



## 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\*

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

#### Dating

- I am preparing now for temple marriage.
- I will date only after I am sixteen.
- When I begin dating, I will go in groups or double date.
- I date only those with high standards.
- I avoid temptation.

#### Dress and Appearance

- I dress modestly to show respect for God and myself.
- I avoid extremes in my clothing and appearance.
- I dress appropriately for all Church meetings and activities.

#### Friendshipping

- I choose good friends with whom I share common high standards.
- I go out of my way to help those who feel shy or do not feel included.
- I treat everyone with kindness and dignity.

#### Honesty

- I am honest with myself.
- I am honest with others.
- I am honest with Lord.

#### Language

- I use language to build up and inspire others.

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- I do not use profane, vulgar, or crude language.
- I never take the name of Deity in vain.
- I do not gossip.

#### Media

- I use only good media that will uplift and inspire.
- I avoid pornography in all forms.
- I do not watch vulgar movies or videos.
- I leave or change any immoral or suggestive situation.

#### Mental and Physical Health

- I keep my body, mind, and spirit healthy.
- I do not use drugs, alcohol, coffee, tea, or tobacco products.
- I treat my body as a temple of God where the Holy Spirit can dwell.

#### Music and Dancing

- I listen to uplifting music that helps me draw closer to Heavenly Father.
- I do not listen to music that encourages immorality, uses offensive language, or drives the Spirit away.
- When dancing, I avoid full body contact or intimate positions with my dance partner.
- I plan and attend dances where the Spirit of the Lord may be present.

#### Sexual Purity

- I reserve sexual intimacy for marriage.
- I refrain from activities that arouse the powerful emotions that must be expressed only in marriage, and I do not arouse these emotions in my own body.
- 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 understand that homosexual activity is a serious sin, and that if I find myself struggling with same-gender attraction, I will seek counsel from my parents and bishop.
- I treat my date with respect, and expect respect in return.
- I will seek help and counseling if I ever become a victim of rape, incest, or other sexual abuse.

#### Sunday Behavior

- I use the Sabbath to worship the Lord, strengthen family relationships, help others, and draw close to the Lord.
- I avoid seeking entertainment or spending money on the Sabbath.
- When possible, I avoid working on Sunday.

#### Repentance

- If I have made mistakes, I know that I can be cleansed through proper repentance.

#### Spiritual Help

- I am never alone. I rely on the Holy Ghost. Knowing what is right and wrong is always possible.

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**A.H.S. = “Always Honor & Serve”**

While at AHS, I will keep the two great commandments 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.

H = HONOR. Honor God by honoring all of his children, beginning with the words that proceed from our hearts.

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.

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)

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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.

\_\_\_\_\_  
Student Name (Please Print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Please return this Honor Code Statement with student and parent signatures to your core teacher by the end of the first week of school. A copy will be provided to you for reference.**

**Thank You!**

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