



MODESTY GUIDELINES

At Discipleship Week we encourage all participants to respect their own bodies and those of others in every sense, including through the way we dress. This effort is rooted in an understanding of each human person's dignity as being created in the image and likeness of God. We strive to call attention to the whole person through our dress and reject things that call attention to particular parts of the person which tend toward the objectification of another human being. We require all teens and adults to adhere to our modesty guidelines found below. These guidelines are for both teens and adults and also apply for any "messy" clothes or other activities.

Tops

- Recommended
 - T-shirts – Polo shirts – Light jacket / sweatshirt
- Things to Avoid
 - No cleavage-bearing or midriff-bearing shirts. Please make sure your shirt covers your entire stomach and back. This should remain true with your arms raised above your head.
 - Shirts that are transparent (see-through), expose a bare back, halter tops, and tube tops are prohibited
 - No tank tops – Short sleeves only. All shirts must also cover your chest and undergarments with nothing visible through armholes

Bottoms

- Recommended
 - Paper bag shorts – Bermuda shorts – **Athletic shorts (at least finger-tip length)**
 - Elephant/flowy pants - $\frac{3}{4}$ length or full length pants
 - Knee length skirts/dresses – Midi skirts – Maxi skirts
- Things to avoid
 - Must be worn at the waist (sagging is not allowed)
 - No short shorts - All shorts must cover your thighs. Many activities involve bending, running, and sitting. If you place your hands at your sides, your shorts should be at least as long as your fingertips
 - No tight pants - Please do not wear tights, leggings, yoga pants, or any style of form-fitting work-out pants unless they are underneath a top or additional bottom piece that reaches your fingertips

Other General Rules

- No inappropriate words or pictures on any clothing (ie- vulgar language, violent, sexual, discriminatory, offensive, or tobacco/vape/e-cigarette/Juul/alcohol promoting content).
- No visible underwear
- No clothing with visible rips, tears, or holes
- No extremely tight clothing
- You must be fully dressed in all common areas (for example: shirts must stay on while playing sports, etc.)

Mass & Chapel

- Liturgies, any public prayer of the Church, are sacred and require reverence for God and others. Part of this reverence for God and others is found in appropriate dress. Therefore, while our practice for Mass attire remains “casual” at Discipleship Week, the following additional guidelines regarding our “church” attire do apply:
 - Everyone will be expected to remove any hats, bandanas, gum, etc. during any liturgy or prayer time in the chapel
 - While more formal clothes are not required for Mass, historically many participants have brought nicer clothes for our Sunday Mass which is the close of the week

Students: By signing below I acknowledge that I have received, read, understand, and intend to comply with the above guidelines. I also acknowledge that I will be asked to modify and/or change my outfit if what I am wearing is determined to be in violation of the guidelines by an adult staff member at Discipleship Week.

Student signature: _____

Parents/Guardians: By signing below I acknowledge that I have received, read, understand, and intend to help my child comply with the above guidelines. I also acknowledge that in the event that an inappropriate outfit is unable to be adequately modified by the clothes my child has with them, I will be responsible for either bringing additional clothing to my child or picking them up from Discipleship Week.

Parent/Guardian signature: _____