What Not To Wear

Modesty = propriety in dress, decent free from immodesty or obscenity
Is this an example of modesty?

Obviously it does not fit into our guidelines.
Our policy for dress at prom and homecoming:

- Teurlings Catholic High School dances are events, which reflect the philosophy of our school and the teachings of the Catholic Church. Among our most important considerations is adherence to Church teachings regarding modesty.

- According to *The Catechism of the Catholic Church*, “Purity requires modesty. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness . . . Modesty is decency. It inspires one’s choice of clothing. It keeps silence or reserve where there is evident risk of unhealthy curiosity. It is discreet . . . Teaching modesty to children and adolescents’ means awakening in them respect for the human person.”

- In accordance with these directives of the National Conference of Catholic Bishops, Teurlings Catholic High School sets forth the following dress guidelines for our students and their dates:
Dresses

A. TOPS

1. The neckline of a dress, top, or gown must be cut in a modest way. If ANY cleavage is showing, the student will be asked to leave the dance. Spaghetti straps or strapless dresses are allowed, as long as they are not low cut.

2. The cut of a dress in the back must not be below the waistline.

Dresses may not be cut below the bust-line in the front; this includes cut-outs below the bust-line. No excessive cleavage will be permitted. Beginning next year, the front neckline may not be cut more than 5” below the base of the neck.

2. The cut of a dress in the back must not be below the waistline.

Backless dresses are acceptable as long as the back does not dip below the natural waistline nor around the side of the body.
More on dresses

• **B. LENGTH**
  
  1. A skirt or dress must be no shorter than three (3) inches from the knee.
  
  2. Slits in a long dress/skirt may be no higher than the knee. Slits in a short dress/skirt may be no higher than three (3) inches from the knee.

• A skirt or dress must be no shorter than three (3) inches above the knee. Side, front, and back slits may not be shorter than 3 inches from the knee. If the dress features a sheer overskirt, the 3 inches will be measured from the slip/underdress.
More on dresses...

- C. MISCELLANEOUS
  - 1. No midriff is allowed to show, (when arms are raised only one (1) inch of the midriff can show.)
  
  - This pertains only to two-piece dresses (skirt and top). One-piece dresses must conform to the no cut-out rule.
  
  - 2. No navel is allowed to show.
  
  - 3. The bodice of the dress must not have any fabric cutouts (this includes openings covered with net-like fabric.)
    
    - No cutouts are allowed unless the cutout is filled with the same-colored, non-sheer, fabric as the rest of the dress.
Males

• Appropriate shirt and dress slacks for homecoming; tux or suit for prom.
• No tennis shoes will be allowed; appropriate dress shoes or dress boots should be worn.
• All school grooming rules (hair length, clean-shaven, no earrings, etc.) must be followed.
The final approval...

- Admittance to the dance, with consideration of attire, will be left to the discretion of the faculty/administration sponsors who are present that evening. If a student is in doubt as to the expected modesty of his or her chosen attire, he or she should consult with administration before the dance to avoid the embarrassment of being turned away.
SHOW AND TELL

Please answer “YES” or “NO” to this question for each pictured slide:
Would this dress be appropriate? (according to what we have just reviewed)
No, as the dress is too low cut in the front and cleavage shows. It is also too short.
Cleavage is excessive and the dress is too low cut. The slit may also be too high.
If the dress fits properly at the top, this one would be fine, as long as there is no cleavage.
Again, it depends on the girl and the amount of cleavage showing. However, a dress in this style is also easily fixed by tightening the halter.
Good dress, no excessive cleavage on this girl, not too low cut.
Again, on this girl, it is fine, no cleavage.
The top and back are fine (no cleavage), but it way too short.
This one would depend on the girl. On the model it appears to be fine.
Looks fine, no cleavage, length is good.
The neckline and back are appropriate, not cut below the waist and no cleavage showing.
Too much cleavage showing.
Depends on the girl and the amount of cleavage showing.
No problem, no cleavage showing.
Will depend on the girl and the amount of cleavage showing, but also very fixable if cleavage does show by adding a modesty panel.
No problem, no cleavage, back above the natural waist.
Both front and back are too low cut. Shows cleavage in front and is below the natural waist in the back.
Obviously
No cleavage, back above natural waistline, this one is good on this model.
Nope, too low cut, has cleavage, cut outs on the bodice, and the length of the slit is too high. Only thing this one has going for it is the back is above the natural waistline.
Too low in back, slit too high, bodice too low.
If the dress was a little larger on top, it would be fine. However, it is too small for this model, creating cleavage. It is not low cut, so a proper fit would make it acceptable.
No problem on this model, no cleavage.
Again, no problem on this model, no cleavage.
Again, this is one of those dresses where it depends. On this model, no problem because no cleavage. However, it is cut more than 5 inches below the base of the neck. It would just depend on the girl.
Please shop with modesty, your age, and body in mind. Remember that tailoring can help your dress to fit your particular body shape much better. When you comfortable, you will be confident and attractive. Have fun!!!
Non-TCHS dates:

- Anyone from another school attending our Homecoming Dance or Prom is subject to the same rules as our students.
- Please inform your non-TCHS date of the rules ahead of time so that your evening is not also ruined.