents that vaping is common among young people, and it is important to have conversations with their children to discourage them from participating in it.

“NSW Health is increasingly concerned about the harmful health effects associated with vapes and continues to remind the community of the dangers associated with vaping, particularly for young people,” a spokesperson said. “Vaping places young people at risk of lifelong serious health issues, including long-lasting effects of exposing their developing brains to nicotine, as many vapes have been found to contain high levels of nicotine even when they are not labelled as such.”

Vapes have been found to contain a dangerous cocktail of chemicals, including some of the same ingredients found in weedkiller and nail polish remover. What to do if someone is suffering from nicotine poisoning? If parents or carers are concerned someone has been poisoned by liquid nicotine, they should call the **Poisons Information Centre** on **13 11 26** immediately.

If they have collapsed or are not breathing, immediately call triple-0 for an ambulance. For support and advice about quitting vaping, parents or young people can contact their general practitioner or call **Quitline** on **13 78 48**.

vaping & dental issues

Dental Alert! Vaping Ruins, Teeth, Gums and more ...

A wide range of dental experts are now raising the alarm about the hazards of vaping and our teeth. Bad breath, dental cavities, yellowing of teeth and mouth ulcers are now being linked to vaping. The damage is occurring so fast that users aged in their 20s are requiring expensive crown work that is usually needed as people get old. Of great concern is that E-cigarettes can also contain formaldehyde which could put users at risk of cancer = including cancer of the mouth and lung cancer.

According to the Australian Dental Association's vaping expert, Dr Sue-ching Yeoh: 'As soon as you start to vape you lose the protection that saliva affords, so your teeth are more likely to decay in weird spots, along the gum line and between the teeth'. Vape juice, when heated can damage the enamel and irritate soft tissue. 'Throat Hit' is particularly nasty and, according to a Queensland University dentist, is the drying effects of propylene glycol and glycerol – common vape ingredients. Dentists are now seeing a trend of patient aged between 12-15 years presenting with black bacteria on their gums – previously this bacterium was found in older adults who vape.

'Why would you do that to yourself'? asks Ava, a 14 year old student who loves her sport. 'I don't think people are really my friends if they ask me to vape, when they know I don't want to'. It's my right to decide not to vape, and I sure don't want anything to affect my breathing either!'



vaping & dental issues

Help is at hand, however.

If parents take an interest in their teen's sport and other activities, get to know the parents of their friends and checkout the www.saveyourbrain.com.au website - there is help at hand. Here is what Teen Challenge Tasmania has to say: Health professionals are seeing cases right now in hospitals and surgeries with oesophagus, stomach, lung, heart, mouth/gum/teeth, mental health damage that for many is absolutely irreversible.



At what cost are companies, local individuals and corner stores making their profits in this area. Vaping is not safe and a whole generation is going to pay the price for financial greed. There's hope though, education absolutely works. Grassroot actions, simply asking your children where other children are getting their vapes from. You might be very surprised that it's other kids selling them after parents have bought them online, your local deli selling under the counter or on Marketplace in Facebook. You can make a difference in this space. You can report them to local police, go and speak to the parents/shop owners, speak to your local MP. Make it so uncomfortable that they move on or stop. But most of all you can get educated yourself, ASAP, equipped to have conversations.

teen gambling

It's a risk.

What parents need to know about youth problem gambling.

Risk is a part of growing up. We expect teens to test limits as they gain independence. We also know that when young teens experiment with alcohol, substances and vaping, they put themselves at a higher risk for addiction later in life.

Gambling is another, less-recognized risk that impacts teens' brain development—maybe more than you think. That's why it's important to talk to youth about gambling today—just as you would discuss other threats to their well-being like alcohol substances, and tobacco. Starting a conversation with youth now can help to prevent gambling from becoming a problem for them later.

- Gambling is illegal for young people under 18.
- Gambling disorders can begin in children as young as 10 years old
- Problem gambling impacts about 4-8% of youths, compared to just 1% of adults
- By the time they get to high school, 60-80% of students reported that they gambled at least once in the past 12 months
- Teens who gamble are more likely to use illegal drugs
- Among all addictions, gambling is linked to the highest suicide rate.

teen gambling

Where Does It Begin?

