Growing Together
Participant rules

Rules are categorized as they become implemented!!

BASIC RULES: Rules everyone in Phase 1 through Phase 5 must follow
Rules for 6th Phase only follow basic rules

1. Honesty
2. Mind Your Own Business
3. Confidentiality
4. Lowest Phase rules apply.
5. No talking behind backs
6. Follow C.O.A.
7. Go over program daily
8. Empathy and Sensitivity
9. Pay attention to the person talking
10. No manipulation
11. No playing off
12. No cursing
13. No talking out
14. No clicking
15. No past images including music and clothing
16. No brushes, combs, or pens in group
17. No matches or lighters
18. Shirts are to be tucked in at all times; does not apply when in host homes
19. No flannel pajamas until home alone on 5th phase
20. No toxic markers, no aerosols, and no products with alcohol
21. No talking about or names of firearms
22. No gum in the building, and no candy unless given to by staff on a HOLIDAY
23. No wearing all black clothing
24. No carving on benches, writing on walls, etc…
25. No talk of elopement, running, etc. (bad decision)
26. No running in the parking lot or in the building, no jumping down the stairs
27. No hugs in the parking lot
28. No B'S'ing (talk of old druggie hangouts, acquaintances, drugs, stashes, etc.)
29. Bedtime is 12 midnight (no talking or lights on) or one hour after returning home from the program on Mondays and Fridays. An earlier bedtime is recommended at the parent's discretion.
30. No drugs or alcohol
31. No tobacco products of any kind
32. No guy/girl relationships
33. No hanging out with ex-druggie friends or hangouts, or places where it may be slippery

34. No body piercing or tattoos
35. No facial hair
36. No inappropriate sexual displays of any kind
37. No off limits music
38. No bridge jumping
39. No talking to pull-offs or off limits people (both clients, parents, and siblings) (no keeping pull-off's stuff, clothes, shoes, drawings, pens, folders, etc.)
40. No selling drugs
41. No manipulation to get pulled
42. No elopements
43. No beepers
44. No pornography—written, on computers, magazines (i.e. Victoria Secret catalog)
45. No T-shirts with writing or pictures and no logos or pockets
46. No rips, tears, or frays
47. No boots
48. No MTV, VH1, BET, etc…
49. Street bikes, motorcycles, mopeds, dirt-bikes, atv's, or four wheelers on 5th phase with license, signed waiver, and parental permission
50. No shoes without backs in the building
51. No talking or inappropriate behavior in the bathroom
52. No throwing food
53. At least 75% of food on client's plate must be eaten
54. Hair must be out of the face in the building
55. Report all suspicious characters to staff
56. Socks, shoes, and pants must be worn in the building
57. No pets in the building
58. The whole home has to be in the same room at all times
59. 20-25 min. for moral inventories
60. If starting M.I.'s and quitting, must start over. If refusing to write M.I.'s, report to staff the next morning
61. Must sit up while writing M.I.'s and no talking
62. No reading material on 1st phase including AA / NA books
63. No appointments on 1st phase unless an emergency
64. No hitchhiking or picking up hitchhikers
65. No fighting
66. No druggie slang
67. No talking about gangs, tagnames, or images
68. Priorities before pleasures
69. If you know someone is dishonest, you must reach out or tell staff
70. Must keep head, feet, and arms in car at all times
71. Follow all host home rules
72. Guys wear shirts; girls wear bras
73. No bumming or borrowing
74. Report all stashes to staff
75. C.O.A. questions must be run through and approved before you can do them. newcomer must make sure oldcomer knows C.O.A. answer

