

## Rules and Regulations Agreement

During the past 25 years, thousands of high school students from all over the country have participated in a Christendom Summer Program. Many of them have said that the program was a life-changing experience as it offered them an opportunity to grow in their understanding of the Catholic Faith, to experience the joy of Christian fellowship, and to make friends for life.

Due to our increasingly secular society, we are experiencing an insensitivity to many Christian values and aspects of Catholic teaching. At Christendom College, we endeavor to find and affirm the good in the midst of the challenges of modern culture. In order for our Summer Program participants to more fully immerse themselves in the Christendom experience, we require that they abide by the following rules and regulations, which serve as aids to living a truly Catholic life:

1. Practice Christian Charity: Treat all those around you with respect, honesty, charity and courtesy. This eliminates such behaviors as disrespect, bad language (cussing, swearing, cursing, profanity), gossiping, exclusivity, etc.

The practice of Christian charity also includes chastity and appropriate physical interaction. Students are expected to refrain from any inappropriate and unchaste physical conduct during their time in the Program. Such behavior may be a ground for discipline and dismissal from the Program. Further, any sexual harassment or contact may also result in the involvement of law enforcement and reports to appropriate authorities where required, in addition to dismissal. All students are expected to abide by the College's Sexual Misconduct Policy, found on page 15 of the Student Handbook:

<https://www.christendom.edu/wp-content/uploads/2022/05/22-23-Christendom-College-Student-Handbook.pdf>.

Participants have a responsibility to conduct themselves in a manner consistent with Catholic moral teaching, in particular the Church's teaching on human sexuality. Lewd, indecent, and obscene behavior is addressed in the aforementioned Sexual Misconduct Policy. Intrinsically disordered behavior or expression (see Catechism of the Catholic Church § 2331-2400) can be subject to intervention and further action by the College (disciplinary or otherwise, up to and including dismissal from the Program). The advocacy of such conduct or expression will also be subject to action by the College (disciplinary or otherwise, up to and including dismissal from the Program). This document from the USCCB provides context for the College's application of this policy: <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/promotion-and-defense-of-marriage/upload/Gender-Ideology-Select-Teaching-Resources.pdf>.

2. Modesty & Professional Attire: As Catholics, we know that our bodies are temples of the Holy Spirit and thus must be treated with respect and dignity. In order to help foster the virtue of modesty, a dress code that recognizes this virtue will always be in effect during your time at the Summer Program, as it is



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during the school year at Christendom College. In order to foster a professional and academic atmosphere in the classroom and a respectful reverence during Mass, a professional dress code will be in effect for all classes, Mass and lunch periods.

The specifications for dress code set out in the dress code document are meant as guidelines and not as exhaustive rules. Note that the code calls for modest attire and professional dress. Simple adherence to the letter of the law or pushing the limits of what is acceptable may result in a judgment of the administration that what seems technically correct does not in fact comply with the spirit of the rules. One's dress should reflect the distinction and dignity of one's sex, lending to an understanding and appreciation of the creation of men and women in the image of God. Program staff will be the judges of whether an outfit is acceptable dress code on whatever occasion.

3. Cell Phones & Other Electronics: While cell phones are a wonderful way to stay connected with friends and family while you are away from home, overuse can disconnect you from the Program and those attending it with you. **Cell phones must be kept in the residence hall during morning and afternoon classes, lunch, and Mass** – their use at other times must be governed by prudence and charity. iPods, iWatches, MP3 and any other portable media players must also be used with prudence. All media player use will be limited to the residence halls or to free time periods. Otherwise these electronic items can hinder true fellowship, which is one of the goals of the Program.

Counselors reserve the right to restrict cell phone or electronics use and temporarily confiscate devices if it is deemed that such usage has become excessive or disruptive.

4. Attendance: Since the classes that are taken during the Program are meant to introduce students to the academic life at Christendom College, students must attend all classes each day unless there is some extraordinary circumstance. If such a circumstance arises, a Program Counselor must be informed so that the student can be excused. In order to fully immerse themselves in the spiritual life offered to them during their time at Christendom, students will attend Mass, Rosary, and Benediction each day that they are offered. Lastly, students must take part in all of the extra-curricular events (dances, trips, excursions, dinners, talent show, etc.) in order to truly participate in the Program. Exceptions to these rules must be discussed with and approved by a Program Counselor. See tentative schedule for more details.

5. Inter-visitation & Visitors: As always at Christendom College, inter-visitation is not permitted at any time during the Program. This means that students are not allowed in the residence halls of the opposite sex at any time. Students may not have visitors (friends or relatives) visit them while they are taking part in the Program, unless it has been previously arranged with the Admissions Office.