As legal gambling becomes more common in our society, young people are getting exposed to gambling at an earlier age. And not only in traditional forms (casinos, lotteries, sports betting) but in new, less obvious forms like gaming, loot boxes and fantasy sports. It can start innocently enough, with simple activities such as:

- Watching or joining in adult poker games or sports betting
- “Scratching off” a lottery ticket purchased by a parent
- Playing a PC, console, or mobile game online that has loot boxes, paid currency such as gems and coins, and even casino activities like roulettes and slot machines. 90% of teens say they play video games online

That’s why it’s vital that parents and other adult caregivers know that gambling is not only illegal for teens, but it can also be harmful and addictive to their developing brains. Research shows that children introduced to “harmless betting” by age 12 are four times more likely to engage in problem gambling later. A teen’s brain, with an underdeveloped logic centre, isn’t wired yet to weigh risk and make healthy choices. So that “win” on an online game today can lead to the negative side effects of real-life gambling tomorrow.

Practice Prevention

Prevention starts by modelling healthy gambling behaviour at home:

- Consider your own participation in lotteries or in-person gambling such as poker games
- Establish clear rules concerning your child’s screen time and exposure to games involving betting
- Ask your child for more information the next time they want to use your credit to make a purchase

teen gambling

Spot the Warning Signs

If you understand the youth gambling warning signs, you can watch for it and prevent it from becoming a problem down the line.

These warning signs include:

- Changes in attitude around school, missed classes, incomplete assignments, lower grades and less interest in activities
- Behaviour changes like more aggression, defensiveness or signs of anxiety/depression
- Noticeable interest in competition, winning or “being right”
- Missing household cash or new “stash” of money your child may keep
- Increased time spent online, especially in secret

HELP WITH YOUR GAMBLING ADDICTION

Call Gambler's Help Youthline on **1800 262 376** for advice and support, 24 hours a day, seven days a week. It's anonymous, confidential and free.



methamphetamine

THE EFFECTS OF METHAMPHETAMINE ON YOUR BODY

During the past two decades, illicit methamphetamine – also known as crystal meth – has presented one of the largest and most dangerous drug epidemics in America.

- This extremely powerful stimulant, which can be smoked, injected, snorted, or eaten, produces a rapid and intense high that's brief enough to keep users coming back for more. The result is a strong addiction and days-long binges, encouraged by the development of tolerance that makes meth users require more and more of the drug over time.
- And while meth use has decreased slightly in recent years, it remains a significant public health issue: In 2013, more than half a million Americans reported using meth within the past month, and the DEA has seized more than a thousand kilograms of meth in the U.S. every year since 1997, peaking at nearly 5,000 kg seized in 2013 and remaining at almost 3,000 kg in 2014.
- This highly addictive drug also poses a heavy risk of damaging one's health in a variety of ways. The effects of meth can impact several crucial organ systems and cause long-term harm to the body, and the sharing of needles sometimes used for the injection of meth presents even greater dangers. Meth users face an elevated risk of heart disease, stroke, liver damage, immune suppression, and even Parkinson's disease, and these conditions can be potentially fatal.

Make no mistake: Chronic meth abuse can have a permanent impact on a person's health, even after quitting. Read on to see how different parts of the body are affected by methamphetamine use.

THE EFFECTS OF METHAMPHETAMINE ON THE BRAIN

- Meth's impact on the brain is widespread and severe. One of the most dangerous risks meth use poses is an increased chance of stroke, a condition in which blood flow is cut off to an area of the brain, resulting in tissue death and potentially permanent brain damage. This can lead to memory loss, partial or total paralysis, loss of speech, cognitive impairment, and even death.
- Meth also has a strong effect on neurotransmitters in the brain, such as dopamine and serotonin. The "high" feeling of methamphetamine is produced by an excessive release of these chemicals, which rapidly depletes the brain's supply.

methamphetamine

- In the long term, this overstimulation of dopamine- and serotonin-releasing brain cells can lead to their destruction, with an accompanying decline in dopamine levels and greater difficulty experiencing pleasure (which can lead to depression). This is yet another form of brain damage that can result from meth use.
- In addition to the loss of these key neurons, chronic meth use can also produce abnormalities in the substantia nigra area of the midbrain. This can place users at more than triple the risk for actually developing Parkinson's disease, and for women, this risk may be nearly five times greater. This condition compromises the body's ability to control its muscle movements.
- Meth effects on brain cells can further lead to the development of psychosis, with symptoms such as hallucinations and paranoia that are very similar to those of schizophrenia. Although these symptoms may resolve over 1–6 months after quitting, some meth users find that they persist in the long term, and relapse of psychotic symptoms can occur even after a long period of abstinence.

