

The background features a variety of colorful, abstract, hand-drawn style shapes in yellow, pink, green, blue, and black, scattered across the top and bottom edges.

# Get Dressed!!

All About Your Appearance

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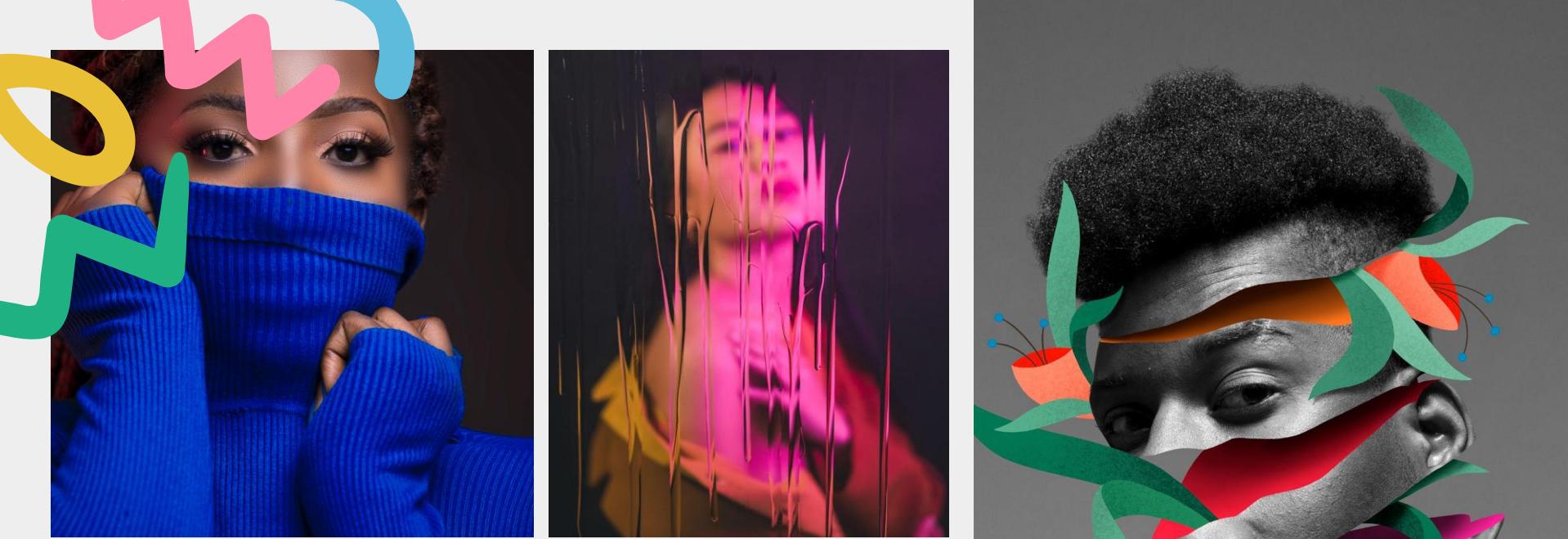
## **13** Final Notes



# **01**

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# **What is a Dress?**



# Dress

a piece of fabric that we use to  
hide our nakedness.



# Not a Dress

A piece of fabric that **shows** what it is meant to hide. What is wrong with these?

