



American Heritage School Honor Code

(Middle & High School)

*“Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself.
(Matthew 22:36-39)*

The two great commandments (love the Lord and love thy neighbor) are the two most important principles that we learn at American Heritage School. Students are expected to live according to the standards set forth in the *For the Strength of Youth* pamphlet* (ages 12 and older) and the *My Gospel Standards** chart (ages 11 and younger), published by The Church of Jesus Christ of Latter-day Saints* and to keep these standards “at all times...and in all places” (Mosiah 18:9). Those students who are not members of The Church of Jesus Christ of Latter-day Saints* are also expected to maintain the same standards of conduct, except church attendance. In addition, students are expected to adhere to the “A.H.S.” (“Always Honor & Serve”) standards that apply to conduct while at school.

Parents and students, please review these standards together, then sign and return the Honor Code Statement to your core teacher by the end of the first week of school.

For the Strength of Youth*

The following is a summary of standards for students ages 12 and older. Copies of the full pamphlet, published by The Church of Jesus Christ of Latter-day Saints,* are available at the school’s front office.

Agency and Accountability

- Heavenly Father has given me agency, which is the ability to choose right from wrong, and to act for myself.
- I am responsible for the choices that I make.
- I am free to choose my course of action, but I am not free to choose the consequences.
- True freedom comes from using my agency to choose obedience; loss of freedom comes from choosing disobedience.

Dating

- I date only after I am sixteen.
- When I begin dating, I go with one or more additional couples, and I avoid frequent dates with the same person.
- I invite my parents to become acquainted with those I date.
- I date only those with high moral standards, and in whose company I can maintain my standards.
- I protect the honor and virtue of my date, and expect they will do the same for me.
- When dating, I only go to places where I can maintain my standards and remain close to the Spirit.

Dress and Appearance

- I dress modestly to show respect for God and myself.
- I avoid extremes in my clothing and appearance.
- If a young woman, I avoid short shorts, short skirts, shirts that do not cover the stomach, and clothing that does not cover the shoulders or is low-cut in the front or back. If a young man, I will avoid being

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extreme or inappropriately casual in clothing, hairstyle, and behavior.

- I will not disfigure myself with tattoos or body piercings (one pair of ear rings for young women is acceptable).
- I dress appropriately for all Church meetings and activities.

Education

- I understand that education is an important part of Heavenly Father's plan to help me become more like Him.
- I work diligently and make sacrifices, if necessary, for my education.
- I maintain enthusiasm for learning throughout my life, and choose to actively participate in learning opportunities available to me.
- My education includes spiritual learning. I study the scriptures and the words of prophets to help me find answers to the challenges of life and invite companionship of the Holy Ghost.

Entertainment and Media

- I select only media that uplifts me.
- I do not attend, view, or participate in anything that is vulgar, immoral, violent, or pornographic in any way.
- I will walk out of a movie, change my music, turn off a computer, television, or mobile device if what I see or hear drives away the Spirit.
- If I am involved in pornography, I will cease now, and seek help from my parents and bishop.
- I will avoid spending long periods of time using the Internet, mobile devices, playing video games, or watching television and other media – and I will be careful that my use of social media does not replace spending time with my family and friends.
- I will not communicate anything over the Internet or through texting that would be inappropriate to share in person.
- I will obey laws governing sharing music, movies, and other copyrighted items.

Family

- Strong families require effort, and I do my part to strengthen my family.
- I am cheerful, helpful, and considerate of my family members.
- I seek to be a peacemaker rather than to tease, fight, and quarrel.
- I honor my parents by showing love, respect, and obedience for them as they lead me in righteousness.
- I willingly help in my home, and participate in wholesome family activities and traditions, including family prayer, family scripture study, and family home evenings. If my family does not do these things, I will pray and study scriptures myself. My example may encourage family members to join me.
- I will strengthen my relationship with my brothers and sisters, support them in their interests, and help them with challenges they may be facing.
- If my family does not include a mother and father who love and care for each other, I will be patient, continue to live righteously, and look for worthy role models as I prepare to fulfill my divine role as a husband or wife, and as a parent.

