

# TOTAL CONTRACT

**We would like TOTAL, our Youth Group, to be a place where all teens can feel accepted, respected, and good about themselves. In order to achieve this, we agree to the following terms of this contract:**

1. **RESPECT** everyone. That includes myself, other teens, and the team.
2. **No put-downs** – no put down looks, groans, words, or actions.
3. Respect **confidentiality**. This is the only way we can be open and honest with one another.
4. **Talk one at a time.**
5. **Include everyone.** Be especially attentive to newcomers and to those who are alone.
6. **Be yourself.** And allow others to be themselves. Be tolerant. Always be respectful.
7. Be aware of the **feelings** of others.
8. **GET INVOLVED.** Offer to help with the opening prayer, with refreshments, a testimonial, your ideas.
9. **SPEAK FOR YOURSELF.** For example, "I think, I believe, I feel, I agree or disagree" rather than "Everyone thinks, he believes, no one believes." Speak for yourself and let other do the same.
10. In a discussion you are allowed to **pass**. Don't pass all the time. Contribute your opinion. Take a risk. Speak up.
11. **No swearing or obscenities.**
12. **Clean up after yourself.** Put used paper cups, napkins, etc. in wastebaskets.
13. **No smoking** inside or outside or anywhere on St. Jerome property.
14. Our **boundaries** are downstairs and on the paved area outside the church hall and the Youth Room.
15. No one can leave early without the Youth Director's permission.
16. **At Mass** we make a circle around the altar. We hold hands during the Our Father. Sing or say all the prayers and responses. No talking, laughing, gum chewing, hats, or irreverent behavior.
17. **NO CELL PHONES**, pagers, or i-pods turned on when TOTAL is in session.

**I have read this contract. I understand it. I will follow the rules.**

**Signed:** \_\_\_\_\_