76. Host homes must go over fire exits to all new coming clients
77. No guyside or girlside looking at each other, face forward
78. No writing or drawing on body or others
79. No racial slurs
80. No incense, black lights, or strobe lights until 7 step
81. No cheating on my program
82. No sneaking out
83. M.I.'s are not to be done until 6:15 p.m.
84. No using spices on our drug lists
85. Be humble
86. Must raise hand to get staff's attention
87. Respect one another
88. No tight clothing
89. No patches on clothing with holes
90. Snacks may be adjusted if client misbehaves; but all clients must eat same food.
91. No loitering when cleaning the building
92. No procrastination
93. No faking out parents in Open Meeting
94. No use of medication with out staff approval except Advil & Tylenol can be given by parents
95. No commercial diets (Slim Fast, etc.) until 7 step
96. Report all sicknesses to staff
97. Take a shower daily
98. No gambling while on my phases
99. No sex
100. One late night with permission immediately after making 2nd phase to talk with parents about past
101. Seat belts are to be worn whenever riding in a car
102. Bras are to be worn in front of the parents at all times, no hugs unless the girl has a bra on and the guy has a shirt and underwear on
103. Report all talk of suicide, homicide, or destruction
104. No two clients may sleep in the same bed
105. Only collect phone calls to out-of-state parents (ex: Stuart to Jupiter or FL to OH)
106. No writing letters to staff
107. Clients must have a traditional haircut, guys hair above ears and collar and always off face (not shorter than a #2 clipper) and girls hair always off face. Haircuts must be given by a licensed hair professional and must not be cut by any staff member. On 2nd phase and higher, the client's parents may cut their child's hair
108. No talking in the hallways or bathrooms
109. No hair perms, straighteners or curling irons until 5th phase
110. Out of town clients may not move home until 6th phase
111. No flavored lip balm until 6th phase
112. Play billiards on Saturday (game night) with approval
113. May draw with crayons, markers, or paint in the building with permission and Saturday night or Sunday morning (game night – after MI's and other priorities are

finished). Arts and crafts or board games can by alternated 1 time each on either Saturday night or Sunday morning

114. No body shaving until out of program.
115. Hats may be worn during recreation time at the building only. 4th phase and higher may wear hats; no logos
116. No joining clubs, extra activities, night school until 5th phase. School sports allowed on 5th phase
117. No hands on others laps or shoulders, no touching another person, no kissing, and no laying on each other
118. No hugging other clients unless it is first approved by staff

1st Phase:

1. The focus of 1st phase is learning the program and dealing with oneself. The client is living away from home in a host home during 1st phase
2. GT clients are to arrive at the facility by 7 a.m. Monday through Friday and are released by 6:30 p.m. Saturday hours are from 10 a.m. to 6:30 p.m. and Sunday hours are from 2 p.m. to 6:30 p.m. When school is not in session, the building will still open at 7 a.m. Monday through Friday, however, clients may arrive anytime from 7 a.m. to 9 a.m.
3. School is from 8 a.m. until 2 p.m. each day school is taught at the GT facility through the Palm Beach County School Board, Alternative Education Dept. The client receives a minimum of 300 minutes of school each day
4. Any transportation to and from the Growing Together facility must be by direct route. No stops, except for emergencies. Emergencies do not include running out of gas or picking up milk, please prepare ahead of time.
5. No stopping to and from the building until 4th phase and then only with permission, and never with newcomers or lower phasers
6. No appointments on 1st phase unless an emergency
7. No newcomers talking to newcomers
8. No cologne, perfume, brand names, until 5th phase but not when coming to building or in the building (no patchouli in the building at any time)
9. No newcomers talking to their parents, family or outside friends (on first phase) unless they have earned Talk , T&R, and/or a conference (initiated by staff)
10. No sending or receiving phone calls, cards, gifts etc. to or from family or friends
11. Talks with parents are to be used for bringing out issues and/or secrets that have not been discussed
12. No TV, radio, stereo or reading material (except school work) and case management assignments on 1st phase. This includes AA, NA, etc. literature
13. No T.V. or Radio till 4th phase
14. No boxers till 4th phase
15. No wants and needs on Talks
16. No going outside while in host home until 4th phase (3rd phase with yard permission on Sunday mornings only).
17. No unnecessary talking to outside people until 5th phase
18. No special soap unless approved by nurse