THE EFFECTS OF METH ON MUSCLES

- Chronic meth use can lead to a variety of effects on the musculoskeletal system of the body – ranging from relatively benign to quite dangerous.
- On the mild end of the spectrum, meth use can result in an increase in deep tendon reflexes or “hyperreflexive” state. More seriously, frequent meth use can elicit generalized, involuntary myoclonus, or muscle twitching/tremors, as well as troublesome repetitive or “stereotypic” movements.
- While the precise cause isn't always known (and can potentially result from a combination of increased body temperature, dehydration, increased muscle movements as previously mentioned, and trauma to the musculature that otherwise would not occur in sober individuals, as well as direct toxic activity of the substance on muscle cells), methamphetamine abuse has been linked to a quite serious condition known as rhabdomyolysis.
- This condition involves the rapid destruction of muscle tissue, with a potential toxic release of the contents of the damaged cells into the bloodstream. Methamphetamine-induced rhabdomyolysis can result in widespread muscle pain, wild fluctuations of serum electrolytes, and – if not caught and treated early enough – irreversible kidney failure

methamphetamine

THE EFFECTS OF METH ON TEETH

- Meth is particularly infamous for its visibly harmful impact on oral health. The damage it causes is so extensive that “meth mouth” has become a common shorthand for this meth-induced decay, and a variety of factors work together to produce this damage.
- Meth use can lead to dry mouth, and a lack of saliva can reduce the body’s ability to fend off cavity-causing bacteria. It can also cause compulsive grinding of the teeth, which can wear them down over time.
- In combination with neglect of nutrition and regular oral hygiene due to being high, meth users can often experience severe tooth decay, cracked teeth, and even tooth loss. This damage also isn’t limited to the teeth: The gums can experience extensive erosion and recession as well.

THE EFFECTS OF METH ON THE HEART

- Meth’s stimulant effects can substantially raise users’ heart rates, and over time, excessive and chronic use of meth can produce heart palpitations. This alarming symptom is typically experienced as a powerful pounding feeling in the chest or neck.
- Meth use can also lead to the development of an arrhythmia, also known as an irregular heartbeat. These can feel like a “skipped” heartbeat, and if the arrhythmia becomes severe, it can lead to light-headedness, collapse, or even cardiac arrest.
- Overuse of meth can raise blood pressure as well, and over time, chronic high blood pressure can damage arteries, causing them to harden and block blood flow to various organs. The symptoms can be silent as the damage occurs – and meth users may not be aware of the harm to their bodies until it’s too late.



methamphetamine

THE EFFECTS OF METH ON RESPIRATORY SYSTEM

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THE EFFECTS OF METH ON MUSCLES

- Meth abuse has a variety of effects on the lungs and respiratory system. The stimulant effects of methamphetamine lead to rapid breathing, potentially causing light-headedness and fainting.
- Smoking meth can also result in coughing up blood due to bleeding in the alveoli, the portion of the lungs responsible for gas exchange with the blood supply. Meth use is further associated with pulmonary hypertension due to the destruction of small pulmonary blood vessels, and pulmonary edema.
- Snorting meth can lead to violent coughing and respiratory trauma, such as a collapsed lung (pneumothorax) and the release of air into the body outside of the lungs (pneumomediastinum).
- When meth is inhaled, its impurities can be deposited in the lungs, forming granulomas and leading to interstitial lung disease.



methamphetamine

THE EFFECTS OF METH ON THE SKIN

- Meth use can lead people to pick at their skin as compulsive behavior, often due to psychosis, delusions, and the feeling that bugs are crawling under their skin.
- Continual and repetitive scratching of the arms and face can lead to the development of numerous open sores, which can then become infected.
- An appearance of rapid aging can also occur as a result of severe acne, a loss of skin elasticity, and the development of a “leathery” skin texture. All of these factors can cause meth users to have a generally unhealthy-appearing complexion.

THE EFFECTS OF METH ON WEIGHT

- As a powerful stimulant, meth functions as an appetite suppressant, and it has historically been used as a diet pill. However, meth is far from just a harmless diet aid.
- Meth users experience a severe loss of appetite and often neglect to eat regularly, potentially going days without food. Because meth also speeds up the body’s metabolism this can lead to rapid weight loss so severe that meth users may take on an emaciated appearance.

