
LESSON B

Identify Interaction Between Relationships and Clothing Choices

FOCUS: Clothing is frequently an identifying trademark. For example, cheerleaders, football players, waiters, pilots, etc. wear certain kinds of clothes that show what they do. Even though we may strive to “overlook” a person’s appearance it affects at least our first impression and generally encourages or perhaps discourages our desire to pursue a relationship.

ACTIVITIES:

1. Help students identify the positive and negative influences of clothing on relationships by discussing the questions in the Teacher Information, “Positive and Negative Effects of Clothing”
2. Give each student a blank piece of paper to identify as many clothing relationship/activities (ie. swimming suit, formal, halter top, snowmobile suit, gang head or arm band, policeman, priest robes, astronaut suit etc.) as they can in a 3 to 5 minute time period. Have the student with the most read his/her list and describe the effect each type of apparel has on relationships with others. Have other students add other activities they thought of that weren’t mentioned.
3. Discuss the effect of clothing on who you are with and the activities you might engage in with them.

Journal Entry #2



How do I communicate rejection or acceptance of others based on what they wear?

Positive & Negative Effect of Clothing

Although the clothing we wear depends on factors such as lifestyle, activities, climate, and community standards, the type of clothing we wear can help us fit in and feel socially accepted. This feeling of acceptance can be a powerful motivator and in turn affects our self-concept. When relationships are positively influenced by clothing decisions, we are likely to feel acceptance.

1. Think of a situation in which—because of your clothing—you felt accepted. How did you feel about yourself? How did you feel about the people you were with?

When relationships are negatively influenced by clothing decisions, we may feel rejection.

2. Think of another situation where—because of your clothing—you felt rejected. How did you feel about yourself? How did you feel about the people you were with?

3. What challenges do you face or have you faced because someone with whom you have a relationship disapproves of what you wear.

4. What will you do differently about clothing choices when you are on your own? Why?