



Remembering **MODESTY**



**Clean,
neat hair**

**No
earrings
for boys**

**Covered
stomach**

**Shorts
a modest
length**



When you dress modestly you are showing Heavenly Father that you respect and care for the body He has given you.

Whether you are a boy or a girl, take a minute to look in the mirror when you get dressed every day. Ask yourself, "If I were with Jesus Christ, would I feel comfortable with how I look?" Here are some modesty reminders. You can find these standards and more in the *For the Strength of Youth* booklet.

**No sloppy
or torn clothes
to fit in with
a style**

**Covered
shoulders**



**No rude
or offensive
sayings**

**Dresses
or skirts
a modest
length**

