

# SAMPLE COPY



Version 2013

## The H.E.R.O. Program: “Honoring Everyone – Respecting Ourselves”

Friendly Pines commits itself to one of the oldest and most valued ideals. We want to ensure that Friendly Pines Camp is a place where each of its nearly 600 (total) campers and staff will be guaranteed the kindness, respect and acceptance that everyone deserves. Of course, in order to achieve this goal, we will need to encourage and help each of our campers and staff to develop the practices of kindness, respect, and tolerance toward one another until it becomes a habit – a way of life. The HERO program asks campers and parents to embrace some basic, “Golden Rule” kinds of ideals.

I, (Camper’s Name or Staff Name) \_\_\_\_\_ will participate in the H.E.R.O. Program at Friendly Pines Camp by committing to the following ideals:

1. **I will obey the long-standing NPC rule at Friendly Pines Camp.**  
NPC means “No Personal Contact” and it means that “I must keep myself to myself” – hands, feet, flying elbows, everything.
2. **I will follow the old adage that says, “If you can’t say something nice, don’t say anything at all.”**  
In fact, I will take it a step further and make an effort to *find nice things to say*. I know how good it makes me feel to be praised and complimented or to have someone simply say “Hello,” and I will do my best job of spreading those good feelings myself!
3. **I will avoid all “put-downs”, teasing, and sarcastic remarks.**  
Even making a playful joke about someone can be hurtful. If I need to make a joke about someone, maybe I’ll just make it about myself.
4. **I won’t gang up on another camper.**  
We all want to feel like we belong, and nothing is worse than being mocked or made to feel left out. I won’t let that happen to one of my cabin mates or fellow campers.
5. **I’ll be more tolerant of people who are different from me.**  
Instead of immediately making fun of an idea I’ve never heard of, I’ll take the time to give it some thought. I don’t want to be the kind of person who slams the door on new ideas and different ways of looking at things. (Might try new foods, even!)
6. **I’ll do a better job of valuing the things in life that are really important.**  
Nature, friendship, and what’s in a person’s heart – those are the things that last. The brand of shoes that a person wears or the music they listen to will always go in and out of style. So I’ll not judge people from the surface and I’ll take time to get to know each one of my fellow campers deep down inside.
7. **I’ll watch my language and behavior.**  
I will not use crude, obscene, vulgar or any other unacceptable conduct or language that may be hurtful. This is to include language that is offensive to others on the basis of gender, race, religion, lifestyle, physical characteristics, etc. And I’ll expect the same from others.
8. **I will be there to protect my cabin mates from unkind attacks and abuse.**  
I’ll say “Please Stop” when I hear a “put-down”, even when it’s not directed at me. And if the unkindness, bullying or teasing doesn’t stop, I’ll make sure my counselor knows about it. I’ll do this for my fellow campers, and I’m confident they’ll do the same for me.
9. **Finally, I will remember that going to camp is a valuable experience and a opportunity that my family has kindly made available to me.**  
If I don’t keep my promise to be a H.E.R.O., I understand that I will need to speak with Kevin, Bebe, or Jody and that they will speak to my family. And if after all that, I still fail to improve, and my conduct makes camp an unpleasant experience for my fellow campers, I may be sent home early.

I’m looking forward to camp. I am also looking forward to doing my part to make the H.E.R.O. program at Friendly Pines a great success.

**Camper Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

This is a copy to hang on the refrigerator or some other conspicuous place in your home. Refer to it often before camp starts. Each camper will receive a new copy to review and sign after arriving at camp.