19. No belts
20. No car names, athletes, talk of non-participating family until 4th phase
21. No sharp objects
22. No shadowboxing, wrestling until 2nd phase and then not in front of newcomers
23. No touching key chains till 4th phase
24. No touching money until 5th phase
25. No driving, (exception: 4th phase with regulation.) and no driving alone until 5th phase and then with permission
26. No videogames, computer games, and arcades until 4th phase
27. No sunglasses until 3rd phase
28. No making up songs until 4th phase
29. No sleeping unalarmed until 5th phase and then it is at parental discretion, and then never with lower phasers
30. No jewelry until 6th phase
31. Newcomers need to keep their eyes looking straight ahead at all times in the car
32. Use of contacts on first phase to be evaluated by need
33. No newcomers can touch lighted candle
34. No peroxide without permission as a newcomer
35. No waving to outside people to and from the building
36. No batteries until 3rd phase
37. 3rd phase and lower must have another client accompanying them around the building
38. Discipline maintained by myself, 5th phasers, and staff
39. Sit up straight, stand up straight, and only one arm on the back of the bench
40. No sending and receiving messages until 4th phase
41. No talking about movies or songs until 4th phase
42. No unimportant reading until 4th phase
43. No eye games with parents at Open Meeting
44. Newcomers must ask to get dressed
45. Newcomers must ask to take stuff from host home parents
46. No clothes, shoes, paper, bathroom bag in the room at night. Nothing except bed, people, sheets, alarm clock. All articles must be removed from room when having lower phasers
47. No sewing or using sewing machines
48. Parents must supervise all newcomers using Q-Tips
49. May ride in a car that has the convertible top down on 4th phase; and then not with lower phasers
50. No pictures until 4th phase and then only appropriate pictures
51. No purses until 4th phase
52. Wallets are a 3rd phase privilege
53. No flavored lip balm until 6th phase
54. No two-piece bathing suits until 6th phase and all suits must be approved by staff
55. No halter tops, V-necks or spaghetti straps
56. Reading the back of cereal boxes is a 4th phase privilege
57. No permissions until 2nd phase—and only if a medical emergency. Permission must go through nurse

58. No clothing with strings to newcomers
59. No hairdryers until 2nd phase
60. No Birkenstocks, sandals, flip-flops or height altering shoes until 4th phase and then not to be worn in group or at the building
61. Newcomers cannot scribble while they write
62. M.I.'s must be written legibly and in ink unless there is no pen available
63. No shaving or plucking eyebrows until 2nd phase
64. No steel-toe shoes until 5th phase and then not in the building
65. No skirts or dresses until 5th phase
66. Must respect and listen to 5th phasers
67. May sing program songs only
68. When sharing, share to the group
69. May not touch other newcomers
70. Must do 3 introductions between 3-23 days. Cannot put in to earn a Talk until 3 introductions have been completed. If third introduction is done the night Talk is earned this is okay.
71. May not have hair shaved lower than a #2 clipper until 6th phase
72. May write with pencils only with staff permission
73. No one-on-ones
74. No belt looping

Transition planning to 2nd phase: See current Parent Manual

2nd Phase:

1. Oldcomers must read everything that a newcomer writes and report any issues to staff
2. Oldcomers need to be aware of newcomers at all times
3. No sleeping to and from the building with newcomers
4. Oldcomer must be just as dressed as the newcomer
5. Windows may not be more than halfway down with a newcomer
6. Windows may be open all the way if no newcomer is in the car
7. One late night immediatelyafter earning 2nd phase to talk with parents about past
8. Oldcomers are to sit closest to the door on the benches
9. Siblings are allowed in the program room only if the oldcomer is home alone; this also goes for animals
10. May talk to a newcomer or other client when appropriate with staff permission
11. May pick things up-stand up, etc. without asking permission
12. May use special soap
13. May wear belts
14. May use pens
15. May use sharp objects
16. May shadow box and wrestle if no newcomer is present (but not in the building)
17. May be enrolled in Alternative Ed.
18. May look out windows of car (lower phase rule applies)
19. Can touch lighted candle

20. May use hydrogen peroxide without permission
21. Staff may assign to sit at door of rap room if the need arises
22. May get dressed without asking permission
23. Must respect and listen to 5th phasers
24. May take stuff from host home parents. (COA in home).
25. May sew or use sewing machine
26. Must take care of and sew newcomers clothing as need arises
27. May write emergency medical permissions only
28. May use hairdryers
29. May shave legs and armpits and pluck eyebrows
30. May journal however journals must be turned in to case manager weekly or primary
31. May make lists
32. Girls may wear sports bras
33. Guys may wear boxer-briefs (no boxer shorts)

Transition Planning to 3rd phase: For a client to earn 3rd phase, all of the objectives for 1st and 2nd phases must be maintained. The client must be continually focusing on him/herself and his/her recovery, while being aware and assisting his/her newcomers, maintain passing grades in the alternative education school program, and show a devotion to recovery first, family second and education third.

