

# Supporting Teenage Drug-Free Sport

2009 Resource Issue

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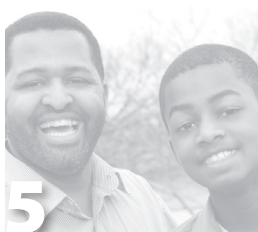


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By Steven Ungerleider, Ph.D.

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By Colette Kimball, MPH

Parents often need guidance in talking with their teenage athletes about steroids and other performance-enhancing substances, yet there are few resources available to assist them. This conversation with Dr. Gina Hijjawi from the Partnership for a Drug-Free America focuses on the "Parent Talk Kit," designed specifically for this purpose.



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By Ray Tricker, Ph.D.

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## From the Associate Editor's PC

Dear Colleagues,

Participation rates in high school athletics reached an all time high last year at over 7.5 million<sup>1</sup>. While this number does not reflect individual youth but rather rate of participation, so that youth who are involved in more than one sport are counted for each sport they participate in, it is still a significant number and reflects almost a doubling since the 1971-72 school year. When we consider participation in sports programs outside of school the numbers grow higher.

Participating in sports can have a number of positive effects on youth such as reducing the likelihood of obesity, reducing symptoms of stress and depression, and learning leadership and team building skills. Many of the topics we have covered in *The Prevention Researcher* can be impacted by youth sports participation, hence this year we decided to focus our supplemental Resource Issue on the topic of supporting healthy, drug-free sport.

We begin this issue with an introduction by our Editor, Steven Ungerleider. Dr. Ungerleider is the founder of *The Prevention Researcher*, wrote the book *Faust's Gold*, and worked to develop The Foundation for Global Sports Development, a non-profit organization promoting sportsmanship, fair play, and drug-free sport. Two articles about preventing the use of performance-enhancing substances follow. The first is an interview with Gina Hijjawi of the Partnership for a Drug-Free America, which discusses the critical role that parents play in promoting healthy sports. The second, a Q&A with Travis Tygart, CEO of the U.S. Anti-Doping Agency, focuses on the role that the media, coaches, and parents play in preventing steroid use. We conclude with an article about the power of peers, notably the power of using collegiate athletes as peer educators for middle school students, written by Ray Tricker.

This issue is rounded out with several excellent book reviews covering topics important to healthy sports participation. They include the topics of eating disorders, body image, and obesity; helping youth become more active through programs designed to promote physical activity; curriculum planning for after-school programs; and an inspirational story about one man's journey from gangs to basketball following a spinal cord injury. I would like to thank our book reviewers – Audrey Block, Catherine Aquino, Faedra Weiss, John de Miranda, and Meera Rastogi – for taking the time to share their thoughts about these resources.

All the best for an active and healthy new year,

Colette Kimball  
Associate Editor

<sup>1</sup>National Federation of State High School Associations 2008-2009 Athletics Participation Summary. Available online at <http://www.nfhs.org/>

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