Friends

- I choose friends who share my values so we can strengthen and encourage each other in living high standards.
- I go out of my way to help those who feel shy or lonely, have special needs, or do not feel included.
- I treat everyone with kindness and respect, and refrain from judging and criticizing those around me.

Gratitude

- I live with a spirit of thanksgiving, which turns my heart to the Lord and helps me recognize His influence and blessings in my life – even in my most difficult times.
- In my prayers, I pour out my heart to my Father in Heaven in thanks for the blessings that I have received.
- I express gratitude to the Lord by the way I live. In keeping his commandments and serving others, I

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show that I love Him and am grateful to Him.

- I express gratitude to others for the many ways they bless my life.

Honesty and Integrity

- I am honest at all times with myself, with others, and with God.
- I choose not to lie, steal, cheat, or deceive in any way.
- I have integrity by living my standards and beliefs even when no one is watching.

Language

- I use language to invite the Spirit, to uplift, to encourage, and to compliment others.
- I do not use profane, vulgar, or crude language or gestures.
- I do not tell jokes or stories about immoral actions.
- I never take the name of Deity in vain.
- I do not insult others or put them down, even in joking, and avoid gossip of any kind.
- I understand that my standards for language apply to all forms of communication, including texting and communicating on the internet.

Music and Dancing

- I listen to edifying and inspiring music that helps me draw closer to Heavenly Father.
- I do not listen to music that encourages immorality or glorifies violence through its lyrics, beat, or intensity.
- I do not listen to music that uses vulgar or offensive language, or promotes evil practices.
- I will learn and sing the hymns.
- When listening to music, I am courteous to those around me by keeping the volume at a reasonable level, removing earphones when others are talking to me or want me to be a part of their activities.
- When dancing, I avoid full body contact with my partner. I also do not use positions or moves that are suggestive of sexual or violent behavior.
- I plan and attend dances where dress, grooming, lighting, lyrics, music, and entertainment contribute to a wholesome atmosphere where the Spirit of the Lord may be present.

Physical and Emotional Health

- I treat my body as a temple and as a gift from God.
- I eat nutritious food, exercise regularly, and get enough sleep.
- I avoid extremes in diet that could lead to eating disorders.
- I do not use drugs, alcohol, coffee, tea, or tobacco products.
- I avoid any drink, drug, chemical, or dangerous practice that is used to produce a “high” or other artificial effect that may harm my body or mind, including marijuana, hard drugs, prescription or over-the-counter medications that are abused, and household chemicals.

Repentance

- I understand that repentance is more than simply acknowledging wrongdoings. It is a change of mind and heart.
- I seek help and counsel from my parents and my bishop to do what is necessary to repent and receive forgiveness.

Sabbath Day Observance

- I understand that the Lord has commanded me to keep the Sabbath day holy.
- I will prepare during the week so that I can reserve Sunday for the many uplifting activities that are appropriate for the Sabbath day, and that show respect for the Lord and His holy day.
- I avoid shopping, recreation, athletic events, and seeking entertainment or making purchases on the Sabbath.
- Whenever possible, I avoid working on Sunday.

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Service

- I serve others, and am willing to bear other people's burdens, and to comfort those who need comfort.
- Some of the most important service that I give is within my own home. I also serve in church assignments, school, and in the community.
- I seek the guidance of the Holy Ghost each day to know whom to serve and how to help meet their needs, including through simple, everyday acts of kindness.

Sexual Purity

- I will not have any sexual relations before marriage, and I will be completely faithful to my spouse after marriage.
- I do not allow media, peers, or others to persuade me that sexual intimacy before marriage is acceptable.
- I refrain from activities that could lead to sexual transgression, and I treat others with respect, not as objects used to satisfy lustful and selfish desires.
- Outside of marriage, I do not participate in passionate kissing, lie on top of another person, or touch the private, sacred parts of another person's body, with or without clothing, nor do I allow anyone to do these things with me. I refrain from activities that arouse sexual feelings, and refrain from arousing those emotions in my own body.
- I do not participate in any type of pornography.
- I avoid situations that invite increased temptation, such as late-night or overnight activities away from home or activities where there is a lack of adult supervision.
- I understand that homosexual behavior is a serious sin. If I find myself struggling with same-gender attraction, or am being persuaded to participate in inappropriate behavior, I will seek counsel from my parents and bishop.
- I understand that victims of sexual abuse are not guilty of sin, and will seek help and counseling if I ever become a victim of rape, incest, or other sexual abuse.
- I make a personal commitment to be sexually pure, and by my words and actions, encourage others to do the same.