3rd Phase:

1. If it is the beginning of a new nine (9) week grading period, the client may enroll at Forest Hill High School. Otherwise, the client remains enrolled in the Alternative Education Program until the appropriate time for the client to transfer. If the client is receiving their GED or has graduated from school, the client may work up to fifteen (15) hours maximum as approved by staff. If none of the above applies, the client will devote their full attention to program tasks, themselves and family.
2. Parents or host parents are responsible for transporting the clients to school or work from GT promptly at the designated times. However, it is the client who is responsible for making the arrangements. GT does have a school bus which transports clients returning from the school to the building
3. School issues should be dealt with on a client-client basis
4. Long pants are to be worn to school through 5th phase
5. No jeans at school until 6th phase
6. No work and school together until 4th phase
7. The client is required to come directly to GT from school or work
8. The client must request permission three days (72 hours) in advance before returning to work. Job permissions must be approved by staff before beginning work. A client can work up to 15 hours per week as approved by staff. Otherwise, only emergency permissions will be granted.
9. No sending or receiving phone calls, letters, cards, gifts, etc. to or from family or friends, other than phone therapy

10. No radio, TV (unless host home has movie permission), stereo, or reading material other than school work or case management work
11. 3rd phase and higher are to search clothes, and fill out a clothes-search sheet upon each article of clothing
12. An MI is required daily and parents or host parents are to read and initial each night
13. Three REBT's are required each week once the client has completed REBT training
14. REBT class is a requirement to 7th step (final must be passed)
15. 3rd phase and higher must turn in progress reports and report cards from school
16. May wear a watch
17. May go outside while in host home with yard permission on Sunday mornings – 1x per client
18. May go to outside school
19. May sit at door in rap room
20. May handle batteries
21. May carry wallets
22. Sunglasses may be worn outside only
23. May go to the bathroom alone in the building
24. 3rd phase and higher must wear appropriate shirts (must be shirt with a collar). If midriff shows when arms are raised—may not be worn
25. May read recovery material only i.e. AA or NA – any other reading material must be approved by primary or case manager and in writing

Transition planning to 4th phase: For a client to earn 4th phase, all of the objectives for 1st through 3rd must continue to be met, with the client understanding and keeping their recovery first and foremost. While on 3rd phase the client (whether local or out of town) must setup a yard permission and have that be a successful time. The client must be maintaining passing grades in their current school. If attending a public school, the transition from the Alternative Education Program must have been successfully completed. The client needs to have worked through issues of being overwhelmed with all of the current responsibilities prior to asking for 4th phase.

4th Phase:

1. Your child will be living at home and attending school or work. They will be required to be at GT on Tuesdays, Thursdays, Fridays, and Saturdays. They are being prepared to complete the program, thus becoming a responsible young person. **Your continued involvement in the program is extremely important.** Focus continues to be myself, my family, my responsibilities, and managing my leisure time.
2. With the parent's approval, telephone privileges are permitted
3. No old druggie acquaintances or hangouts
4. The client and/or parent may not have any visitors while the client is at home with the exception of family members that are approved by the program staff and with not other clients there.

5. Parents are responsible for transportation to and from GT at the designated times
6. Responsibility for arranging transportation for permissions is the clients
7. Must write permissions. They must be written in complete format, 72 hours in advance, and approved. The parent who is participating in the permission is required to sign the permission. Proper dates, times, and destinations are essential. One permission for each stop is required
8. No faxing permissions
9. Client may have a maximum or 2 home alones per week, with no more than 1 night for an AA / NA meeting and at least one night for a leisure activity
10. Clients must check and pull their own permissions within 72 hours and report their own drop-offs
11. MI's are required daily and parents or host parents are to read and initial each night
12. Three (3) REBT's are required weekly, these are not to all be written on the same evening "just to get it done"
13. May work up to 25 hours weekly as approved by staff
14. 4th and 5th phasers need to ask staff to leave for their day off and they must return from school and report to building before leaving for their day off
15. Clients must return to the building by 6 p.m. if they are the oldcomer that evening and on Monday and Friday nights
16. No congregating in the front lobby
17. Must be with a CPI trained parent at all times when not in the building except when at school
18. May drive with a CPI parent and with regulations and permit/license
19. May listen to approved TV and radio stations
20. May watch PG and PG-13 movies on days off or on Sunday and Holiday closings (may not watch R-rated or non-rated movies at any time)
21. May go outside while on host home property and within parents view
22. May say car names and names of athletes
23. May go to arcades, play billiards, videos, and computer games.
24. May use a camera or video camera with parental or staff permission
25. May wear hats (no logos)
26. May walk around the building alone
27. May send and receive messages to approved people
28. May talk about approved movies/songs
29. May read any appropriate material
30. May ride in a car with the convertible with top down
31. May have appropriate pictures
32. May use unscented lotion
33. May wear boxers (not in building): solid, striped, plaid, paisley. No logos, etc.
34. Appropriate jeans allowed when not in the building nor around lower phasers (on days off) No hipsters, skin tight, faded, no writing…must have approval from 4th and 5th phase coordinator
35. Appropriate shorts are allowed when not in the building and not around lower phasers (on days off). Must be mid-thigh or lower. Must have approval from 4th and 5th phase coordinator.

