

Why do teens take them?

Teens tend to deny their mortality and take risks that more mature people wouldn't consider. Here are some situations in which teen athletes might consider taking performance-enhancing drugs.

- **Frustration.** Most athletes reach a plateau at some point in their training. Performance-enhancing substances may help them move beyond it.
- **Curiosity.** Even athletes making good progress with their training may become curious and take performance-enhancing drugs just to see what will happen. No tests can detect some drugs, so there's little chance of getting caught.
- **Psychological effects.** Some substances produce feelings of invincibility and euphoria, which may be pleasurable enough that an athlete doesn't want to stop taking banned drugs.
- **Peer pressure.** The use of performance-enhancing substances is accepted by a significant number of athletes. If they think members of opposing teams use these substances, athletes may feel they need help to remain competitive.
- **Implicit approval.** Parents and coaches may choose to ignore signs of performance-enhancing drug use in teens who appear to be elite-level athletes.