

# 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 STANDARDS<sup>1</sup>

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 CONFIDENCE<sup>2</sup>

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 USAGE<sup>3</sup>

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

