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## LESSON A

### Examine Values Concerning Clothing

**FOCUS:** What we wear is not only influenced by our family, peers, the media etc. it is also impacted by how we feel in what we are wearing. Even though a friend looks great in a certain outfit that doesn't mean the outfit will be great on everyone. Generally we get immediate feedback about how we are dressed by the reactions of those around us.

#### ACTIVITIES:

1. Use the transparency, "Your Clothing Opinion," and have students write the first thought that comes to their mind when considering what is important to them about what they wear. See Teacher Information, "Values About Clothing."
2. Identify "fads" being worn at school. Ask students to name fads they remember in junior high. Would you still wear the item that was a popular fad now? Why?
3. Assign students to bring a fad and model it in the class "Fad Fashion Show." Give prizes for the oldest, funniest, most popular etc.
4. Have students complete the worksheet, "First Impressions," and identify feelings they have toward appropriate and inappropriate dress.

## Values About Clothing

Clothing is a basic need—one that has been met in various ways throughout time. What we wear these days often gives us more than protection and comfort. Clothing also reflects social needs as well—as a sign of social approval, for example. Examining considerations about clothing helps us see what is important to us about the clothes we wear. Some considerations about clothing include:

- comfort
- durability
- style
- ease of maintenance
- image, status
- cost
- sex appeal
- sign of independence
- social approval
- to convey self confidence
- to enhance self-concept
- to be more attractive

## Your Clothing Opinion

**Word Association.** Following are a list of words related to clothing and words describing types of clothing. (Add 2-3 additional clothing items at the end.) After each word, write the first thought that comes to your mind with regards to what is important to you.

1. Sweats \_\_\_\_\_
2. Designer Jeans \_\_\_\_\_
3. No-name jeans \_\_\_\_\_
4. Business suit \_\_\_\_\_
5. Letterman jacket \_\_\_\_\_
6. Raincoat \_\_\_\_\_
7. Air Nike shoes \_\_\_\_\_
8. Men's tie \_\_\_\_\_
9. Woman's scarf \_\_\_\_\_
10. Miniskirt \_\_\_\_\_
11. Football uniform \_\_\_\_\_
12. Prom dress \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

**Journal Entry #1**

*How do I use the clothes I wear to get approval?*

**First Impressions**

Family members, friends, and fashion influence our values about clothing. Our culture and heritage come from our families. Peers may influence us also because what our peer group thinks, does, and approves or disapproves may be important to us. Millions of dollars are spent each year on advertising to influence our buying decisions. Even as adults, we may be influenced by those around us or styles that are popular.

Describe a time when family, friends, or fashion trends definitely influenced you to wear what you did.

Identify "fads" being worn this year in your school. Ask someone older about fads they remember in high school.

1. In the space below, tell an experience of being inappropriately dressed for an occasion. For example, a party, sports, event, or job interview.

2. What kind of first impression do you think you are creating now?

3. Why do you choose the clothing you do?

4. What values influence your selection of clothing?

5. Who influences your personal clothing values—parents, peers, magazine ads, media, etc.?

6. Describe a situation where you've been dressed appropriately. How did you feel?