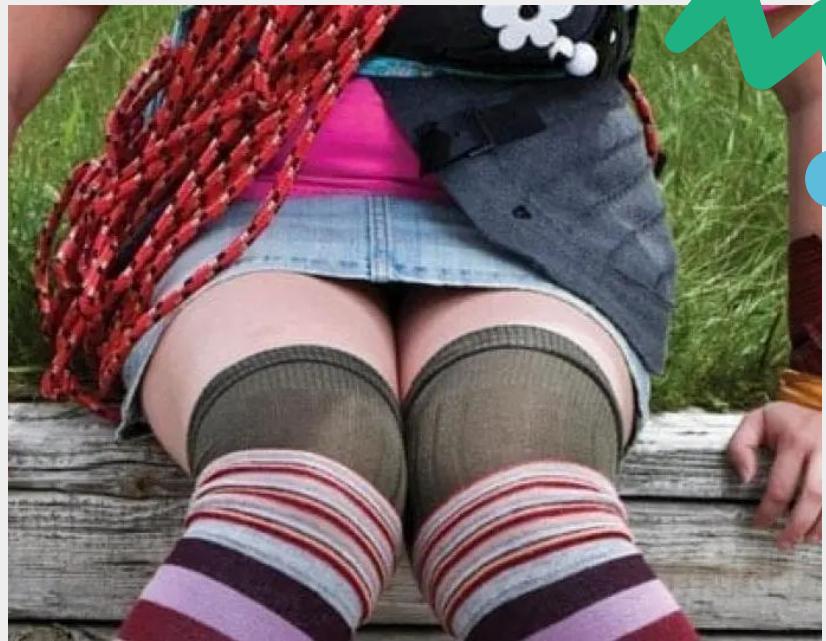




# Not a Dress



Transparent, tight, has holes in it, too light, exposing





# Not a Dress ✗

Transparent, tight, has holes in it, too light, exposing

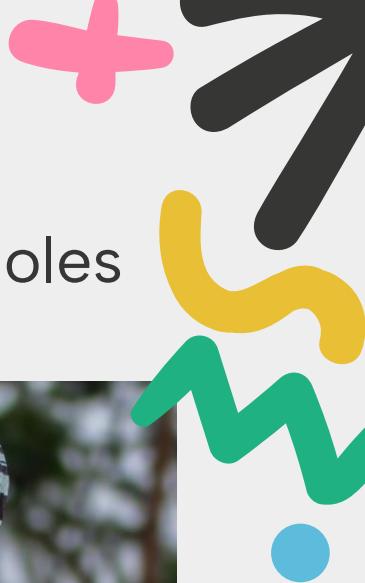




# A Dress



Not transparent, not tight, has no holes in it, is not too light, not exposing



# A Dress



Not transparent, not tight, has no holes in it, is not too light, not exposing





# Different kinds of Dressess

Dresses for work, sleep, cold weather, school, etc.

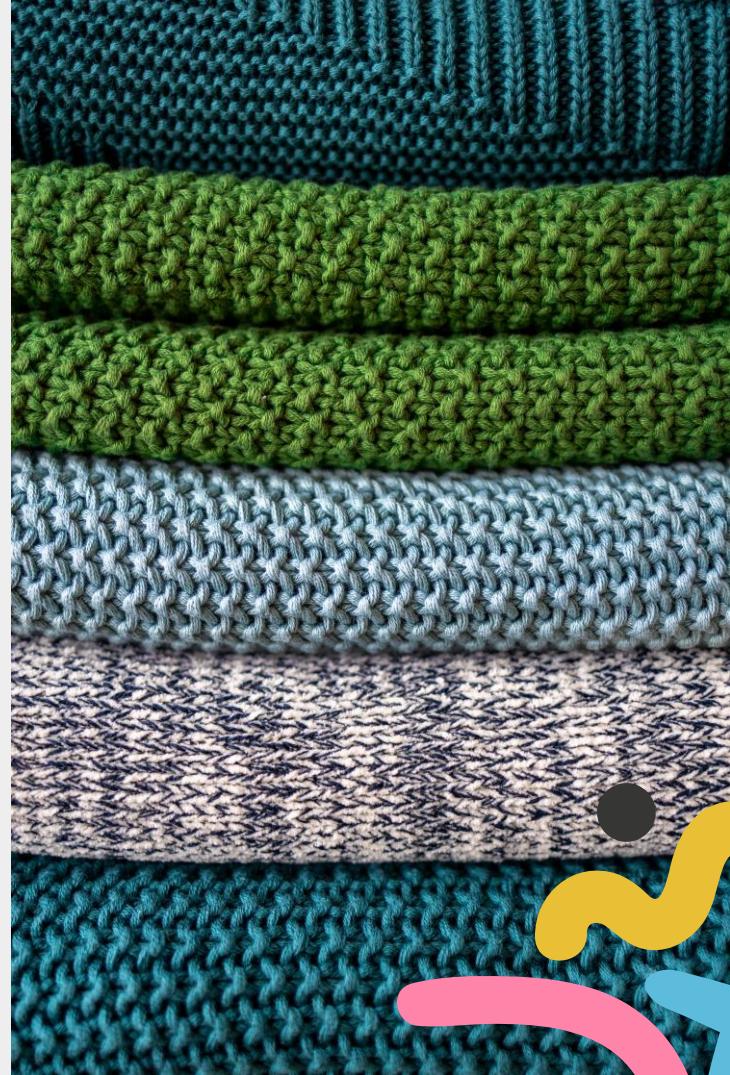




# **02**

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# **What is a Fabric?**



# Fabric

cloth or other material produced by weaving or knitting fibres.



# Different kinds of Fabrics

Dresses are made from fabrics





# Different kinds of Fabrics

- Cotton
- Silk
- Denim
- Polyester
- Khaki
- Lace
- Etc.



# Cotton

- Absorbent
- Breathable
- Durable
- Soft and Comfortable
- Stronger when wet
- **Easily wrinkles**

# Cotton Uses

Towels, handkerchiefs, singlets,  
panties, boxers, etc.



