

# VILLA HEIGHTS BAPTIST CHURCH YOUTH GUIDELINES

1. **Be Respectful.** Being respectful includes using manners and giving everyone the opportunity to share without distraction, interruption or judgment. Being thoughtful of others and supporting group decisions. This applies to any and all youth activities, events, studies, lessons, practices, etc.
2. **Be Present Physically.** Be where you're supposed to be when you're supposed to be there. Unless special arrangements have been made with your youth leader, you should be with your youth group at all times. No one is allowed to leave the designated area without contacting a leader.
3. **Be Present Mentally.** We need to be physically present, but it's also just as important to be mentally present. If you checkout mentally, you'll miss what God has in store for you. Save the mental vacation for another time and place.
4. **Be Present Spiritually.** Realize that you're in relationship with God. Open your heart, eyes, ears, and mind to God's will and what he would have you learn from this experience. You'll be glad you did!
5. **Stay Engaged.** For the best possible experience, it's important to stay fully engaged. You will get out of it what you put into it. Your youth leadership will do their part to provide youth with meaningful lessons/activities, you will need to do your part by fully participating. It's amazing what God will do with open hearts – He's knocking, will you let Him in?
6. **Be Prayerful.** Whether it's praying for each other, a specific decision to be made, or a need in your life go to God in prayer continuously and consistently. Go to God first and see how quickly many of the obstacles will be removed. If you have an issue that seems too big for you to handle on your own, seek out a youth leader or pastor to meet with you and pray.
7. **Be Considerate.** All youth are required to be present and on time at all meals, devotions, group and recreation sessions when on a trip. If you are late, you are making the whole group wait for you. Any exceptions must be approved by a leader.
8. **Guard Your Lips.** At times, sensitive material may be shared within the youth group or a small group setting. Remember to keep confidential things confidential and that some stories are not yours to share. Avoid the temptation to freely share information or gossip. Our words and actions should be pleasing to God. What we say to others, we also say to Him. Inappropriate language or talking about others will not be tolerated.
9. **Law & Health.** **NO** smoking, drugs, alcohol, or **ANY** type of tobacco products will be tolerated at any youth activity by students or adults. Additionally, **NO** energy drinks, pills, supplements, etc. of any kind are permitted. Though many of these items are illegal for youth, they are also not healthy choices. God calls us to take care of the body He has given us. If you need any first aid or over-the-counter medical needs such as aspirin, band-aids, feminine products, etc., please see a youth leader. If you have special medical/medicine needs, please be sure your youth leader is aware and it is fully documented and on file. In case of an emergency, contact a chaperone as soon as possible.
10. **Practice Social Skills.** While we all love our digital devices, we should be creating personal relationships in fellowship with one another. If you bring a cell phone to a youth activity/event, it should be on silent or off. Youth leaders may confiscate any digital device, cell phone, or item causing distraction and will return the item at the conclusion of the youth activity/event.
11. **Practice Hospitality.** Welcome everyone. Again, this should be a place where ALL should be able to come and feel welcome, not judged. Be aware of those who may be feeling left out, excluded, or shy. Avoid cliques, learn to embrace loving hospitality – showing kindness to all.
12. **Be Modest.** Appropriate dress is expected at all times. What you wear sends a message - what are your clothes saying to those around you and to God? Choose clothing that reflects Christ-like character and attitude. No short shorts, 2 piece swim suits for girls or Speedo's for guys, offensive T-shirts, spaghetti straps on tank tops.
13. **Practice Self-Control.** Restraining our emotions and actions to demonstrate Christ-like behavior. At times, we may have to control our anger or frustration, excitement, or desires. Girls will not be allowed in guy's rooms or guys in girl's rooms. If one of these rooms is to be used as a group meeting room, a youth leader will give further instructions. Under no circumstances are guys and girls allowed under same blankets, sleeping bags, or any other covering (i.e. coats, or other apparel) together. No PDA (public displays of affection) between boyfriends and girlfriends.
14. **Use Your Gifts.** God has blessed each of us with special gifts and talents. Find a way to use your gifts to fulfill God's purpose. If you're unsure of what your gifts are, or where to put them to use – ask a youth leader.

Youth are not allowed to drive on any church related activity unless special arrangements are made ahead of time. Youth must have a *Parent Permission and Release of Liability* form on file with VHBC in order to attend youth events held off-site (not at VHBC). Additional forms may be required for specific events.

I have read and understand these guidelines. I will also seek to set an example by adhering to them at all times. I further understand these guidelines are in place to insure a place where we can all come to worship safely and in a manner that glorifies God. Breaking these guidelines will have consequences (as deemed appropriate by youth leadership), which could include removal and/or exclusion from youth activities.

Date: \_\_\_\_\_

Youth Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent/  
Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_