THE EFFECTS OF METH ON THE LIVER AND GASTROINTESTINAL SYSTEM

- Methamphetamine abusers sometimes use needles to inject the drug, and they may also share needles with other users due to the expense and difficulty of obtaining new needles each time they use meth.
- The practice of needle sharing can easily spread blood-borne diseases from one user to another, and hepatitis B and C are two commonly transmitted conditions.
- Hepatitis, an inflammation of the liver, can cause progressive damage over time and may lead to jaundice, cirrhosis, bleeding, and nervous system damage.
- The blood vessel constriction caused by methamphetamine use can cut off blood flow to the bowel, potentially leading to the death of bowel tissue. This can cause perforation of the intestinal wall and peritonitis, potentially fatal infection of the abdominal cavity that can progress to septic shock.

THE EFFECTS OF METH ON THE IMMUNE SYSTEM

- Meth usage can also affect the functioning of bodily systems in more subtle ways. Using meth has the potential to suppress the immune system and may reduce the body’s ability to resist and fight off disease-causing bacteria, viruses, and fungi. This can leave meth users chronically vulnerable to various infectious illnesses.
- Worse still, needle sharing among users who inject meth can also spread HIV, the virus that causes AIDS. HIV degrades the cells of the immune system over time, and this can leave meth users even less protected from contracting any number of diseases.

steroids

THE RISKS FOR TEENAGERS OF USING STEROIDS

Teenagers are faced with many pressures, such as those associated with school, relationships, puberty changes, and the pressure to do well at sports. So, it's probably no surprise that research has found high rates of steroid use among teenagers, particularly teenage boys. Research has shown the pressure to start using steroids begins in high school with some 14- or 15-year-old athletes influenced by senior students to use steroids to progress quickly toward the next stage of their sporting career. But as a student who uses steroids or as a parent who is aware their child is taking them, what are the risks you need to know about?

WHAT ARE ANABOLIC STEROIDS?

Anabolic steroids (also called "roids") promote muscle growth because they are a man-made derivative of the natural male sex hormone, testosterone. Testosterone has several different functions in both a male's and female's body but significantly it increases muscle protein synthesis by an average of 27%. Abuse of these drugs builds lean muscle mass, promotes aggressiveness, and increases body weight. Anabolic steroids are not the same as steroid medications, such as prednisone or hydrocortisone, that are legitimately used to treat asthma and other inflammatory conditions. They are only available legally on a prescription from a doctor and their proper use includes certain blood disorders, connective tissue diseases, some cancers, some sexual disorders, and a few other serious conditions.

WHAT ARE SOME POPULAR ANABOLIC STEROIDS?

There are more than 100 variations of anabolic steroids, but some of the more common ones include dianabol, deca durabolin, depo-testosterone, and testosterone enanthate. No anabolic steroid is safe; they all have potentially serious side effects and must be prescribed and used only under close medical supervision. Under both federal and often State Law, anabolic steroids may only be prescribed by an authorized prescriber after a face-to-face examination of a patient. But steroids are easy for teenagers to obtain over the internet, from friends, or at the gym

steroids

SIGNS OF ANABOLIC STEROID USE

If your teen plays competitive sports or has a naturally small build that has quickly bulked out, you may be concerned about the possibility of steroid use. Signs to look for include:

- Acne that has suddenly become severe with pustules (pus-filled spots), sometimes overnight
- A short temper, aggressive behaviour, or short periods of rage (also called "roid rage")
- Hallucinations
- Narcissistic behaviour or sudden changes in behaviour
- Displays of perceived powerfulness often with a lack of empathy
- A slowing in their height gain
- Presence of needle paraphernalia, such as syringes, vials, hypodermic needles, or resealable plastic bags.

If you suspect possible steroid use, talk to your paediatrician or doctor about screening your teenager further. Pay attention to their behaviour and talk to them about it.

WHAT ARE THE DANGERS OF STEROID USE?

Using steroids to build muscle can cause serious physical and mental problems. Teenagers, whose bodies are still developing, are at heightened risk.

MENTAL DEVELOPMENT

Aggression and drastic mood swings are common with long-term steroid use. Called "roid-rage" these can cause damage to relationships and severe depression. Feelings of paranoia, jealousy, or grandeur can also be present.



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E D I T I O N 1 2 0 2 4