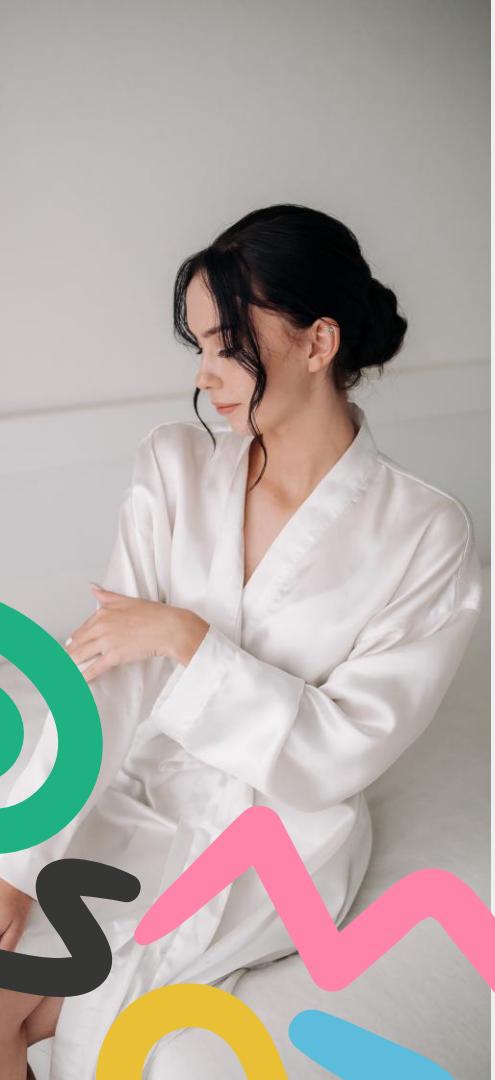


# Silk

- Absorbent
- Breathable
- Soft and smooth to the touch
- Fast drying
- Weaker when wet
- Easily wrinkles

# Silk Uses

Pyjamas, bedsheets, scarves, ties,  
curtains, pillow covers, etc.



A close-up photograph of four pairs of denim jeans stacked vertically. The jeans are folded at the waistband, showing the stitching. The colors range from light blue to dark blue. The background features a white surface with colorful, abstract decorative borders in yellow, pink, teal, and black.

# Denim

- Comfortable
- Durable and strong
- Breathable
- Easy to care for it
- Does not easily wrinkle
- Color fades over time

# Denim Uses

Jeans, jackets and outerwear,  
shirts and tops, skirts, etc.



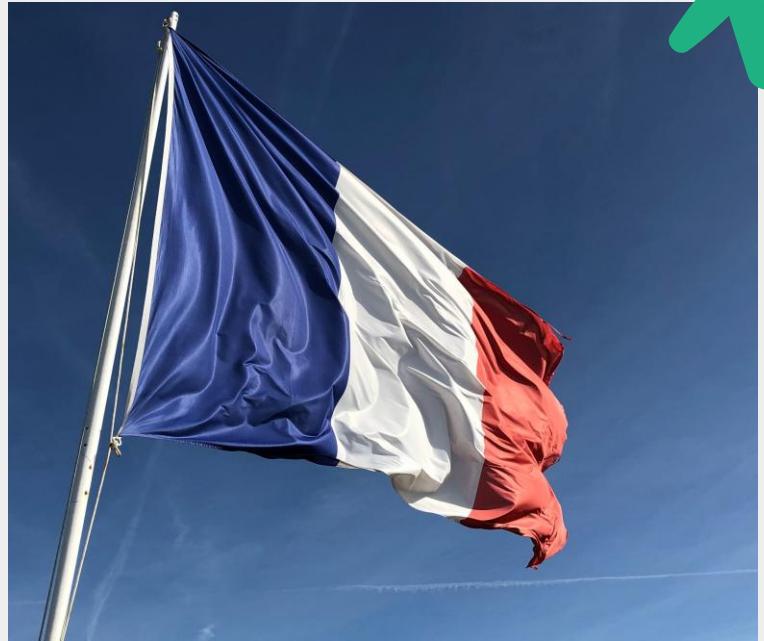
A close-up photograph of a dark blue, textured mesh fabric, likely polyester. On the left side, there are stylized cartoon hands in white, green, pink, and black. On the right side, there are pink, blue, green, and yellow abstract shapes.

# Polyester

- Color does not easily fade
- Durable
- Does not easily wrinkle
- Easy to care for it
- Less comfortable in hot conditions
- Not so breathable

# Polyester Uses

Shirts, pants, dresses, skirts,  
sportswear, flags and banners etc.



# Khaki



- Durable
- Breathable
- Is not easily stained
- Professional appearance
- Light to medium weight

# Khaki Uses

Trousers, shorts, skirts, jackets,  
shirts, military uniforms, etc.