36. T-shirts are allowed out of building and not around lower phasers or in the building-may not promote drugs, violence, sex, bands. If any doubt must be approved first
37. Sandals/flip-flops are allowed out of the building and not around lower phasers—no platforms or height altering sandals
38. No joining clubs or extra activities, night school, until 5th phase, School sports on 5th phase.
39. May use crayons, markers, or paint on days off and not in front of lower phase clients
40. May touch keys
41. May have a keychain
42. May talk to non-participating family members with approval from building
43. May stop to and from the building with approved permission and no lower phasers or newcomers in vehicle
44. May make up songs
45. May have a purse
46. May read the back of cereal boxes
47. May wear sunglasses
48. May either work or go to school. Work may be up to 25 hours per week as approved by staff on days off or during school hours if GED or high school is completed

Transition to 5th phase: For a client to earn 5th phase, they must have maintained good quality in the objectives for 1st through 4th phase and must have understand and keep recovery first and foremost. While on 4th phase, the client (without making excuses) must set up and go on permissions. The client must demonstrate that they can make good use of their leisure time, plan well in advance for activities with their family, make healthy choices in music, television, movies, video games, and choose sober friends.

5th Phase:

1. Your child will be living at home, and if appropriate, attending their home school plus hold a job working. They will be required to be at GT three and a half (3 ½) days a week, Monday, Wednesday, Friday evening meetings, and Sunday. Parents of 5th phase clients will attend every Friday and Monday night meeting. This phase is designed to assist the individual to practice the skills learned. During this phase, the clients will be working directly with other clients in the program. **Parental cooperation is extremely important during this phase.**
2. 5th phasers are to discipline the group
3. 5th phasers are not allowed to give permission to let a client leave the rap room. It must first be approved by staff
4. 5th phasers cannot leave the room to get C.O.A. for another client or themselves without staff permission
5. 5th phasers cannot assign essays at all
6. 5th phasers may attend up to three AA / NA meetings a week

7. May ride with same sex clean and sober person (including 7th stepper) to and from meetings but not with current or former staff
8. No permission to go places is required for the client if they are accompanied by their parent or the previous night's host parent. If 5th phases clients want to go somewhere with lower phase people in the program, permissions by all clients must be submitted three days (72 hours) in advance
9. Responsibility for arranging transportation for permissions is the clients
10. No contact with old druggie acquaintances or hangouts
11. MI's are required daily and parents or host parents are to read and initial each night.
12. Three (3) REBT's are required each week and not all done on the same night just to "get it over with"
13. May drive alone, by yourself, with a valid driver's license and parent's permission
14. May talk to outside people who are clean and sober and are the same sex – no old druggie friends, pull-offs, sign-outs, terminations (common sense applies)
15. May return to their home school
16. May become active in outside activities such as the band at school, school clubs, church youth groups, etc.
17. Visitors are permitted with a parent present, unless a client 4th phase or under is in the home, then no visitors
18. May sleep unalarmed at parental discretion
19. May be all alone by yourself with parental permission
20. May go out with parents without permission
21. May use telephone
22. May work 30 hours as approved by staff and attend school
23. May wear skirts or dresses 2" above the knee; may not wear spaghetti straps or low-cut tops
24. May use walkman or headsets
25. May use scented lotion, body wash, aftershave, perfume, cologne when not in the building
26. May use clear, unscented lip gloss
27. May use unscented hairspray and hair gel
28. May wear steel-toed boots but not in the building
29. May wear vests but not in the building
30. May surf and skateboard
31. Street bikes, motor cycles, mo-peds and atv's are allowed with a valid driver's license, signed waiver, and parental permission
32. May use a cell phone for emergencies only when driving alone (should pull off to the side of the road for safety reasons)
33. Music has to be approved by parents
34. May work and go to school. May work up to 30 hours per week with staff approval
35. May wear nail polish on toes and fingers
36. May not override rules on 5th phase contract

