

# Mirror Check List

**1. Is it too tight?** Do your clothes cling to your body or look sprayed on? If you tug on the fabric, does it snap right back into place? How about those pants, can you grab the fabric at all? Can you see every curve, roll, bulge or the distinct imprint of your underwear? If so, it's too tight. Many of today's styles, especially shirts, are of stretchy fabrics that cling.

**Tip:** The simple solution is to wear larger sizes that are cling-free and fit more loosely. This will actually help you appear more slim, rather than squeezed into clothes that are really too small.

**2. Is your top too low?** Do you see ANY cleavage? How much you've got all depends on your size. But if it's visible at all, it's still a view of your breasts, which means your shirt is too low! Now bend forward and take a good look in the mirror. Does this reveal even more of your breasts? Remember, this is what others will see too! Button up or choose a shirt with a higher neckline. Be sure the neckline isn't too loose that you'll expose more whenever you lean forward.

**Tip:** Try layering your shirts or wear a modest cami underneath so private parts stay private. A good rule of thumb for a neckline is no lower than four fingers (approx. width of your palm) below the collarbone (unless you have high cleavage, which ought to be fully covered).

**3. Do you see any gaps?** For clothes that button down the front, look in the mirror and pull your shoulders back. Now stand straight and look from the side. Do you see gaps between the buttons, especially across your chest? If it pulls enough to create a gap, you might cause an unwanted peep show and possibly lose a button. Your shirt should allow enough freedom of movement to avoid this problem.

**Tip:** Buy a size or two larger! Or wear a shirt underneath for a layered look.

**4. Is your bra showing?** Are any straps hanging out? On sleeveless styles, look from the sides. Does your bra show through the armholes? If so, cover up. Your shirt or dress straps should completely and easily cover your bra straps. Bra straps should not be seen at all—period! Forget those bras with clear plastic straps that still show and just look dumb!

**5. Does your bra leave the wrong impression?** OK, let's be blunt. A bra is meant to support as well as conceal. Take a good look in the mirror to make sure you don't appear "nippy." Everybody can tell if your bra isn't thick enough! This is most obvious when wearing thin or solid, light color shirts. If you see any "impression," change into a thicker bra that solves the problem.

**Tip:** Buy bras with thicker padding! You'll also avoid this potential embarrassment by wearing printed fabrics instead of solid colors.

**6. Is it too sheer?** Take a good look at yourself from top to bottom, both front and back. Does your bra show through? Some shirts look fine from the front but bra straps shine through the back. You may need to wear a cami underneath, or you could add a sweater or jacket. How about your pants or skirt? Bend over and look. Can you see the imprint or color of your panties? You may need a different pair, and your skirt may need a slip. Make sure your panties aren't too tight either. And beware of T-back undies. While designed to eliminate panty lines, some thin fabrics reveal the distinct T-shape as well as the color!

**Tip:** For thin or light color clothing, buy flesh tone underwear (beige, taupe, brown, etc.) which is far less visible. Look for panties with flat elastic around waist and legs that won't show as easily.

**7. Is your belly showing?** Lift your hands above your head with arms fully extended. Does this expose any of your belly? Now touch your toes. Is your back showing? If so, it's too short. Get a longer shirt, or go for layers and wear a longer shirt under a shorter one.

**Tip:** Buy some long T-shirts or tank tops. Thanks to current fashion trends, you can find extra long T's or tanks in a wide variety of colors for an easy, quick fix.

**8. Do you see lots of bare shoulders or back?** Face it, while your bust may be fully covered, spaghetti straps, halter, or strapless styles that show off your bare shoulders and back can still be very alluring and sensuous. All those little spaghetti strap shirts should be worn underneath, not by themselves!

**Tip:** Cover these styles with a cute shirt, sweater, or jacket.

**9. Are your pants too low?** Sit in a chair and bend all the way forward to touch the floor. Now reach behind you and feel right above your pants. How much of your back is exposed? Can you feel your panties above the top of your pants? Watch out for those T-back undies that usually stay put while the pants slide down, giving everyone behind you an eyeful! Or worse, is there a “crack” view? Please spare yourself and others this embarrassment!

**Tip:** Wear an extra long shirt that won't ride up when you bend over. Then again, those low rise pants may just be too low. As one author recommends, “Find a pair that won't cause viewers to blush!”

**10. Is it too short?** For shorts, skirts, and dresses, how much of your thighs are showing while standing? Remember, when you sit down, the hemline rises higher. Try this test. In front of a full-length mirror, sit in a chair with your legs crossed, then sit on the floor cross-legged. What do you see? If you can see too much thigh or your panties, guess what? So can everyone else! Get rid of the short stuff and choose longer styles!

