

WHEREAS, anabolic steroids are medications legally available only through prescription with a very limited number of legitimate medical uses;¹

WHEREAS, anabolic steroids cannot be ethically prescribed to enhance physical development or athletic performance in healthy individuals;^{2,3}

WHEREAS, it is ethical to attempt to enhance development or athletic performance through rigorous training and proper nutrition designed to maximize inherent ability and genetic potential;⁴

WHEREAS, from a medical perspective, any potential gain in physical development or athletic performance which may be attained through anabolic steroid use is far outweighed by the risk of severe negative consequences including violent behavior and addiction;^{5, 6, 7, 8, 9, 10}

WHEREAS, anabolic steroid use by athletes entails taking large doses of potentially harmful substances to cause size increases not normally attainable with the intent of gaining an unfair advantage over competitors; and

WHEREAS, anabolic steroid use has been banned by virtually all national and international amateur athletic governing bodies and many professional athletic governing bodies within the U.S.;^{11, 12, 13, 14, 15, 16}

THEREFORE, BE IT RESOLVED: that the American School Health Association deems any anabolic steroid use to enhance physical development in healthy individuals constitutes a form of drug abuse. Furthermore, anabolic steroid use to enhance athletic performance, even when medically supervised, constitutes a form of cheating, poses a great health threat to athletes, and undermines the essential characteristics and qualities of fair and healthy competition; and

BE IT FURTHER RESOLVED: that this resolution be distributed to all state-level athletic associations and all other appropriate individuals and agencies with an interest in preventing drug abuse.

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