6. Respect for Authority: In keeping with the virtues of obedience and respect, students must always follow the directives of those in charge of the Program, particularly the Counselors who will be living in



the residence halls with the students and attending/leading all of the extra-curricular events with them. Unwillingness to follow counselor direction or consistent, intentional disrespect may lead to expulsion.

7. Smoking/Alcohol/Drugs: As mentioned above, everyone at Christendom endeavors to treat their bodies as temples of the Holy Spirit. In addition to practicing modesty, all students must treat their bodies with respect by not smoking, drinking alcohol or using illegal drugs at any time during the Program. Additionally, possessing and/or consuming alcohol or tobacco under the age of 21 is illegal in the Commonwealth of Virginia. Participants found to be in violation of the alcohol policy will be asked to leave the program.

8. Curfew: Each evening of the program, there will be a curfew in place at which time all participants are required to remain in their assigned residence hall.

9. Discipline/Expulsion: Students who choose to disobey the rules and regulations that are outlined above will be subject to discipline, which could result in a student being asked to leave the Program. If a student is expelled from the Program, no refund will be offered, and parents are responsible for arranging transportation for their student to be picked up from the campus in a timely manner. This might entail a parent driving to campus to pick up the student or arranging with the airlines to take an earlier flight home. Parents are responsible for any additional transportation costs incurred. Poor behavior and/or willful violation of summer program policies may negatively affect a student's future application for admission to the College.

**Please make sure that your Program experience is a positive one by reviewing the above rules and abiding by them while you are here at Christendom. We want you to have an enjoyable, enriching and fun time – please help us to make that happen!**



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## Best Week Ever Dress Code

As Christian men and women, we must strive to treat our bodies as gifts from God, our bodies are meant to be taken care of and clothed with dignity. Since what we wear reflects in a real way an aspect of who we are, our external modesty will reflect the interior virtue that we are striving to attain. Additionally, wearing professional dress for classes, Mass, and lunch assists students with understanding the value of these activities. Christendom College endeavors to help its students and program participants by providing a Modesty Dress Code and a Professional Dress Code.

**For the Best Week Ever, the Modesty Code is always in effect while the Professional Dress Code is in effect only during classes, Mass, and Lunch.**

### Modesty Dress Code for All Students

- Clothing should not be tight or excessively form-fitting. Nothing should be low cut in the back or front (nothing lower than 3 fingers below the collar bone). Tops cannot bare the midriff.
- Apparel may not include derogatory, profane, or immoral images, slogans, or graphics.
- Men are not allowed to have any visible piercings, and women may only have visible ear piercings. No neck chokers.
- No tank tops, muscle tees, or sheer tops.

### Modesty Code for Men:

- Belts must be worn if pants tend to ride too low.
- Shirts must be worn at all times except when swimming.
- All shorts, including swimwear, must have an inseam of 7 inches or longer.

### Modesty Code for Women:

- The hemline of all skirts and dresses are to be no higher than the top of the wearer's knee cap.
- All straps of a dress or shirt must be at least one inch wide.
- Shorts must be long enough so that the wearer's fingertips do not go past the hem of the shorts.
- Women's swimwear must be a modest one-piece or tankini that covers the midriff and clothing must be worn over the swimsuit when not in the water.

### Professional Dress Code for All Students (to be worn during Mass, classes, and lunch):

- No back patch pockets, cargo-type pants, stretch-style pants, jeans, or joggers.
- Clothing must be reasonably wrinkle-free and clean.
- Denim or chambray clothing/outerwear are not permitted as professional dress code.
- No polo shirts.



### Professional Dress Code for Men

- Requires dress pants, belt, dress shirt, tie or bowtie, dress socks, and dress shoes.
  - o No sneakers, flip flops, sandals, etc.
  - o Dress shirts must be button down with collar – any color, long or short sleeved – tucked in.
  - o No athletic socks.
  - o Undershirt must be worn beneath a white dress shirt.

### Professional Dress Code for Women

- Requires a professional/business-style dress (or a dress skirt/dress pants with a dress blouse) and dress shoes.
  - o Excludes more casual skirts/dresses such as sundresses, spaghetti-strap, high-low style.
  - o All dress blouses must be button-down (the entire front of the shirt) and collared.
  - o Dress shoes can include sandals, but no flip-flops, Birkenstocks, clogs, or athletic-style shoes.

The specifications for dress code set out in this section are meant as guidelines and not as exhaustive rules. One's dress should reflect the distinction and dignity of one's gender, lending to an understanding and appreciation of men and women in the image of God. BWE counselors and staff will be the judges of whether an outfit is acceptable dress code on whatever occasion. If a student is wearing clothing which does not fulfill the dress code, he or she will be asked to change.

Thank you for abiding by our summer program dress code!



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