**Tip:** A safe rule of thumb for shorts, skirts and dresses is no higher than 3” above the top of the knee.

**What about swimsuits?** A swimsuit is certainly appropriate for swimming, but it ought to be modest. And that means **bikinis are out**—and definitely no thongs! Bikinis barely cover the essentials and leave little to the imagination. Why do you want to show off that much of your body? And really, what's the difference between wearing a bikini or just your bra and underpants? Instead, search for a modest one-piece swimsuit or tankini. You can still choose styles that are attractive and well suited for your own body shape and size. Don't let a sale tempt you to skimp on modesty! A modest swimsuit is well worth the cost. Here are some helpful guidelines:

- **Avoid plunging necklines.** It may be difficult to conceal all cleavage, but try your best. This is no time to show off your bustline! There are a wide variety of necklines. Choose one that provides the most coverage.
- **Make sure a tankini top is long enough.** It may cover your middle until you lift your arms. Choose a top that's long enough for you to move freely and not show off your belly.
- **Choose a swimsuit with a padded bra.** A thin shelf bra lining does little to support or conceal your bust and only reveals more when wet. Make sure your swimsuit adequately supports your bust size.
- **Make sure it's properly lined at the top and bottom.** Many cheaper swimsuits have little or no lining. Not only are they indecent when wet, but they don't last long either.
- **Avoid solid, light colors unless fully lined in front and back!** Otherwise, when the suit gets wet, everything shows through, top and bottom!!! It's much safer to choose dark colors or printed styles.
- **Avoid plunging backlines.** Again, even if the front is covered, a plunging backline can also appear very alluring and sensuous.
- **Avoid high, French-cut leg openings.** This only shows off more of your hips that ought to be covered and tends to be too narrow in the crotch area, which requires the greatest modesty!
- **Avoid “cut out” styles with holes, gaps, or little ties down the sides.** This, too, is meant to look sexy and only shows off more skin in areas that should be covered.
- **Do a final modesty mirror check.** Can you safely sit, bend over, twist, turn and keep all private parts private?
- **Wear a swimsuit coverup.** When not by the pool or out on the beach, wear a modest coverup to conceal your swimwear and maintain a decent, respectable appearance in public.

## Modesty Guidelines

### Fashion Show Clothing Guidelines

**REMEMBER: This is NOT just a Fashion Show, and we are not just simply fashion models, we are ROLE MODELS!** Our goal is to show the public that it is possible to be stylish, cute, and MODEST! All styles should flatter your figure, but not draw extreme attention to any certain area.

#### Shirts

- the neck line should be no lower than 4 fingers below the collar bone
- no very thin or sheer material
- may not be too tight in the bust area
- should not allow the shape of the bra to be seen in the back (if you can it's too tight)
- cannot be spandex or very tight shirts
- the backs should be modest, i.e. no strappy backs, halter or missing backs — tank tops should not be modeled without a shirt, jacket, or sweater over them

#### Pants

- should not be too tight, especially in the seat or the thigh area
- should fit well, but not be “skin-tight”, you should be able to pull them away from the leg
- shorts should be modest - no very short and/or tight shorts; if you put your arms down straight at the side, and the bottom of the shorts is higher than your longest finger, then the shorts are too short. (Remember, we will be on an elevated runway and everything will look a bit shorter to the audience.)
- make sure there are no “panty lines” on stage. If necessary, wear pantyhose or a “thigh shaper” to hold everything in and create a smooth appearance in your clothing.

#### Skirts and Dresses

- cannot be very tight fitting (follow shirt guidelines)
- should not have too thin of material; if needed, a slip should be worn.
- can be no shorter than 4 fingers above the top of the kneecap.

#### Dresses

- must have a modest neck line (no lower than 4 fingers below the collar bone)
- no thin straps (i.e. spaghetti straps)
- if necessary, a dress with straps two fingers wide may be worn, if the whole dress is very modest... and no bra straps can be seen — but must be worn!

#### Final Notes

Undergarments should never become outer-garments, no exposed bra straps etc.

#### More Pure Fashion Guidelines

When buying clothes and dressing to express your dignity as a classy young lady:

