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Memorandum No. 005-2008-09

To: District Superintendents, ESD Superintendents, Principals, Other School and District Staff

Re: Information and training on anabolic steroids and performance-enhancing substances

**Summary: The State Board of Education has given final approval to two Oregon Administrative Rules (OAR's) dealing with prevention education programs, as approved by the Legislature in SB 1066.**

1. OAR 581-022-0413 covers prevention education programs in alcohol and drug abuse.

The State Board approved including language that requires each school district to develop a comprehensive plan for alcohol and drug abuse prevention programs that include the effects of tobacco, alcohol, drugs, including anabolic steroids, performance-enhancing and controlled substances as a part of the district's health education program. In addition, all high school students shall receive annual age-appropriate instruction about drug and alcohol prevention.

2. OAR 581-022-0416 goes into further detail regarding anabolic steroids and performance-enhancing substances.

The State Board approved the utilization of evidence-based programs designed to reduce the use of anabolic steroids and performance-enhancing substances by high school athletes, such as the Oregon Health and Sciences University's Athletes Training and Learning to Avoid Steroids (ATLAS) and Athletes Targeting Healthy Exercise and Nutrition Alternative (ATHENA) programs. Both programs have demonstrated effectiveness in reducing use of anabolic steroids and performance-enhancing substances. Further, the State Board requires all school district employees who are coaches or athletic directors to receive training once every four years on identifying the components of anabolic steroids abuse and prevention strategies for the use of performance-enhancing substances.

The Oregon Department of Education will be developing a website with information and links to ATLAS and ATHENA programs: <http://www.ohsu.edu/hpsm/atlas.cfm> and <http://www.ohsu.edu/hpsm/athena.cfm>

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