

# ASSEMBLY, No. 2353

## STATE OF NEW JERSEY 217th LEGISLATURE

INTRODUCED FEBRUARY 4, 2016

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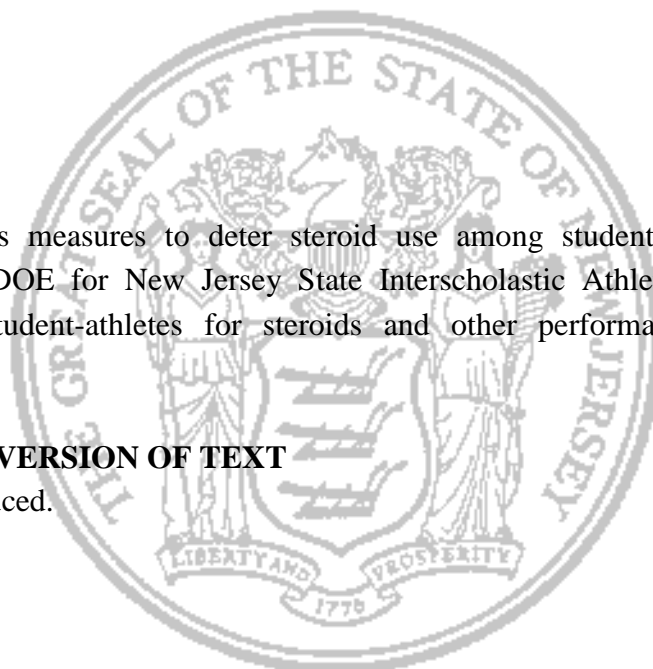
**Assemblywomen McKnight, Pinkin, Assemblyman Eustace, Senators Greenstein, Diegnan and Madden**

**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 introduced.



(Sponsorship Updated As Of: 2/14/2017)

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

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 2017-2018 school year, a program  
12 of random testing of student-athletes for steroids and other  
13 performance enhancing substances.

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

41  
42 3. (New section) a. Any person who coaches a public school  
43 district or nonpublic school interscholastic sport, dance, or  
44 cheerleading team for female students shall incorporate into the  
45 team's training activities a program designed to reduce the use of  
46 steroids and performance enhancing supplements, alcohol, and

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

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

24  
25 4. (New section) The New Jersey State Interscholastic Athletic  
26 Association shall develop and implement, by the 2017-2018 school  
27 year, an information program for all public and nonpublic high  
28 school coaches and athletic directors on steroid and performance  
29 enhancing supplement prevention. The program shall establish  
30 procedures and protocols designed to provide coaches and athletic  
31 directors with information on the dangers of steroids and  
32 performance enhancing supplements, identify the use of steroids  
33 and performance enhancing supplements by student athletes, and  
34 effectively incorporate healthy alternatives for building strength  
35 into coaches' training programs, including the promotion of healthy  
36 nutrition and exercise.

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

39  
40 5. (New section) The New Jersey State Interscholastic Athletic  
41 Association shall provide anti-steroid and anti-performance  
42 enhancing supplement advertisements in any brochure, pamphlet,  
43 handout, program, book, or other type of material produced for sale  
44 or distribution at a tournament sanctioned by the association. The  
45 association may use any existing materials produced by the  
46 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  
5 that 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.

20

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)

12

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

19

20       13. This act shall take effect immediately.

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22

23

STATEMENT

24

25       This bill establishes measures to deter the use of steroids and  
26 performance enhancing supplements among the State's middle  
27 school and high school students. The bill implements the  
28 recommendations of the December 2005 report of the Governor's  
29 Task Force on Steroid Use and Prevention.

30       The bill requires the Department of Education and the New  
31 Jersey State Interscholastic Athletic Association (NJSIAA) to work  
32 jointly to develop and implement, by the 2017-2018 school year, a  
33 program of testing of student-athletes for steroids and other  
34 performance enhancing substances. The NJSIAA currently has a  
35 program of testing student-athletes who qualify to compete in  
36 championship tournaments sanctioned by the association, for  
37 steroids and other performance enhancing substances. Under this  
38 bill, the NJSIAA will expand its program of random testing to other  
39 student-athletes.

40       Under the bill's provisions, any person who coaches a public  
41 school district or nonpublic school interscholastic sport, dance, or  
42 cheerleading team must incorporate into the team's training  
43 activities a gender-specific program designed to reduce the use of  
44 steroids and performance enhancing supplements, alcohol, and  
45 drugs, and to promote healthy nutrition and exercise. The program  
46 must have a team-centered design that provides a non-stigmatizing  
47 atmosphere and includes gender-specific content to address the risk  
48 of substance abuse unique to male and female adolescents. The

1 program developed by the coach must be submitted to the athletic  
2 director of the school district or nonpublic school for approval.

3 The bill also requires the NJSIAA to develop and implement, by  
4 the 2017-2018 school year, a steroid and performance enhancing  
5 supplement prevention information program for all public and  
6 nonpublic high school coaches and athletic directors. The program  
7 would establish procedures and protocols designed to: provide  
8 coaches and athletic directors with information on the dangers of  
9 steroids and performance enhancing supplements; identify the use  
10 of steroids and performance enhancing supplements in student  
11 athletes; and effectively incorporate healthy alternatives for strength  
12 building into coaches' training programs.

13 The bill also requires the NJSIAA to provide anti-steroid and  
14 antiperformance enhancing supplement advertisements in any  
15 brochure, pamphlet, handout, program, book, or other type of  
16 material produced for sale or distribution at a tournament  
17 sanctioned by the association. The association may use any existing  
18 materials produced by the Partnership for a Drug Free New Jersey.  
19 Under the bill, the Commissioner of Education is charged with  
20 ensuring that information and materials about preventing steroid use  
21 are available on the Department of Education's website.

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