Transition to 6th phase: For a client to earn 6th phase, all of the objectives for phases 1 through 5 must be maintained collectively, in a healthy manner and with the client's continued understanding that their recovery first and foremost. The client must demonstrate stability with being home four and one half days out of seven. The client must be in group on their days in the building and be sharing what is going on with these new found freedoms and responsibilities.

6th PHASE RULES

1. This phase is a minimum of 4 months. Sixth phase may last longer if deemed necessary by staff. This is the time for you, as a family, to practice all of the tools learned with minimal involvement from Growing Together.
2. 6th phase clients must attend 6th phase group on Saturday from 10 a.m. until group finishes. On the last Saturday of the month, the parents of 6th phase clients will attend 6th phase group from 10 a.m. until group finishes.
3. 6th phase clients and their parents are required to attend two Friday night meetings on the 1st and 3rd Fridays of every month.
4. Parents are required to attend Monday night Parent Meetings on the 2nd, 4th and 5th weeks of each month.
5. When 6th phase clients are in the building, they are to report to staff and help lead and monitor the group. They are to be healthy role models to the group.
6. 6th phase clients are required to be at Growing Together 8 hours weekly for the first 6 weeks, 6 hours weekly for the next 6 weeks, and 4 hours weekly for the remainder of sixth phase. All reduced hours must have prior approval from the 6th phase coordinator
7. No dating allowed for 6th phase clients (no one-on-ones). Group activities are encouraged (no dates)
8. 6th phase clients must not break any County, State or Federal laws
9. 6th phase clients must wear Growing Together uniform anytime they are in the building
10. Curfew is 12-midnight, at home. The only exception to this rule is if your county stipulates an earlier curfew (not a later one)
11. At parent's discretion, a 6th phase contract may be required within one week after client reaches 6th phase to include additional family guidelines not covered by GT's 6th phase rules (parent's rules cannot contradict GT rules)
12. All 6th phase clients and families will have a "plan for living" contract no later than 2 weeks prior to 7th stepping
13. During 6th phase, clients and families will have a family conference at 6 & 12 weeks, plus one week prior to 7th stepping
14. One family vacation is permitted for 6th phase clients and their families anytime after being in 6th phase for a minimum of six weeks. Requests for vacation must be submitted in writing, require the prior approval of staff, and may not interfere with 6th phase client's responsibilities. A 6th phase client's vacation may begin after 6th phase group on Saturday and conclude by 10:00 a.m. the following Saturday. All client's hours in the building for the vacation week must be

completed prior to leaving along with the normal amount of hours for the week. Clients are not permitted to miss a 6th phase rap when leaving or returning from their vacation week

15. Attendance at 12-step support meetings is at a minimum of 3 meetings per week. A permanent sponsor is required within the first 2 weeks of 6th phase (not a current or former staff member)
16. 6th phase clients will journal nightly for a minimum of 15 minutes and will share with parents at least 2x's weekly
17. 6th phase clients will attend school or work

The following rules apply to 6th phase:

a. no breaking confidentiality
b. no tobacco products of any kind may be used
c. no pornography of any kind may be used
d. no discussion about not following program rules with other clients in the building
e. no hanging out in the Growing Together parking lot or loitering in the building
f. 6th phasers must keep track of their own time in the building on time cards, which must be signed by Senior Para-professional staff or higher
g. no hanging out with old druggie friends or with individuals who use drugs or alcohol
h. no hanging out with sign-outs, pull-offs, or terminations
i. no extra piercings, belly button rings, tattoos, weaves or hair dye

Sixth phase clients may have the following privileges;

a. watch "R" rated movies with parent's approval
b. listen to music of choice with parent's approval
c. wear make-up
d. wear jewelry (only 1 earring per ear)
e. talk to outside people
f. wear clothing of choice when not in building
g. wear 2 piece bathing suits (no thongs)
h. chocolate (no other caffeine)
i. surf and skateboard
j. use cell phones (but not in building)

When all of the above criteria is met, and upon staff approval, you will be:

7th STEPPED !!