

Modesty in Dress

“Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden.” (CCC 2521)

Because the body was created in the image and likeness of God it would be logical that the body be treated with the utmost respect. It is with our bodies that we pray, that we relate to others, that we communicate with God and that we express who we are. It is with this belief that the Catholic Church roots all of its teachings on the dignity of the human person. This includes protecting human life from conception to natural death, marriage and family, chastity and modesty.

“Modesty protects the mystery of persons and their love... Modesty is decency. It inspires ones choice of clothing.” (CCC 2522)

In a culture that promotes using others for your own gain and pleasure we must remain strong in our call to bear witness to the sacredness of the human body. As St. Paul reminds us: *"I beseech you therefore, brethren, by the mercy of God, that you present your bodies as a living sacrifice, holy, pleasing unto God, this is your spiritual act of worship. And do not be conformed to this world; but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and the perfect will of God."* (Romans 12:1-2)

“Modesty inspires a way of life which makes it possible to resist the allurements of fashion and the pressures of prevailing ideologies” (CCC 2523)

Below are listed some practical points which flow from these principles regarding modesty. It is important to encourage the young people in our care to follow these basic guidelines - especially at our parish youth events.

- We abstain from using derogatory language about the body.
- Underwear is meant to be kept under your clothes and not to be seen.
- The three B's must remain covered at all times (breast, belly, bottom).
- No skin tight clothing.
- No inappropriate body language.
- Shorts should be modest - 3" above the knee or longer is a good rule.

“Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple.”
(1 Corinthians 3: 16-17)