

CYCLE OF INSECURITY

Schuele: The Vicious Cycle of Insecurity

WHAT ARE PAEDS?



*Performance and Appearance
Enhancing Drugs*

They contain synthetic testosterone which produces male characteristics (androgenic effect) and the growth of skeletal muscle (anabolic effects)

UNREALISTIC BEAUTY STANDARDS¹

Because of their developmental stage and susceptibility to external influence, adolescents are at high risk for negative body image

The estimated prevalence of adolescents' AAS use worldwide is

2.3%

DECREASED BODY CONFIDENCE²

The use of social media platforms has a direct relationship with body image concerns and eating disorder symptoms.

When adolescents see people with bodies unlike their own, they often compare themselves to them, leading to:

- Muscularity dissatisfaction
- Body fat dissatisfaction
- Thoughts about using anabolic steroids

WHAT NOW?



- make PAEDs less accessible
- increase the alarm of health outcomes
- increase society's self esteem

INCREASED PAED USAGE³

The most frequently reported motives for taking PAEDs were to attain a good looking body or to get stronger

Some known physical side effects of AAS use include:

- Anatomical changes in the brain
- Liver tumors
- Cardiovascular disease
- Infertility
- Prostatism

The more people on PAEDs, the more people see unrealistic beauty standards

