

## St. Michael's Dance Commandments



1. Thou shalt be on time...

Students must arrive at the dance within one hour of the dance's starting time and may not leave until thirty minutes prior to the end. Students will not be readmitted after leaving. If a student must leave their parents will be informed of their departure for safety reasons.

2. Thou shalt be tobacco, alcohol, and drug free...

Students will comply with random drug and alcohol testing. No tobacco products allowed.

3. Thou shalt respect each other...

Safety of all guests must be considered at all times. No fighting or threatening actions will be tolerated. Profanity is unacceptable.

4. Thou shalt dress appropriately...

Students must dress modestly and in accordance with the dance theme and level of formality throughout the dance. Student attire should reflect his or her self-integrity.

5. Thou shalt not overdo the PDA...

No long kisses or making out. Students are not to sit or lie on each other. (Do not do anything you would not do in front of your parents.)

6. Thou shalt not dance inappropriately...

- a. Dancing that would violate PDA commandment is inappropriate (see #5)
- b. Dancing where the couples grind with each other is inappropriate
- c. Dancing where pushing and shoving occurs is inappropriate (no "moshing")
- d. Hands must remain either on your partner's waist or not on your partner at all.
- e. Both you and your partner must remain standing and in the upright position (no bending over)
- f. **Absolutely** no groping, excessive and inappropriate touching, and no pulling on clothing.

\*Self-Respect Seminars will be held during senior high lunch to talk about knowing personal boundaries and to inform students of the level of appropriateness expected. (Any freshman or sophomore that will be attending Prom **is required** to attend a seminar session. However, all students attending the dance are strongly encouraged to attend these student-led seminars.)

7. Thou shalt respect chaperones, faculty, and DJ...

Listen and respect the direction of adults present at the dance. Administration has the right to make determinations and decisions regarding dance rules. DJ's are instructed to play a mix of musical styles and to change the music if inappropriate dancing is taking place.

8. Thou shalt be fully responsible for your guest...

All non-St. Michael's guests must have a permission form signed by administration from their school and must be informed of our dance expectations.

9. Thou shalt know the consequences...

If a student is found in violation of these guidelines, the first offense they will receive a warning, and the second time be asked to leave. If asked to leave either an administrator or the student in the presence of an administrator, will make a call to their parents informing them of their removal from the dance.

10. Thou shalt have fun...

You can have fun while being safe, sober, and respectful. Always remember you attend a Catholic school and your actions should reflect the dignity of the institution.

I, \_\_\_\_\_(name) will respect and adhere to the previously stated guidelines and will self-regulate my behavior and do my best to act upon any inappropriate behavior that I witness.

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

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