1. Remember that first impressions are important. People who never get to speak to you or listen to you can still see you. How do you want them to remember you?
2. Remember that you live in many different positions, even if you are not in yoga class! You sit, stand, lean over, climb up stairs with people behind you, and sit at tables facing speakers, bosses or teachers. How do your clothes or lack of clothes appear to the people who are next to you, above you and below you in all your daily positions?
3. Blouses and shirts that are too loose can be as immodest as tight ones. If the neckline droops from your body when you bend over, guess what everyone can see? (The body parts that your blouse was designed to cover!) If the armpit is too loose, think about the view of the person standing next to you — right to the inside!
4. Blouses that button sometimes have see through gaps between the buttons, so consider if there is a side view to the inside, this may not be the blouse to buy or wear. Or is it too tight and comes unbuttoned easily? You may need to wear a full slip or tank top underneath.
5. Lift your arms up over your head when you look in the mirror. Does your back or belly show? If so, you need a longer look or a layer underneath.
6. If you wear a skirt that is too short and go up stairs at work, church or school, guess what shows to the people behind you on the stairs? What else happens when you sit down? (The skirt rides up and your upper thighs are exposed, or worse yet, your underwear can be seen.)
7. Many of today's V-necks have plunged to all new “lows”! They can even become more revealing when worn by short or medium height girls. Layer your tops so that your private parts remain private.
8. If it is summer and you are wearing lightweight clothing, make sure that your undergarments are doing their job protecting your modesty. Try an extra lined bra for the months that it is too warm to dress in layers. If you wear light colored pants, how thick is the fabric and how loose are they? How solid is your underwear? Also, choose a bra that has a little padding to help disguise you when you are cold
9. Let your clothes be an advertisement of your dignity as a young lady. Be careful about dressing “grungy” even if it is modest. Typically, how you dress and how you act will correspond. If you're dressed “sloppily”, you're more likely to act “sloppily”. If you're dressed like a young lady, you're more likely to act like a young lady.
10. Finally, walk, stand and sit with dignity. Think of yourself as a person who deserves respect. Ask for it by the way you dress.

Pure  
freedom

# Fashion Challenge

## "Truth Or Bare" Fashion Tests!

**How do you know if an outfit is modest or not?** Try these "Truth or Bare" Fashion Tests featured in the book, *Secret Keeper*, by Dannah Gresh. They are created to help you start the thinking process and let your heart be molded into modesty. **Try them and visit us at [www.purefreedom.org](http://www.purefreedom.org).**



### SPRING VALLEY

**"Is my shirt too tight?"**

**SOLUTION:** Try a different bra, since sometimes that can make a difference. But if it's still too tight, get rid of the shirt. It's not going to get bigger overnight!

## RAISE & PRAISE

**"Am I showing too much belly?"**

**SOLUTION:** Go for layers and put a longer shirt under a shorter one. Our Secret Weapon: a ribbed T-shirt or tank from the boys' or men's department. They're nice and long and stay tucked in under a cool, trendy shirt. No problem here since she's got one under her button-down!



Locker  
Poster!

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I SEE LONDON,  
I SEE FRANCE

**"Can you see my underpants?"**

**SOLUTION:**

Trash your tight pants. For lighter colored pants and skirts, keep a few pairs of "granny panties" (plain white or beige ones) on hand for a safe look. And as far as those bra straps . . . don't do it! Make sure your tank tops have nice wide straps to cover your bra.



### MIRROR IMAGE

**"How short is too short?"**

**SOLUTION:** Today's skirts are about extremes. Go for extremely long or extremely full . . . but pass on extremely short. As far as shorts go, they can be hard to find but keep looking! And check out the favorite places to shop on our blog. It'll help you find shorts with longer in-seams!



### THE PLUMBER'S TEST

**"Are my pants just too low?"**

**SOLUTION:**

Time to reach for that Secret Weapon again: a men's tank or T-shirt. And always be willing to consider that some low riders are just too low. Find a pair that won't cause viewers to blush.



**DANNAH GRESH**  
Author of *Secret Keeper* and *And The Bride Wore White*

**The Secret Weapon** Grab a few of these in the boys' or men's department. **Simple tank Ts.** They're great wardrobe lifesavers. Why the men's department? Because they make men's shirts nice and long and you'll have lots to tuck into your pants. Keep your eyes open. I find tanks of varying colors that are nice and long at some of my favorite stores just for girls! Once you have a collection you'll always have a great modest and trendy fashion solution on hand!



**Secret Keeper Power Pack**  
Order online [www.purefreedom.org](http://www.purefreedom.org)

## STAND IN THE GAP

**"Tell me now . . . is my shirt too tight?"**

**SOLUTION:** It's a no-brainer. Too-tight shirts are a total bad idea if you want to dress modestly. It's not JUST about how much of our beautiful epidermis is showing, but how much of our shape is showing! Try buying a size or two larger. (If that bugs you, cut out the tag when you get home.) Or try a shirt under the button-down, which you can leave unbuttoned for a layered look.



### BRA-LLIANT IDEA

**"Is it cold in here?"**

**SOLUTION:** When you're wearing thinner shirts, wear a thicker bra to avoid this problem. When you have on a sweater or a thicker shirt, go for a thin and cute bra if you want!



### PALM PILOT

**"Is my shirt too low?"**

**SOLUTION:** Guess what? Our Secret Weapon works for low shirts as well as short shirts! You can also try a trendy layering technique by putting a button-down under a polo or rugby shirt that plunges too low.

