

SENATE, No. 1857

STATE OF NEW JERSEY
216th LEGISLATURE

INTRODUCED MARCH 24, 2014

Sponsored by:

Senator RICHARD J. CODEY

District 27 (Essex and Morris)

Senator SHIRLEY K. TURNER

District 15 (Hunterdon and Mercer)

SYNOPSIS

Establishes measures to deter steroid use among students.

CURRENT VERSION OF TEXT

As introduced.



(Sponsorship Updated As Of: 7/1/2014)

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1 AN ACT concerning the prevention of steroid use among certain
2 students, amending P.L.1987, c.389, and supplementing chapters
3 11 and 40A of Title 18A of the New Jersey Statutes.

4

5 **BE IT ENACTED** by the Senate and General Assembly of the State
6 of New Jersey:

7

8 1. (New section) The Department of Education and the New
9 Jersey State Interscholastic Athletic Association shall work jointly
10 to develop and implement, by the 2014-2015 school year, a program
11 of random testing for steroids of student-athletes who qualify to
12 compete in championship tournaments sanctioned by the
13 association.

14

15 2. (New section) a. Any person who coaches a public school
16 district or nonpublic school interscholastic sport, dance, or
17 cheerleading team for male students shall incorporate into the
18 team's training activities a program designed to reduce the use of
19 steroids and performance enhancing supplements, alcohol, and
20 drugs, and to promote healthy nutrition and exercise. A coach shall
21 submit to the athletic director of the school district or nonpublic
22 school for the director's approval a plan designed to implement the
23 program.

24

25 b. The program established pursuant to subsection a. of this
26 section shall have a team-centered design that provides a non-
27 stigmatizing atmosphere to address the risks of substance abuse
28 unique to male adolescents. The school district or nonpublic school
29 may use programs such as the Athletes Training and Learning to
30 Avoid Steroids (ATLAS) Program or such other appropriate
31 program as determined by the school district or nonpublic school.
32 The program shall consist of peer instructors and a coach facilitator
33 to implement the training activities and shall address issues
34 including, but not limited to: social influences such as peers,
35 coaches, and the media; information concerning steroids and
36 performance enhancing supplements, alcohol, and drugs; skills to
37 resist drug experimentation and temptation; team ethics and
38 commitment to a drug-free lifestyle; personal vulnerability to the
39 effects of drugs; debunking media images promoting supplement
40 and substance use; and the promotion of athletic achievement
41 through healthy nutrition and exercise.

42

43 3. (New section) a. Any person who coaches a public school
44 district or nonpublic school interscholastic sport, dance, or
45 cheerleading team for female students shall incorporate into the
team's training activities a program designed to reduce the use of

EXPLANATION – Matter enclosed in bold-faced brackets [thus] in the above bill is not enacted and is intended to be omitted in the law.

Matter underlined thus is new matter.

1 steroids and performance enhancing supplements, alcohol, and
2 drugs including body-shaping drugs, reduce the incidence of eating
3 disorders, and promote healthy nutrition and exercise. A coach
4 shall submit to the athletic director of the school district or
5 nonpublic school for the director's approval a plan designed to
6 implement the program.

7 b. The program established pursuant to subsection a. of this
8 section shall have a team-centered design that provides a non-
9 stigmatizing atmosphere to address the risks of substance abuse and
10 eating disorders unique to female adolescents. The school district or
11 nonpublic school may use programs such as the Athletes Targeting
12 Healthy Exercise and Nutrition Alternatives (ATHENA) Program or
13 such other appropriate program as determined by the school district
14 or nonpublic school. The program shall consist of peer instructors
15 and a coach facilitator to implement the training activities and shall
16 address issues including, but not limited to: social influences such
17 as peers, coaches, and the media; information concerning the
18 dangers of eating disorders and the use of alcohol and drugs,
19 including body-shaping drugs; skills to resist drug experimentation
20 and temptation; team ethics and commitment to a drug-free
21 lifestyle; personal vulnerability to the effects of drugs and eating
22 disorders; debunking media images promoting supplement and
23 substance use; and the promotion of athletic achievement through
24 healthy nutrition and exercise.