**Name some other fabrics  
and their properties**



# **03**

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# **Your Dress, Your Identity**



**How do you identify a  
policeman?**



**How do you identify a  
nurse?**



**How do you identify a  
doctor?**



# Your Dress, Your Identity

- Does your dress tell the kind of **person** you are, proper or not?
- Does your dress tell the kind of **family** you come from, proper or not?
- What is the reason for your answer?

A portrait of a young Black man with short curly hair, smiling warmly at the camera. He is wearing a well-tailored grey double-breasted suit jacket over a light blue dress shirt and a dark tie with small white dots. The background is dark, making his suit stand out. To the left of the image, there are large, colorful abstract shapes in yellow, pink, and teal.

# Your Dress, Your Identity

- What kind of **person** is he?
  - What kind of **family** does he come from?
  - What is the reason for your answer?
- 
- Abstract decorative shapes in pink, blue, green, and yellow are positioned on the right side of the slide, creating a vibrant border.



# Your Dress, Your Identity

- What kind of **person** is she?
- What kind of **family** does she come from?
- What is the reason for your answer?



# Your Dress, Your Identity

- What kind of **person** is she?
- What kind of **family** does she come from?
- What is the reason for your answer?



# Your Dress, Your Identity

- What kind of **person** is he?
- What kind of **family** does he come from?
- What is the reason for your answer?





# Your Dress, Your Identity

- What kind of **people** are they?
- What kind of **family** do they come from?
- What is the reason for your answer?



# Your Dress, Your Identity

- What kind of **person** is she?
- What kind of **family** does she come from?
- What is the reason for your answer?

A photograph of a young woman with dark skin and glasses, wearing a white hijab and a blue headband. She is smiling and holding a black tablet. The background shows a modern interior with a glass partition and some blurred lights.

# Your Dress, Your Identity

- What kind of **person** is she?
- What kind of **family** does she come from?
- What is the reason for your answer?

A photograph of a man from the waist up. He has dark hair and a beard. He is wearing a bright orange button-down shirt under a dark blue, well-tailored blazer. He is standing against a light blue background with abstract, colorful shapes (yellow, pink, green) partially visible on the left side.

# Your Dress, Your Identity

- Would you give your money to a banker who was dressed like this?
- If you visited the hospital, would you allow a shabbily dressed surgeon to operate on you?



# **04**

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# **Eye of the Vulgar**

# Vulgar

not having or showing good manners, good taste,  
or politeness



**Should you expose your body  
to the eyes of the vulgar?**



# **05** **Choosing a** **Dress**



# Dress should be clean

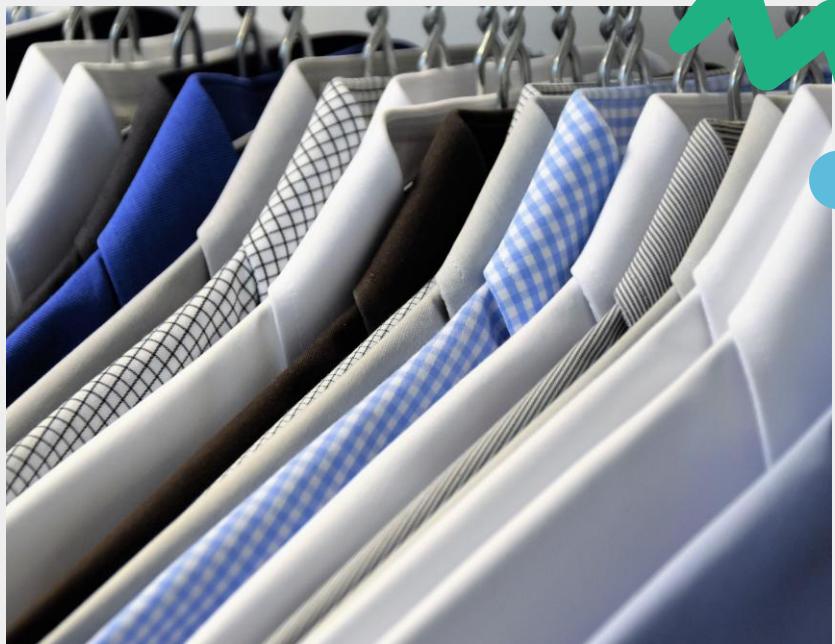
A clean dress can be worn up to a maximum of 3 days





