

## **4. Standards of Conduct.**

### **4-1. Cadet Code of Discipline.**

Military discipline is founded on self-discipline, respect for authority, and values that support the military ethic. Military discipline is developed through individual and group training to create an attitude that will result in proper conduct and obedience to lawful authority. There are three basic rules:

- Know the rules.
- Obey the rules.
- Take responsibility for your actions.

As with the Armed Forces of the United States, USAC officers and Cadets are held to the highest standards of conduct and discipline. All members are expected to show the USAC core values in their daily lives. Since the USAC is modeled after the Armed Forces, we have a uniform method of administering discipline within the Corps of Cadets. The standards for Cadets, known as the Cadet Code of Discipline, as outlined below and in Appendix C, are similar to those used by the military. The section below only contains immediate dismissal and potential dismissal offenses; however, you must be familiar with all articles of the Cadet Code of Discipline (Appendix C) before completing Recruit Orientation.

#### **IMMEDIATE DISMISSAL OFFENSES**

Immediate dismissal offenses are those which as the name says, *require* immediate dismissal from the USAC.

Article 1: Drugs/Narcotics/Misuse of a Controlled Substance. No Cadet shall at any time, whether in a duty capacity or not, consume, chew, smoke, inhale, ingest or inject in himself, or permit himself to be injected with, any form of narcotic, illegal substance or drug; nor shall he bring or cause to be brought onto an USAC facility, to include Department of Defense or other governmental facilities temporarily utilized for USAC training, or into his quarters, or in any other way be in possession or control of, any narcotic, illegal substance or drug of any description, nor shall he inject in another person, sell or present to another person, any narcotic, illegal substance or drug of any description. Steroids not prescribed by a physician will be considered illegal substances for the purposes of this punishable offense as will medications obtainable only by prescription.

Article 2: Alcoholic Beverages. No Cadet shall at any time consume or bring or cause to be brought onto an USAC training facility, to include Department of Defense or other governmental facilities temporarily utilized for USAC training, or into his quarters or otherwise in his possession, alcoholic beverages such as wine, beer or liquor of any type, nor shall he present to another Cadet, or act as an agent in the purchase or sale to another Cadet, any alcoholic beverages of any type.

#### **POTENTIAL DISMISSAL OFFENSES**

Potential dismissal offenses are those which *may* result in dismissal from the USAC after the second offense.

Article 3: Alcoholic Beverages. No Cadet shall at any time, consume alcoholic beverages such as wine, beer or liquor of any type; nor shall he present to another person, or act as an agent in the purchase or sale to another person, any alcoholic beverages of any type, while participating in a USAC activity in a non-duty capacity, or when off-duty between USAC activities.

Article 4: Assault. No Cadet shall assault, or threaten to assault by words or actions, another Cadet, member of the USAC Officers' Corps, or any other person.

Article 5: Battery. No Cadet shall strike, kick, bump, clutch or touch in an aggressive manner another Cadet, member of the USAC Officers' Corps, or any other person.

Article 6: Misappropriation/Stealing/Shoplifting. No Cadet shall steal, take, borrow or appropriate any property or money of another Cadet or person, institution or commercial business without a correct business transaction and a proper receipt. Unauthorized use of another's credit card, calling card, or telephone code is considered stealing.

Article 8: A Combination of Lesser Offenses. A Combination of Lesser Offenses as listed in Section 3 (Other Punishable Offenses) may result in dismissal.

Article 13: Conduct of Immoral or Unethical Nature Which May Bring Discredit Upon the Armed Forces or the U.S. Army Cadet Corps. No Cadet shall at any time exhibit conduct of a nature which injures the reputation of the Armed Forces or the USAC. Included in the conduct prescribed within this article is promiscuous sexual conduct or indecent acts.

a. Conduct Prejudicial. No Cadet shall, in words or actions, conduct himself in a manner prejudicial to the good order and discipline of the USAC.

b. Conduct, Improper Marriage. No Cadet shall be married while participating as a Cadet. Cadets who are age 17 and found to be married will be dismissed as a Cadet, and required to apply for an appointment as an Officer Candidate. Cadets younger than age 17 and found to be married will be dismissed as a Cadet.

c. Conduct Unbecoming. No Cadet shall, in words or actions, conduct himself in a manner unbecoming the Armed Forces or the USAC.

Article 25: Hazing. No Cadet shall haze another Cadet by ordering or demanding unnecessarily disagreeable work, exercise, drill or other activities, or by unnecessary harassment, abuse, ridicule or humiliation. This does not preclude motivational training for Cadet Recruits, as outlined in USAC Instruction 1513.2 (Series), Motivational Training for Cadet Recruits While Attending Recruit Training.

Article 28: Mail Tampering. No Cadet shall open another Cadet's mail, or other person's mailbox or mail, nor shall he hold or read the mail of another Cadet or person without his permission.

