



# WHAT DO YOU KNOW ABOUT APEDs?

The national epidemic of Appearance and Performance Enhancing Drugs (APEDs) use among our youth (12-19 years old) often goes unnoticed by parents, coaches and other influential adults. Although youth may hide behind smiles, the tragic truth can be found in the facts.

MANY STEROID USERS ARE YOUTH...



MEDIAN AGE FOR 1ST TIME STEROID USE: **15**



35% OF KIDS ADMIT TO USING PROTEIN SHAKES, 25% ARE TAINTED WITH ANABOLIC STEROIDS OR OTHER BANNED SUBSTANCES

AND IT'S NOT JUST BOYS: TEEN GIRLS ARE THE FASTEST GROWING GROUP OF NEW USERS



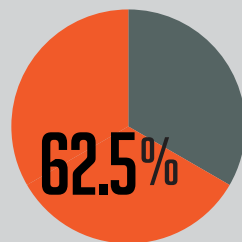
CAN **1 MILLION** PEOPLE BE WRONG?

If they're using appearance and performance enhancing drugs — primarily anabolic steroids or over-the-counter dietary supplements — then the answer is a resounding YES!

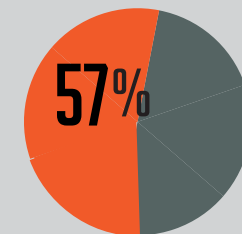
Average starting age for starting supplement use

**10.8 YEARS OLD**

STEROIDS CAN SKEW A "REASONABLE PERSPECTIVE"



Steroid users do it to **IMPROVE THEIR LOOKS**



Steroid users said they would take a pill or powder if it guaranteed reaching their athletic goal — even if it might **SHORTEN THEIR LIFE!**

OVER 1.5 MILLION **TEENS** ADMIT TO USING ANABOLIC STEROIDS. OVER 9 MILLION USE DIETARY SUPPLEMENTS



"Steroids give you a *better body* even if you don't play sports."



# HOOT'S CHALK TALK®

Our core, research-based education programs are designed to raise awareness and educate students, coaches and parents about the dangers of appearance and performance enhancing drugs (APEDs).

## “ANABOLIC STERIODS”

- What are anabolic steroids?
- Where do they come from?
- Are they pharmaceutical grade?
- Who is using them, and why?
- Steroids are banned in competition. Why?
- Is it cheating to use them?
- Are they legal to buy or possess?
- Anabolic steroids are dangerous
  - Physical
  - Psychological
- How to spot a steroid user

## “DIETARY SUPPLEMENTS”

- What are dietary supplements?
- Do I need them, or am I wasting money?
- Protein, creatine, pre-workout, energy drinks?
- What the supplement companies and distributors don't want you to know
- Where do supplements come from?
- Are the labels accurate?
- How many supplements contain banned substances?
- Manufacturing and purity issues
- What other risks are involved?



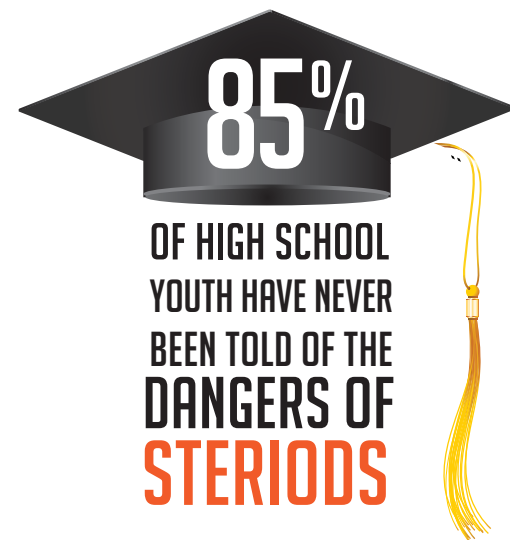
THF expert speakers deliver highly entertaining multimedia programs at high schools, universities and other venues across the U.S., Canada and Latin America

Visit our website, email us at [info@taylorhooton.org](mailto:info@taylorhooton.org) or call **972.403.7300** to schedule one of our programs or to learn more.

**INVITE ONE OF OUR SPEAKERS TO  
YOUR SCHOOL OR ORGANIZATION  
TODAY!**

A recent study showed 85% of High School aged youth have never had an adult e.g., a parent, teacher or coach talk to them about the dangers of steroids.

At the Taylor Hooton Foundation, it is our mission to reach as many kids and adult influencers as possible and teach them about the serious reality of steroid abuse.



THE CHART BELOW SHOWS JUST HOW MANY ARE MAKING THE ILL-INFORMED DECISION TO USE THEM!

