

Mr. Frank J. Bolaños, Chairman

SUBJECT: DANGERS OF ANABOLIC STEROIDS

COMMITTEE: INSTRUCTIONAL EXCELLENCE & COMMUNITY ENGAGEMENT

Anabolic steroids, often used as performance enhancing drugs, are synthetic substances related to male sex hormones (androgens). Their major purpose is to promote growth of skeletal muscle (anabolic effect) and the development of male sexual characteristics (androgenic effects). Anabolic steroids are used by physicians to treat conditions that occur when the body produces abnormally low amounts of testosterone.

There has been an increase in the consumption of steroid use among adolescents who are motivated by the desire to build muscles and enhance sport performance. Studies conducted by the National Institute on Drug Abuse report that among middle and senior high schools students across the United States, 2.7% of 8th graders, 2.7 % of 10th graders, and 2.9 % of 12th graders have reported taken anabolic steroids at least once in their lives.

Results of the studies further show that health consequences associated with anabolic steroid abuse among youth have negative results. Steroids are dangerous drugs, and when used inappropriately, can cause a host of severe, long-lasting, and often negative health consequences. These include potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. When steroid users stop taking anabolic steroids, symptoms also include depression, fatigue, restlessness, loss of appetite, insomnia, head aches, muscle and joint pain.

To encourage youth to avoid anabolic steroid abuse, it is recommended that professional development opportunities be offered to teachers in an effort to educate youth on the detriments of anabolic steroid use and abuse. It is further recommended that within that training, teachers receive information about nutrition and exercise techniques for improving performance without the use of anabolic steroids. It is also recommended that staff from M-DCPS reach out to local professional sports teams to launch an educational campaign against the use of anabolic steroids.

There is no cost to the District.

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**ACTION PROPOSED BY
MR. FRANK J. BOLAÑOS:**

That The School Board of Miami-Dade County, Florida, direct the Superintendent of Schools to

1. implement professional development opportunities to enable teachers to educate youth on the dangers of using anabolic steroids and assist in the identification of students who may be using steroids.
2. engage local sports franchises in an effort to launch an educational campaign in our schools against the use of anabolic steroids.

There is no cost to the District.