# Dress should not be wrinkled

Iron before wearing it

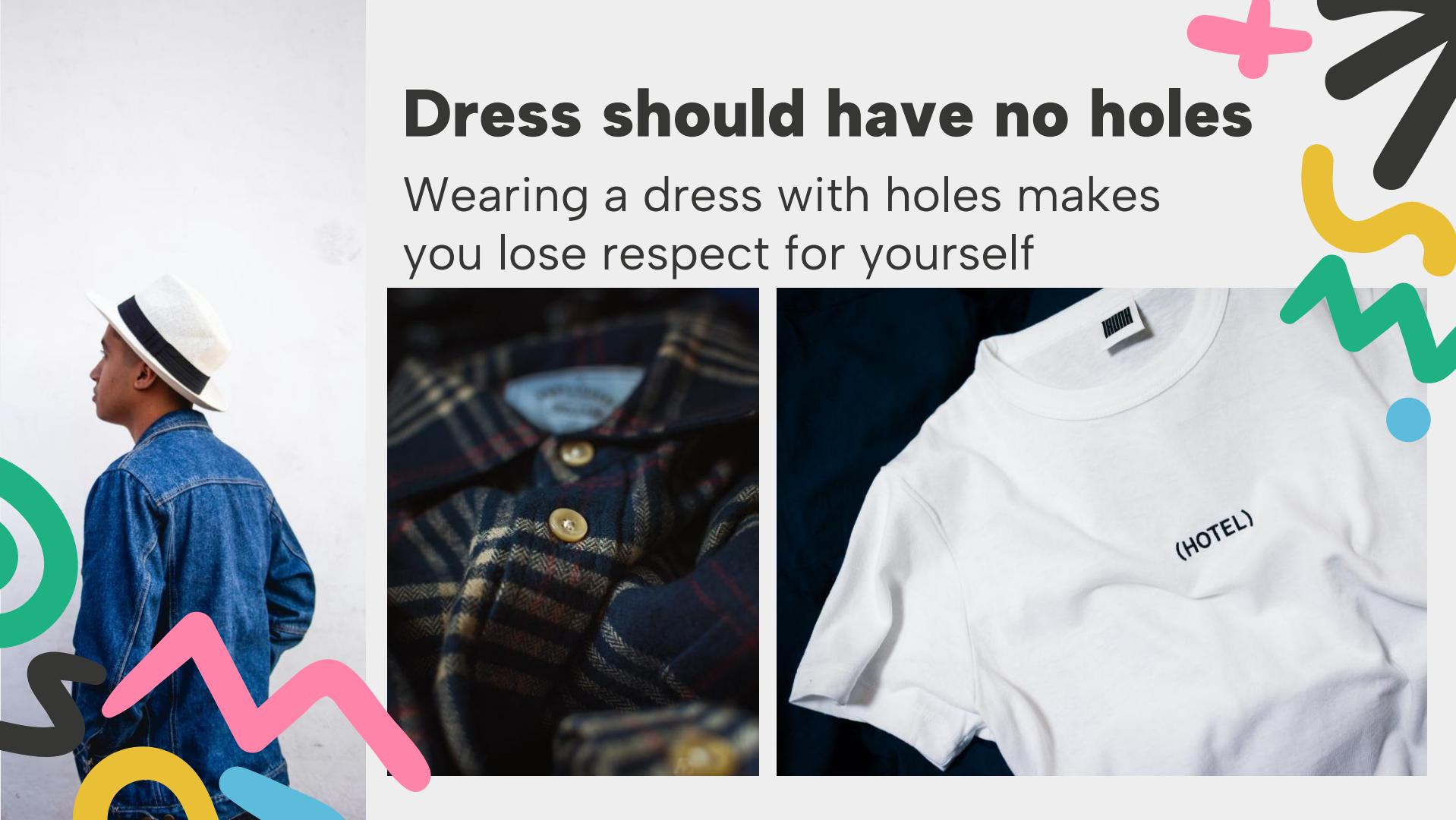




# Dress should smell good

Smell it yourself, especially the armpit areas





# Dress should have no holes

Wearing a dress with holes makes you lose respect for yourself



# Dress should be opaque

You can hold it against the light to check that it is not **see-through**





# Black absorbs heat

You may not want to wear a black dress on a hot sunny afternoon



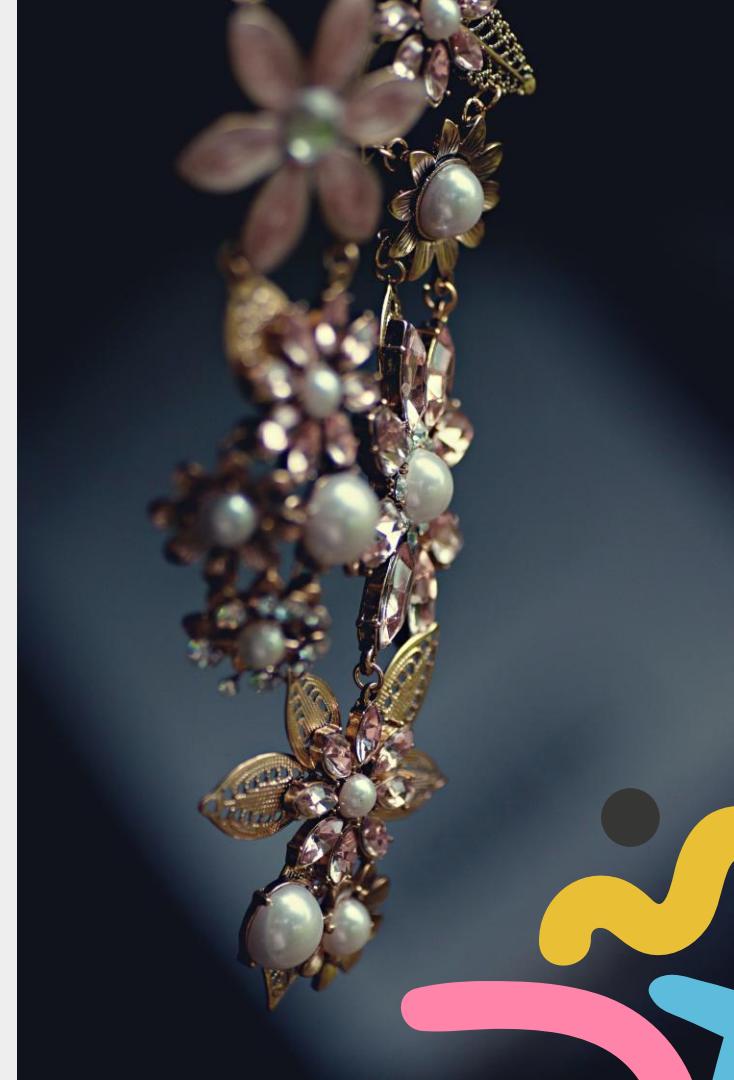
# Read the Writings

It matters what is written on your dress



06

# Accessories



# Accessory

a thing that can be added to something to make it more beautiful.



# Not an Accessory



Rubber bands

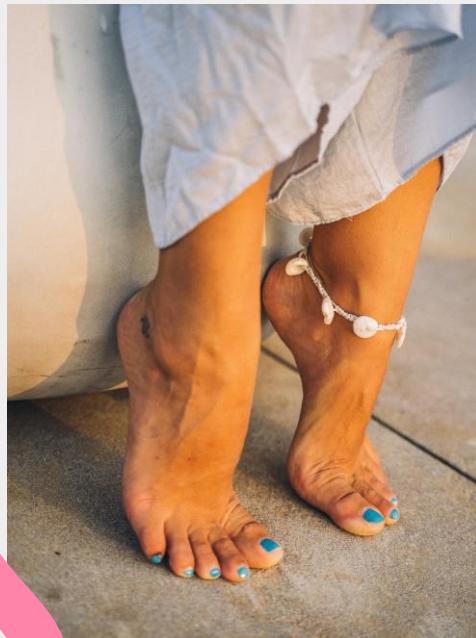




# Not an Accessory



Anklets: They were used in the olden days to identify prostitutes



