

[First Reprint]

SENATE, No. 1857

STATE OF NEW JERSEY
216th LEGISLATURE

INTRODUCED MARCH 24, 2014

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**Assemblyman Diegnan, Assemblywoman Pinkin, Assemblyman McKeon
and Senator Greenstein**

SYNOPSIS

Establishes measures to deter steroid use among students; appropriates \$45,000 to DOE for New Jersey State Interscholastic Athletic Association testing of student-athletes for steroids and other performance enhancing substances.

CURRENT VERSION OF TEXT

As reported by the Assembly Education Committee on October 9, 2014,
with amendments.

(Sponsorship Updated As Of: 6/26/2015)

1 AN ACT concerning the prevention of steroid use among certain
2 students, amending P.L.1987, c.389, ¹**and**¹ supplementing
3 chapters 11 and 40A of Title 18A of the New Jersey Statutes ¹,
4 and making an appropriation¹.

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

8
9 1. (New section) The Department of Education and the New
10 Jersey State Interscholastic Athletic Association shall work jointly
11 to develop and implement, by the ¹**[2014-2015]** 2015-2016¹ school
12 year, a program of random testing ¹**[for steroids]**¹ of student-
13 athletes ¹**[who qualify to compete in championship tournaments**
14 **sanctioned by the association]** for steroids and other performance
15 enhancing substances¹.

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

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

43
44 3. (New section) a. Any person who coaches a public school
45 district or nonpublic school interscholastic sport, dance, or

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.

Matter enclosed in superscript numerals has been adopted as follows:

¹Assembly AED committee amendments adopted October 9, 2014.

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

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

27
28 4. (New section) The New Jersey State Interscholastic Athletic
29 Association shall develop and implement, by the ¹**[2014-2015]**
30 2015-2016¹ school year, an information program for all public and
31 nonpublic high school coaches and athletic directors on steroid and
32 performance enhancing supplement prevention. The program shall
33 establish procedures and protocols designed to provide coaches and
34 athletic directors with information on the dangers of steroids and
35 performance enhancing supplements, identify the use of steroids
36 and performance enhancing supplements by student athletes, and
37 effectively incorporate healthy alternatives for building strength
38 into coaches' training programs, including the promotion of healthy
39 nutrition and exercise.

40 The association shall conduct annual program workshops for
41 high school coaches and athletic directors.

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

1 association may use any existing materials produced by the
2 Partnership for a Drug Free New Jersey.

3

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

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

14

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

42

43 8. (New section) The Commissioner of Education shall
44 biannually compile and analyze the results of the surveys submitted
45 by school districts pursuant to the biannual New Jersey Student
46 Health Survey and the data on steroid use that is annually collected
47 by the Division of Mental Health and Addiction Services in the
48 Department of Human Services and based on that information shall

1 compile a biannual report. A copy of the biannual report shall be
2 delivered to the Governor, the Legislature pursuant to section 2 of
3 P.L.1991, c.164 (C.52:14-19.1), the board of education of each
4 school district, and upon request to the public.

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

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

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

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

1 in order to insure that appropriate teaching staff members are prepared
2 to teach the education program in each grade in each school district.

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

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

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

14

15 ¹12. There is appropriated from the General Fund to the
16 Department of Education the sum of \$45,000 to fund the program of
17 random testing of student-athletes for steroids and other
18 performance enhancing substances by the New Jersey State
19 Interscholastic Athletic Association pursuant to section 1 of P.L. ,
20 c. (C.) (pending before the Legislature as this bill).¹

21

22 ¹**[12.]** 13.¹ This act shall take effect immediately.