Article 30: Misbehavior of a Sentinel. No Cadet shall, while serving as a sentry, fail to remain in an alert status while assigned a duty that requires them to be awake.

Article 32: Moral Turpitude. No Cadet shall commit or be a party to the commission of any act that is foul, base, ugly, shameful or obscene.

Article 34: Negligence. No Cadet shall act with negligence in a manner that might bring about the injury of another Cadet or person; nor shall he act with negligence in a manner that might bring about the damage or destruction of government, USAC, or private property.

Article 46: Vandalism/Damage/Destruction. No Cadet shall willfully, or through negligence, deface, damage or destroy any property, facility or equipment of the government or USAC, another Cadet, or another person or any public or private institution or commercial business.

Article 47: Weapons Unauthorized. No Cadet shall have in his possession a weapon such as a firearm, blade, razor, stick, chain or any object of any substance or shape that is intended by design or the holder to do harm, except weapons issued or approved by competent authority for the purpose of military instruction, duty or ceremony.

Article 48: Wrongful Possession. No Cadet shall have in his possession the property, to include uniform items, or money of another Cadet or of any other person, institution or commercial business without proof of a correct business transaction and a proper receipt.

#### **4-2. Appropriate Behavior.**

The phrase “appropriate behavior” describes how you, as a good Cadet, are expected to behave. You are a Cadet twenty-four hours a day and you should always behave honorably. How you act reflects upon yourself, your unit, and those who have gone before you. Examples of inappropriate behavior include alcohol and drug abuse, and intolerance of others. As a Cadet, you can discourage inappropriate behavior by promoting:

- Behavior that is based on the USAC and Army Values.
- Tolerance of those different from us.
- Ethical decision-making.
- Adherence to the Cadet Code of Discipline.

You can also help prevent inappropriate behavior by demonstrating respect for others, their property, and respect for yourself.

#### **4-3. Alcohol and Drug Abuse.**

Your success in the U.S. Army Cadet Corps is dependent upon you being a good Cadet on and off duty. As a Cadet, you must not use illegal drugs or abuse prescription and over-the-counter medicines, and you must avoid the misuse of alcohol. If you abuse these substances, you will be subject to administrative actions and may be dismissed from the USAC. Illegal use or abuse of alcohol and drugs does not fit with our values, our mission, and your Cadet oath. Substance abusers cannot maintain the standards of performance, discipline, and readiness required of you as a Cadet.

#### **4-4. Consideration of Others.**

One of the greatest strengths of America is the diversity of our society and military. No other nation is as diverse as ours; no other nation is as strong. The differences between us – and our ability to embrace and accommodate those differences – are part of what makes us Americans. As a USAC Cadet, you must be considerate and accepting of these differences.

Consideration is being aware of the feelings and needs of others, and having a good effect on those feelings and needs. It also means being fair and supporting others. The goal is to strengthen the Cadet Corps by building the team with trust, dignity, and respect for others.

#### **4-5. Dignity and Respect.**

Respect is one of the seven Army Values that USAC Cadets are expected to live by. The rule is simple: treat others as they should be treated.

As a Cadet, you will be trained in a safe and secure environment, and treated with dignity and respect at all times. Treating people with dignity and respect promotes Army and USAC rules about sexual harassment, racial and gender equality, consideration of others, and core Army and USAC values. If you are the victim of harassment or threats, report it to your chain of command. Commanders at every level will take appropriate action to prevent harassment or threats and provide safe and secure environments.

#### **4-6. Building a Positive Attitude.**

A Cadet will face challenges every day, in training and in everyday life. A successful Cadet is often the one who can “bounce back” and adapt to change. How should you deal with challenges? Simple: with a positive attitude. A positive attitude helps us “bounce back” and overcome difficulties or challenges. “Bouncing back” does not mean you do not feel fear, sadness, or pain. We all are afraid or sad at times; we're all human. It's what you do to “drive on” despite your fear that counts. Being able to bounce back isn't something we're born with; it is attitudes and skills that anyone can learn and develop. Cadets learn to bounce back by succeeding at challenging training, by being “mentally strong” and by gaining strength from their teammates.

Common causes of fear and sadness are:

- Being away from home and loved ones, especially for the first time.
- Uncertainty: Fear of challenging tasks and forced changes in your schedule or personal habits.
- Fear of failure: That you won't be able to keep up with everybody else or that you will let your team down in some way.

Everyone reacts to new events in different ways, but common, normal reactions we all have are:

- Sleeping poorly.

- Not eating well.
- Feeling angry, sad, or hopeless.
- Feeling like you want to quit or run away.