# Not an Accessory



Tattoos





# Accessories



Beads, wristwatches, bracelets,  
necklaces, earrings, handbags, etc.





# Accessories



What accessories are used here?





# Accessories



What accessories are used here?



# Accessories



An extra piece of fabric can be used as an accessory





# Accessories



A smile can be used as an accessory

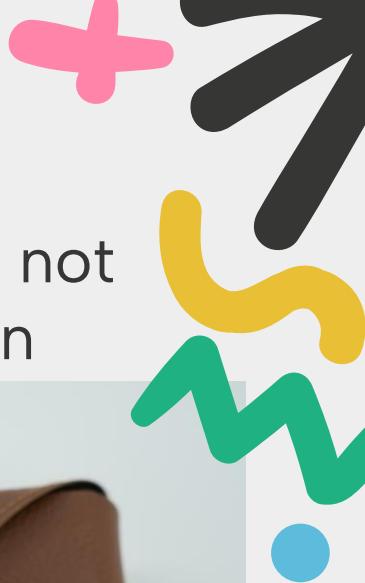




# Accessories



Wear sunglasses when you can; do not expose your eyes **directly** to the sun





**In what other ways can you accessorize?**

**07**

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# Dressing Up



## Don'ts



Do not walk out of the house  
**half-dressed** or half-naked





## Do's



Dust and clean your shoes or sandals before wearing them



# Don'ts



Do not walk out of the house with slippers; instead wear sandals, shoes, etc.





