

Resource 8b. At what cost?

Watch the short extract from **No short cuts**. (5 minutes)



After watching the clip, in groups, write down 3 of Ben's arguments for using steroids:

1. _____

2. _____

3. _____

Share your observations and feedback to the rest of the class.

Would you be persuaded by Ben's arguments? Give reasons to support your decision.

Top 10 Steroid Side Effects



1. Shrinking of testicles/ enlarged clitoris
2. Impaired fertility/ low sperm count
3. Males are at risk of developing female breast tissue/ females shrinking breast size
4. Acne which is often severe
5. Male pattern baldness
6. Abnormal and mental maturation.
7. Damage to the internal organs (liver, kidney, heart etc.)
8. Fluid retention linked to weight gain
9. Users at greater risk of heart attack
10. Mood swings/ anxiety/depression



Task:

Use these facts to create a PowerPoint presentation or an information leaflet to raise awareness of the dangers of Steroid use to young people.

To help you develop your ideas, this exercise can be linked with research task **5d**