

SCCHEA Dress Code:

As Christians, it is important that we demonstrate modesty and respect for our brothers and sisters in Christ with our clothing choices. Modesty is more than the clothes that we wear – it is a character quality within a person based on humility, gentleness and grace. As parents, instructing our children in modesty is a continual journey and it is not an easy task. The goal of SCCHEA is to help parents and to strive for what is in the best interest of our brother or sister in Christ, not causing them to stumble. When it comes to clothing choices, we need guidelines to help us honor one another, as Christ asks us to. Because of this, you'll find that we have certain policies that need to be honored at all SCCHEA events and activities. SCCHEA is not intending to define modesty for your family, rather, we are seeking to establish a common ground in order to respect the variety of families we serve. Therefore, we have set standards so that everyone knows what to expect while at any SCCHEA event or activity. The following criteria is not meant to be legalistic but to help you be confident you are meeting the standard, avoiding uncomfortable or frustrating situations. The Scriptural foundation for this dress code is *Philippians 4:8* "Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things."

SCCHEA Dress Code Expectations:

- 1. Clothing that reveals the midriff or any cleavage should not be worn.**
- 2. Halter tops, dresses/tops with straps less than 3" wide, or dresses/tops with a plunging backline (backline lower than where a bra strap is/would be) must have a covering (shawl, dress jacket, bolero, etc.) that covers the shoulders, back and straps. Note: "See-through" coverings are not acceptable.**
- 3. Dresses or skirts must be long enough to cover the thigh – even when seated. When standing, length should be at least 3" below the girl's fingertips. Skirt slits should not be higher than the knee when standing.**
- 4. Pants should be well fitting with no undergarments showing. No bare skin should be showing through tears or holes in pants.**
- 5. Shorts should be well fitting and the length must be no shorter than 2 inches above the knee.**
- 6. Any language or graphics on clothing must be appropriate for all ages.**

If a person's clothing choices are not representative of the heart behind the SCCHEA dress code, the following guidance steps will be taken: Person will receive an encouragement as to how they can better follow the dress code. Parent will be notified. It will be up to the event or activity supervisor's discretion as to whether or not the person should go home to change clothes.

The following “Truth or Bare Fashion Tests” are from Dannah Gresh, who is the co-author of *Lies Young Women Believe*. She is also the author of *Secret Keeper*, an entire book dedicated to exploring the delicate power of modesty.

Test 1: The Raise and Praise

Target Question: "Am I showing too much belly?"

Action: Stand straight up and pretend that you are going for it in worship, and extend your arms in the air to God. Is this exposing a lot of belly? Bellies are very intoxicating and we need to save that for our husband!

The solution: Go to the guys department and buy a simple ribbed T-shirt (Dannah calls these “secret weapons”) to wear under your funky short T’s or with your trendy low riders. Layers are a great solution to belly shirts.

Test 2: Grandpa’s Mirror

Target Question: "How short is too short?"

Action: Get in front of a full-length mirror. If you are in shorts, sit Indian style. If you are in a skirt, sit in a chair with your legs crossed. Now, what do you see in the mirror? Okay, pretend it is your Grandpa! If you see undies, or lots of thigh, your shorts or skirt is too short!

Remedy: Buy longer shorts and skirts! Long shorts are particularly fashionable right now. You can find them almost anywhere in lots of great patterns and colors.

Test 3: Over and Out

Target Question: “Are my pants too low”

Action: You might need to ask your mom or a good girl friend to help you out with this test. Lean forward and touch your toes. Ask your mom if anything is out of your jeans that you wouldn't want others to see. If so, your pants are too low!

Remedy: A secret weapon can come in particularly handy in this case. They are made to be extra long. Simply tuck them in to your favorite pair of low rider jeans and you're good to go. No matter how you bend and move throughout the day, nothing will show except your undershirt.

Test 4: Spring Valley

Target Question: “ Is my shirt too tight?”

Action: Place the tips of your fingers together and press into your shirt right in the “valley.” Count to three take your fingers away. If your shirt springs back like a small trampoline, it is too tight!

Remedy: Don’t buy clothes based on the size. Buy them based on fit. Usually, you do have to go a few sizes larger these days to have a modest fit.

Test 5: The Palm Pilot

Target question: “ Is my shirt too low cut?”

Action: Place your palm flat with all your fingers tightly together. Hook your thumb onto the little shelf (clavicle) at the base of your neck. Hold your hands flat against your chest. There should be no skin under your pinky, just fabric!

Remedy: Layering is a great way to wear trendy, low cut shirts without bombing the palm pilot test. Wear a cute tank top or t-shirt under a lower cut shirt and you're all set.