Work and Self Reliance

- I understand that work is honorable.
- I help my family by willingly participating in the work necessary to maintain a home.
- I handle my money wisely, live within my means, and follow the teachings of prophets by paying tithing, avoiding debt, and saving for the future.
- I set high goals for myself, and am willing to work hard to achieve them.
- I avoid idleness, including excessive amounts of time in activities that keep me from productive work, such as using the Internet, playing video games, and watching television.
- I do not waste time or money in gambling.

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A.H.S. = “Always Honor & Serve”

While at AHS, I will keep the two great commandments (Matt. 22:36–39) as I “**A**lways **H**onor and **S**erve.”

A = ALWAYS. At all times, in all places, private and public. God is constant and unchanging. (Matt 28:20; Mosiah 18:3)

H = HONOR. Honor God by honoring all of his children, beginning with the words that proceed from our hearts. (Exodus 20; John 5:23)

1. Speak Kindly to Others. Choose words that inspire and uplift. Words intended to hurt or offend should never be spoken and have no place in our school. We are all God’s children, and He is always listening.
2. Speak Quietly in Hallways. Keep hallway voices soft or to a whisper. Quiet dignity is a mark of Christian character.
3. Speak Orderly in Classrooms. Raise hands, speak only one at a time, and speak only when called upon by a teacher. “And to knowledge temperance; and to temperance patience; and to patience godliness.” (2 Peter 1:6)

S = SERVE. Serve God by being faithful stewards of our building and our appearance. Service is love and honor exemplified. It is love and honor in action. (Mosiah 2:17; Matt 6:24) At least two ways that we serve at school include:

4. Care Lovingly for our Building. Seek ways to leave our classrooms and hallways cleaner than we found them. Clean up after ourselves, even crumbs, and even if the crumbs are not our own. “And he that is a faithful and wise steward shall inherit all things.” (D&C 78:22)
5. Wear Properly our Uniform. Wear our uniform with dignity. Tuck our shirts and remove all non-uniform articles of clothing immediately upon entering the building. “Obedience to small things creates a spirit of obedience in all things, and thus invites the blessings of heaven.” (Elder Kim B. Clark)

Conduct at School and School-Sponsored Activities. In addition to the general standards listed above, it is expected that students will uphold the following standards and expectations while at school and on school-sponsored activities:

- Treat all students and adults with respect.
- Be honest and truthful in all dealings.
- Accept corrections respectfully.
- Display a positive, willing attitude. This includes making a good-faith effort to fulfill all stewardships and to comply with all school policies.
- No public displays of romantic physical affection, including hand-holding and cuddling.

Conduct Away From School. As indicated in the school’s mission statement, faculty, staff and students are expected to conduct themselves in all aspects of life as Christians. Thus, the School’s Honor Code is expected to be kept on and off campus. With limited exceptions (such as certain uniform policy and dress code requirements that apply while at School), any personal activity or behavior away from School that contradicts the principles, policies and mission statement of the School may constitute grounds for dismissal from the School.

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Honor Code Statement

I understand that American Heritage School exists to provide an education in an atmosphere consistent with the ideals and principles of The Church of Jesus Christ of Latter-day Saints.* I also understand that this atmosphere is preserved through my voluntary commitment to live in accordance with those ideals and principles “at all times and . . . in all places.” (Mosiah 18:9) – and that this commitment is a specific condition of admission and employment at American Heritage School for all students, faculty and staff. Those individuals who are not members of The Church of Jesus Christ of Latter-day Saints* are also expected to maintain the same standards of conduct, except church attendance.

As a representative of American Heritage School, I acknowledge and commit to maintain the standards set forth in the American Heritage School Honor Code on and off campus. I acknowledge that any personal activity or behavior away from School that contradicts the school’s Honor Code, principles, policies or mission statement, may constitute grounds for dismissal from the School.

Student Name (Please Print)

Student Signature

Parent Signature

Date

(Submit this signature page to the school)

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