## Do's



Groom your hair; you should not be seen outside with scruffy hair





## Do's



Cut your nails; long nails hide germs and can harm others

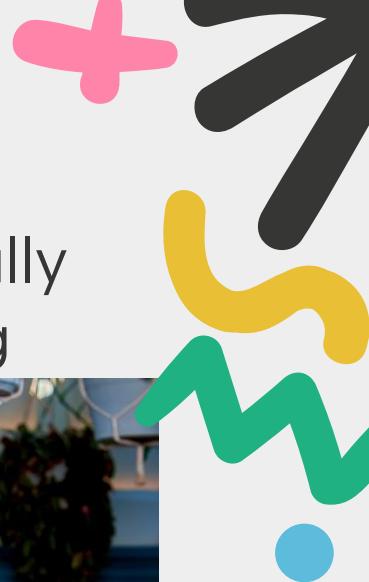




## Do's



You should be freshened up and fully dressed by eight(8) in the morning





## Don'ts



- **Girls:** Do not let your top **slide over** your shoulders
- **Girls:** Your underpants should not be longer than your pants
- **Boys:** Inner vest sleeves should not be longer than your short-sleeved tops



# Handkerchief

- Always carry a handkerchief
- Use it to wipe your face and hands when wet or sweaty
- When you don't have one, you can clean your wet hands in your pocket
- Use a face towel if you sweat a lot

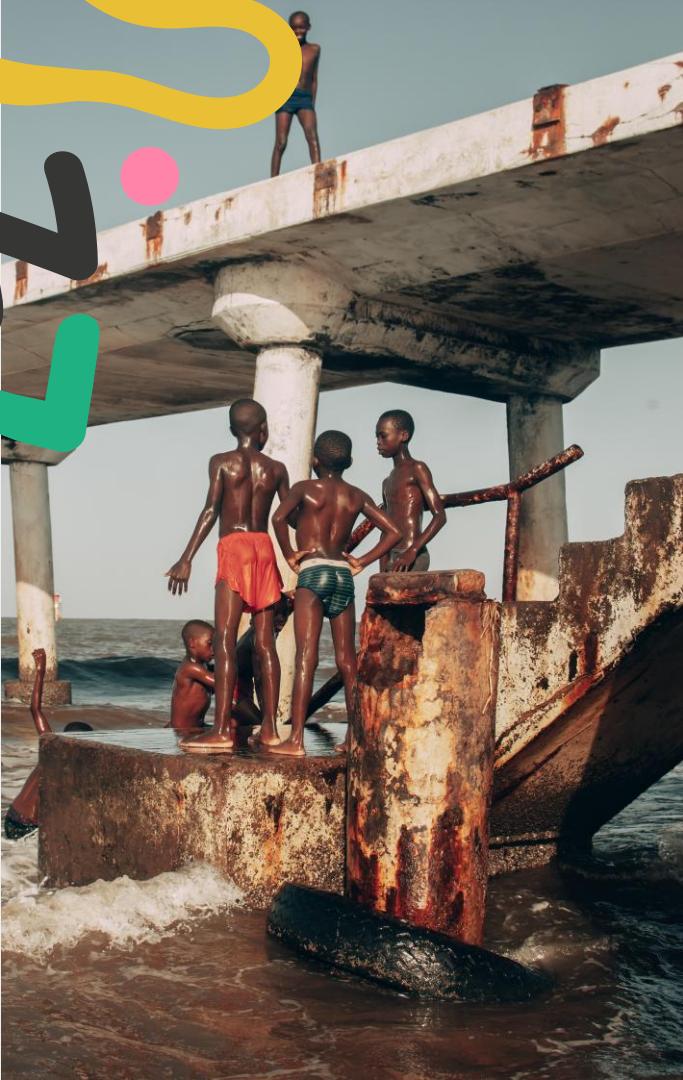


# **08**

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# **Dressing Up**

## **(Boys)**



# 1. Underpants

- Should be made from cotton or other suitable fabrics, else may cause harm
- Should not fit too tightly
- Should be changed after a day's use

# Underpants

Boxers, briefs, boxer briefs, etc.





## 2. Singlet

- Should be made from cotton or other suitable fabrics, else will cause discomfort
- Should not fit too tightly
- Should be changed after a day's use
- Why should you wear singlets?



### 3. Socks

- Should be made from cotton or other suitable fabrics
- Should not fit too tightly
- Color should match the color of your shoes
- White matches with everything
- Should be hung outside to dry after a day's use

A portrait of a young Black man with a beard, smiling broadly. He is wearing a long-sleeved, button-down shirt with a vibrant orange background and a repeating pattern of green, red, and yellow circles and diamonds. He is also wearing dark brown trousers and a black belt. The background is dark, and there are some colorful abstract shapes (yellow, pink, green) in the top left corner.

