

Introductory questions, 10-12 year olds

1) Have you heard about doping?

2) Where from?

Newspaper, television, radio, coach

3) Why should a player say no to doping?

-Because a player does not want to cheat; he wants to win because it is true that he/she is the best.

-Because a player knows he/she can be the best without taking anything but by training hard and using his/her skill. A player must believe in himself/herself and be strong and say no.

-Because a player wants to protect his/her health.

-Because a player does not want to lie to his/her family, fans, other football players and therefore be unfair.

4) Who can try to encourage a player to take banned substances?

Friends, coach, doctor, parents.

5) If someone encourages a player to take a substance, how should he/she react?

The player must say NO, he/she does not need to take anything to improve his/her performance. He/She must inform his/her coach/doctor and parents.

6) Do you know any banned substances or type/category of substances?

Anabolic steroids, EPO, hormones, stimulants (cocaine, amphetamines)

7) What effect do substances have on performance?

Muscle growth, accelerate recuperation and recovery after injury, make you forget about pain. However the effect is not sure and the substance may be counterproductive for some individuals. One effect is sure: health problems, sooner or later.

8) What are the dangers (secondary effects) of doping substances?

Heart problems, cancer, fertility problems, for women growth of hair, for men growth of breasts, aggressiveness, depression and being a drug addict.

9) Does a player need to take banned substances to be a good football player?

No, never.

10) How do I recognise a banned substance?

There is no label on the substance that it is banned. The substance is often contained in a medicine or food supplement. Never take something that you don't know what it is or what it contains. If you are not sure, ask your doctor.