

Modesty Means...

By Jordan Wright

Modesty is a lot more than how we dress. It's how we act, speak, and treat people. It's one way we show respect for ourselves and for Heavenly Father.

Wow! You're like the queen of spelling tests! I wish I were like you.

Thanks. I can help you study if you want.



Modesty means not bragging or showing off and accepting compliments kindly.

Do you want to see some cool pictures?

I don't look at that kind of stuff. Let's ride our bikes instead.



Modesty means showing reverence and respect for ourselves and other people's bodies.

I'm ready for school!

We can go to the pool tomorrow, but today we're going to school.



Modesty means wearing clothes that cover our bodies properly and fit the activity.

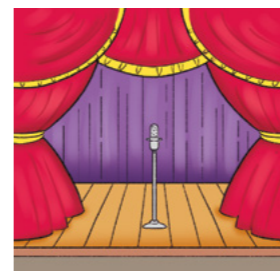
Hey, Josh! I'm really glad you could make it! Come sit by me.



Be sure to be kind instead of judging others for the way they dress.

Where to Wear?

Part of being modest is wearing the right clothes for where you are and what you're doing. Write or draw pictures of what you think is modest for each situation below. Then talk with a parent about your answers.



✂

CHALLENGE

"I will dress modestly to show respect for Heavenly Father and myself" (My Gospel Standards).

Write down a modesty goal (how you talk, dress, or act) and stick it on your mirror.

Read *1 Corinthians 6:19*. Ask a parent why your body is sacred and how to protect it.

Accept a compliment without bragging. Then give a compliment!

I challenge myself to...

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