## 4. Pants and Top

- Should fit comfortably
- Wear a belt on your pants
- Belt should not fit too tight
- Belt hook should not be too large or prominent



## 5. Shoes, Sandals, etc.

- Should fit comfortably
- Shoes that fit too tight will cause injury when worn over a long period
- Go for shoes with flat soles and no heels



## 6. Accessorize

- You could wear a wrist watch, sunglasses, bracelet, etc.
- Do not overdo accessories



**09**

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**Dressing Up  
(Girls)**

A stylized illustration of a person's lower body from the waist down. The person is wearing black shorts and white socks. The background features abstract colorful shapes in yellow, pink, green, and blue.

# 1. Underpants

- Should be made from cotton or other suitable fabrics, else may cause harm
- Should not fit too tightly
- Should be changed after a day's use

# Underpants

Short tights, high-waisted, panties,  
etc.



## 2. Singlet or Underwear

- Should be made from cotton, silk, or other suitable fabrics, else will cause discomfort
- Should not fit too tightly
- Should be changed after a day's use



### 3. Brassiere (adults)

- Your whole body should not be talking whiles you are walking or running
- Should not fit too tightly
- Should be changed after 3 day's use





## 4. Socks



- Should be made from cotton or other suitable fabrics
- Should not fit too tightly
- Should be hung outside to dry after a day's use



## 5. Pants and Top



- Should fit comfortably
- You may wear a scarf to avoid exposing your hair or scalp
- Avoid tops that expose the space between your breasts
- You can wear a scarf across your chest to hide it



## 6. Shoes, Sandals, etc.

- Should fit comfortably
  - Shoes that fit too tight will cause injury when worn over a long period
  - Go for shoes with flat soles and no heels
- 



## 7. Accessorize

- You could wear a wrist watch, sunglasses, bracelet, handbag, etc.
- Do not overdo accessories



# **10** **Dressing for** **Sleep**

# Dressing for Sleep

Pyjamas, Nightgown, Sleepshirt, etc.





# Dressing for Sleep

- Should be comfortable and loose, easy for you to get out of bed and use the washroom
  - No need for underwear
  - You do not go outside the house with it
- 



# **11**

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# **Dressing for Seasons**



# Different Seasons

- Dry / **Harmattan**
- Wet / **Rainy**



## Dry / Harmattan

- Apply lip gloss or shea butter on your lips to avoid lips from cracking
- Shea butter can also protect your body from the weather when worn as a pomade
- Vaseline works fine when you do not have shea



# Wet / Rainy

- You may want to wear an extra piece of clothing to keep you warm
- Sweatshirts, thick socks, etc.

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# **Body Odour**

# Odour

a particular smell, especially an unpleasant one



# Body Odour

- When you have a bad smell from your armpit slice some lime and apply it there
- Wait for at least 10 minutes and wash it off when bathing
- You can also mix lime with ash for the same purpose

A photograph of a woman with dark skin and curly hair, wearing a green hat and a blue top. She is holding a white tube of deodorant labeled "CHARCOAL + MAGNESIUM".

# Deodorants

- Applying deodorants when you have body odour will only make it worse
- Use lime and ash to get rid of the odour first, then you can apply the deodorant

**13**

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# **Final Notes**

A photograph of a woman's profile from the side. She is wearing a vibrant, patterned headwrap with orange, green, white, and black geometric designs. A large, ornate silver earring hangs from her ear. Around her neck is a dark chain necklace with several large, circular, metallic pendants.

# God is Perfect

- You cannot **improve** on what God has created
- Resist the temptation to do so as it will only lead to unintended consequences
- This means that you can improve upon your dressing, but not your body

**In what ways do people attempt  
to improve their bodies?**



A black and white portrait of a young woman with dark skin and curly hair, smiling warmly at the camera. She is wearing a patterned, textured jacket over a dark top. The background is solid black, framed by decorative elements on the left and right sides: a yellow swirl, a pink circle, a grey 'L' shape, a teal 'V' shape, and a large green 'N' shape on the left; and a pink hand-like shape, a blue swirl, a green swirl, and a yellow swirl on the right.

# Fashion

- There is no such thing as **fashion**
- God does not do **trends, movements**, etc.
- Always ask yourself why you are wearing this, dressed like this, and if it will please the one who gave you life



# The more, the better

- When it comes to dressing, the more you hide, the better
- When people meet you they should not see **all of you**



## Lastly...

- Resist the temptation to pass **comments** about other people's body parts no matter how harmless those comments may seem
- They may laugh about it in public but not so in **private**

# Thanks!

Do you have any questions?