25
26 4. (New section) The New Jersey State Interscholastic Athletic
27 Association shall develop and implement, by the 2014-2015 school
28 year, an information program for all public and nonpublic high
29 school coaches and athletic directors on steroid and performance
30 enhancing supplement prevention. The program shall establish
31 procedures and protocols designed to provide coaches and athletic
32 directors with information on the dangers of steroids and
33 performance enhancing supplements, identify the use of steroids
34 and performance enhancing supplements by student athletes, and
35 effectively incorporate healthy alternatives for building strength
36 into coaches' training programs, including the promotion of healthy
37 nutrition and exercise.

38 The association shall conduct annual program workshops for
39 high school coaches and athletic directors.

40
41 5. (New section) The New Jersey State Interscholastic Athletic
42 Association shall provide anti-steroid and anti-performance
43 enhancing supplement advertisements in any brochure, pamphlet,
44 handout, program, book, or other type of material produced for sale
45 or distribution at a tournament sanctioned by the association. The
46 association may use any existing materials produced by the
47 Partnership for a Drug Free New Jersey.

1 6. (New section) The Governor's Council on Alcoholism and
2 Drug Abuse shall prepare an instructional poster which warns of the
3 potential health risks of using steroids and performance enhancing
4 supplements and the penalties for their unlawful use and possession.
5 The council shall distribute the posters to each school district and
6 nonpublic school in the State.

7 A poster prepared by the Governor's Council on Alcoholism and
8 Drug Abuse pursuant to this section shall be prominently displayed
9 in gymnasiums and locker rooms of all public and nonpublic
10 schools.

11
12 7. (New section) The week beginning with the third Monday
13 in September of each year is designated as "Steroid Awareness
14 Week" in the State of New Jersey. School districts shall observe
15 this week by organizing activities to raise awareness of the hazards
16 of using steroids and performance enhancing supplements.
17 Activities shall include, but not be limited to, a school-wide steroid
18 awareness assembly in each school in the district and age-
19 appropriate opportunities for student discussion on: the potential
20 health hazards and legal consequences that may result from using
21 steroids and performance enhancing supplements; strategies to
22 prevent the use of steroids and performance enhancing supplements;
23 strength building methods that serve as alternatives to the use of
24 steroids and performance enhancing supplements; and the
25 interpretation of labels on dietary supplements marketed for
26 performance enhancement. Health professionals, fitness experts,
27 coaches and law enforcement personnel shall be invited to join
28 members of the teaching staff in the discussions. Programs that are
29 designed to help recognize the warning signs of steroid and
30 performance enhancing supplement use shall also be provided for
31 school board employees. Districts shall ensure that each school
32 holds a school assembly on steroid awareness during this week.
33 The Department of Education, in consultation with the Division of
34 Mental Health and Addiction Services in the Department of Human
35 Services, shall provide guidelines and information to boards of
36 education for use in planning the activities in observance of the
37 week and such funds as are necessary to pay the costs of the
38 required activities and programs.

39
40 8. (New section) The Commissioner of Education shall
41 biannually compile and analyze the results of the surveys submitted
42 by school districts pursuant to the biannual New Jersey Student
43 Health Survey and the data on steroid use that is annually collected
44 by the Division of Mental Health and Addiction Services in the
45 Department of Human Services and based on that information shall
46 compile a biannual report. A copy of the biannual report shall be
47 delivered to the Governor, the Legislature pursuant to section 2 of

1 P.L.1991, c.164 (C.52:14-19.1), the board of education of each
2 school district, and upon request to the public.

3

4 9. (New section) The Commissioner of Education shall ensure that
5 information and materials concerning prevention of the use of
6 steroids and performance enhancing supplements are available for
7 public use on the Department of Education's Internet website.

8

9 10. (New section) The State Board of Education shall review
10 the Core Curriculum Content Standards for Comprehensive Health
11 and Physical Education to ensure that information about anabolic
12 steroids is included therein. The goal of the instruction shall be to
13 inform students of the potential health hazards associated with
14 steroids and performance enhancing supplements, strategies to
15 prevent the use of steroids and performance enhancing supplements,
16 strength building methods that may serve as an alternative to the
17 use of steroids and performance enhancing supplements, and the
18 interpretation of labels on dietary supplements marketed for
19 performance enhancement.

