

## How can I prevent my child getting caught up in doping and drug use issues?

A lack of moral values in sport could encourage athletes to cheat or engage in unfair behaviours in many different ways. These may include playing rough, misguiding referees, and even the use of drugs.

Environments and circumstances that can make athletes vulnerable to doping behaviours

- Moving to a higher performance level
- A need for a swift recovery from injury or suffering performance setbacks
- Upset after a poor performance
- Pressure of key moments such as selections and major competitions
- Perceived pressure from trainers, parents, sponsors, or coaches
- Excessive training periods or limited time for recovery
- A lack of professionally schooled trainers, information, or infrastructure
- History of doping use in close relatives, friends, or the environment

Personal characteristics and attitudes that can make a child more vulnerable to doping behaviours

- Low self-esteem
- Unhealthy perfectionism
- Exclusive focus on result/outcome or performance and constant comparing to others
- Discontent with body, extreme focus on weight loss, or a desire to gain muscle mass
- A tendency to cheat to gain achieve desired results
- A belief that others are doping and not believing that doping is harmful
- Admiration for athletes who are known to have used drugs or doped.

You can support your child to cope with challenges and avoid engaging in unsporting practices:

- Talk about the ethics of sport, the potential of the right training and nutrition, and the value of hard work and fair play.
- Be consistent in giving priority to safety, good health, integrity, and life balance
- Value personal, social, and sporting development above winning.
- Teach your child respect for opponents, teammates, and themselves. Help your child learn how to win and lose.
- Encourage your child, support them in difficult moments, and praise their personal development.
- Expect fair play, integrity, and a focus on personal development from your child's coach.
- Be positive – disregard the result – focus on your child's performance.
- If your child cheats, talk about it; it can be a valuable learning experience
- Praise and celebrate good role models
- Be attentive to the type of environment your child trains or competes in