There are positive actions you can take to help yourself:

- Connect with family and friends. Staying connected with your family and friends who care about you and will listen to you will help you stay strong, especially during BCT. Write letters so you will get letters. Make new friends with the other Recruits on your team. Your new friends will help make a challenging experience into a fun one!
- Keep things in balance. Try not see every problem a disaster that can't be solved. You can change how you see and feel about events. Is this event really the "end of the world?" Embrace change. Change is part of growing up and becoming an adult. Change can be a positive thing, and your attitude can help you find the "silver lining." For example, you may have sore muscles at first, but you will also be getting stronger every day and week you are at BCT.
- Keep your eye on your goals. Whatever you want to be in life, you will have to spend a lot of time learning the skills you need. There will be days when you - and everyone else - will be tired, sore and frustrated. Develop some small goals. What is one thing you can do better today? Remember why you became a USAC Cadet and what you want to do as a Cadet next month or next year. No matter why you joined, your short time in Recruit Orientation and BCT is helping you get to that goal.
- Make positive changes. Don't ignore problems or just wish they would go away. Even if you can't fix it right now, it will help to do something positive. Write a letter, talk to a friend or chaplain, etc. If you are feeling overwhelmed, think about someone on your team who seems to have it all together and ask for help or advice. The USAC has a lot of resources for all kinds of problems (talk to your platoon sergeant or Troop Handler). If you are feeling nervous or overwhelmed, stop what you are doing, take three deep breaths, tense all your muscles for a ten-count, then relax. Repeat this ten times.
- Grow from experience. You will find you become stronger by overcoming challenges; and that beating obstacles through hard work makes you feel better about yourself. How can you improve to do better next time? When you make a mistake (and we all make mistakes), how can you fix it and what did you learn from it?
- Believe in yourself and encourage yourself by thinking positively. "I'm a strong person." "I can improvise, adapt, and overcome to succeed in a tough situation." "I like learning new things." "I'm here because I want to be here." Be confident in your ability to handle challenges and solve problems. After all: only the best and brightest young Americans can be U.S. Army Cadets!
- Take care of yourself. You must get enough sleep, food, and water, or you can't think or perform. Never make an important decision when you are tired, hungry, angry, or sad. Not hungry? Eat something anyway. Don't like the new food? Eat something you do like, or just eat something. Guess what? Your food tastes will change in a few days.

Everyone sometimes feels that the world is unfair, that “bad things happen to good people”. The important thing is to look for ways to change your life in a positive direction. YOU can make it. You will be on the graduation parade field before you know it, feeling happy and proud that you earned the privilege to be a Cadet. Your parents and friends will cheer because they know it was tough, but that you were tougher. Remember, your fellow Cadets need you beside them. It’s the team that succeeds and overcomes every challenge.

#### **4-7. Ethical Decision Making.**

Ethical decisions are choices about right and wrong. They are choices in which we use our personal values or morals. These decisions can have a far-reaching effects on you, your unit, and the Corps of Cadets. It is up to you to make ethical decisions.

An ethical decision is one that complies with the six USAC Core Values and the seven Army Values. The ethical decision making process involves asking yourself these questions, and then acting:

- What problem am I facing?
- What are my choices?
- Which choice is most consistent with USAC and Army values and regulations?
- Make your decision and execute your plan.

#### **4-8. Review Questions.**

4-1. Which of the below is not one of the three basic rules?

- a. Know the rules.
- b. Walk your post in a military manner.
- c. Obey the rules.
- d. Take responsibility for your actions.

4-2. Which of the following are Immediate Dismissal Offenses?

- a. The misuse of drugs, narcotics or other controlled substances.
- b. Alcoholic beverages.
- c. Missing a unit drill.
- d. Both a & b above.

4-3. What is one way you can build a positive attitude?

- a. Eat better foods.
- b. Watch more TV.
- c. Keep your eyes on your goals.
- d. Make more friends.

4-4. What is an ethical decision?

- a. A decision you can live with.
- b. A decision that complies with the USAC Core Values and the Army Values.
- c. A decision made by your chain of command.
- d. A decision that ensures you will succeed.

- 4-5. What are some examples of normal reactions to changing events?
- Sleeping and eating poorly.
  - Feeling angry, sad or hopeless.
  - Feeling like you want to quit or run away.
  - All of the above.
- 4-6. A Cadet who conducts him or herself in a manner unbecoming the USAC or the Armed Forces would be guilty of:
- Hazing
  - Conduct Unbecoming
  - Misbehavior
  - Negligence
- 4-7. Cadets may not possess \_\_\_\_\_.
- Chewing Gum
  - Teddy Bears
  - MP3 players
  - Weapons
- 4-8. What is the object of consideration of others?
- Give all Cadets a “Can Do” attitude.
  - Foster and strengthen the Cadet environment.
  - Make everybody happy.
  - Prevent fights.
- 4-9. What is the “Golden Rule?”
- Treat everybody the same.
  - He who has the gold, makes the rules.
  - A MAJ is higher in rank than a LTC.
  - Treat other as you wish to be treated.
- 4-10. You are a cadet \_\_\_\_\_
- 24 hrs a day.
  - Only when you’re wearing a uniform.
  - Only at unit drills.
  - Because you want to be.