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21 11. Section 3 of P.L.1987, c.389 (C.18A:40A-3) is amended to
22 read as follows:

23 3. a. Upon completion of the curriculum guidelines required
24 pursuant to section 2 of this act, the Commissioner of Education, in
25 consultation with the Commissioner of Health, shall establish inservice
26 workshops and training programs to train selected public school
27 teachers to teach an education program on drugs, alcohol, anabolic
28 steroids, tobacco and controlled dangerous substances. The inservice
29 training programs may utilize existing county or regional offices, or
30 such other institutions, agencies or persons as the Commissioner of
31 Education deems appropriate. The programs and workshops shall
32 provide instructional preparation for the teaching of the drug, alcohol,
33 anabolic steroids, tobacco and controlled dangerous substances
34 curriculum, and shall, in addition to the curriculum material, include
35 information on the history, pharmacology, physiology and
36 psychosocial aspects of drugs, alcohol, anabolic steroids, tobacco and
37 controlled dangerous substances, symptomatic behavior associated
38 with substance abuse, the availability of rehabilitation and treatment
39 programs, **[and]** the legal aspects of substance abuse, strategies to
40 prevent the use of steroids and performance enhancing supplements,
41 strength building methods that may serve as an alternative to the use of
42 steroids and performance enhancing supplements, and the
43 interpretation of labels on dietary supplements marketed for
44 performance enhancement. Each local board of education shall
45 provide time for the inservice training during the usual school schedule
46 in order to insure that appropriate teaching staff members are prepared
47 to teach the education program in each grade in each school district.

1 b. Upon completion of the initial inservice training program, the
2 Commissioner of Education shall insure that programs and workshops
3 that reflect the most current information on substance abuse are
4 prepared and are made available to teaching staff members at regular
5 intervals.

6 c. In addition to providing inservice training programs for
7 teaching staff members who will provide instruction on substance
8 abuse in the public schools, the Commissioner of Education shall
9 make these training programs available to such other instructional and
10 supervisory personnel as he deems necessary and appropriate.

11 (cf: P.L.1989, c.225, s.4)

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13 12. This act shall take effect immediately.

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STATEMENT

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18 This bill establishes measures to deter the use of steroids and
19 performance enhancing supplements among the State's middle
20 school and high school students. The bill implements the
21 recommendations of the December 2005 report of the Governor's
22 Task Force on Steroid Use and Prevention.

23 The bill requires the Department of Education and the New
24 Jersey State Interscholastic Athletic Association (NJSIAA) to work
25 jointly to develop and implement, by the 2014-2015 school year, a
26 program of random steroid testing of student-athletes who qualify to
27 compete in championship tournaments sanctioned by the
28 association.

29 Under the bill, any person who coaches a public school district
30 or nonpublic school interscholastic sport, dance, or cheerleading
31 team must incorporate into the team's training activities a gender-
32 specific program designed to reduce the use of steroids and
33 performance enhancing supplements, alcohol, and drugs, and to
34 promote healthy nutrition and exercise. The program must have a
35 team-centered design that provides a non-stigmatizing atmosphere
36 and includes gender-specific content to address the risk of
37 substance abuse unique to male and female adolescents. The
38 program developed by the coach must be submitted to the athletic
39 director of the school district or nonpublic school for approval.

40 The bill also requires the NJSIAA to develop and implement, by
41 the 2014-2015 school year, a steroid and performance enhancing
42 supplement prevention information program for all public and
43 nonpublic high school coaches and athletic directors. The program
44 would establish procedures and protocols designed to: provide
45 coaches and athletic directors with information on the dangers of
46 steroids and performance enhancing supplements; identify the use
47 of steroids and performance enhancing supplements in student

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1 athletes; and effectively incorporate healthy alternatives for strength
2 building into coaches' training programs.

3 The bill also requires the NJSIAA to provide anti-steroid and
4 anti-performance enhancing supplement advertisements in any
5 brochure, pamphlet, handout, program, book, or other type of
6 material produced for sale or distribution at a tournament
7 sanctioned by the association. The association may use any existing
8 materials produced by the Partnership for a Drug Free New Jersey.
9 Under the bill, the Commissioner of Education is charged with
10 ensuring that information and materials about preventing steroid use
11 are available on the Department of Education's website.

12 The bill establishes the third week in September as "Steroid
13 Awareness Week" in New Jersey and requires school districts to
14 observe this week by organizing activities to raise awareness of the
15 hazards of using steroids and performance enhancing supplements.