



Get Dressed!!

All About Your Appearance

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01

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?

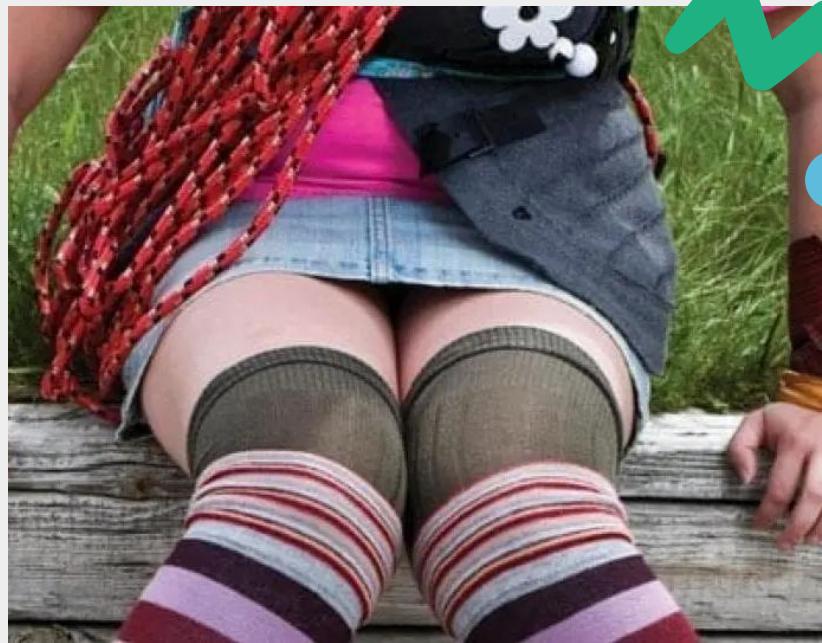




Not a Dress



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

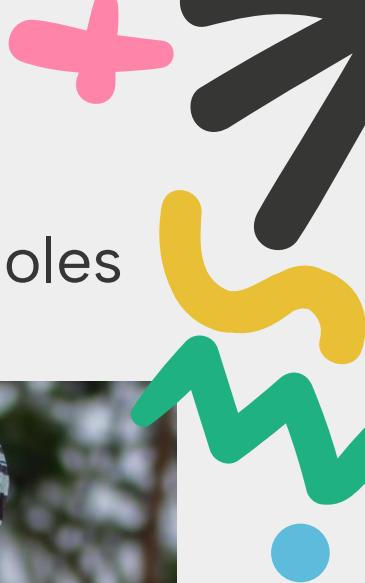




A Dress



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

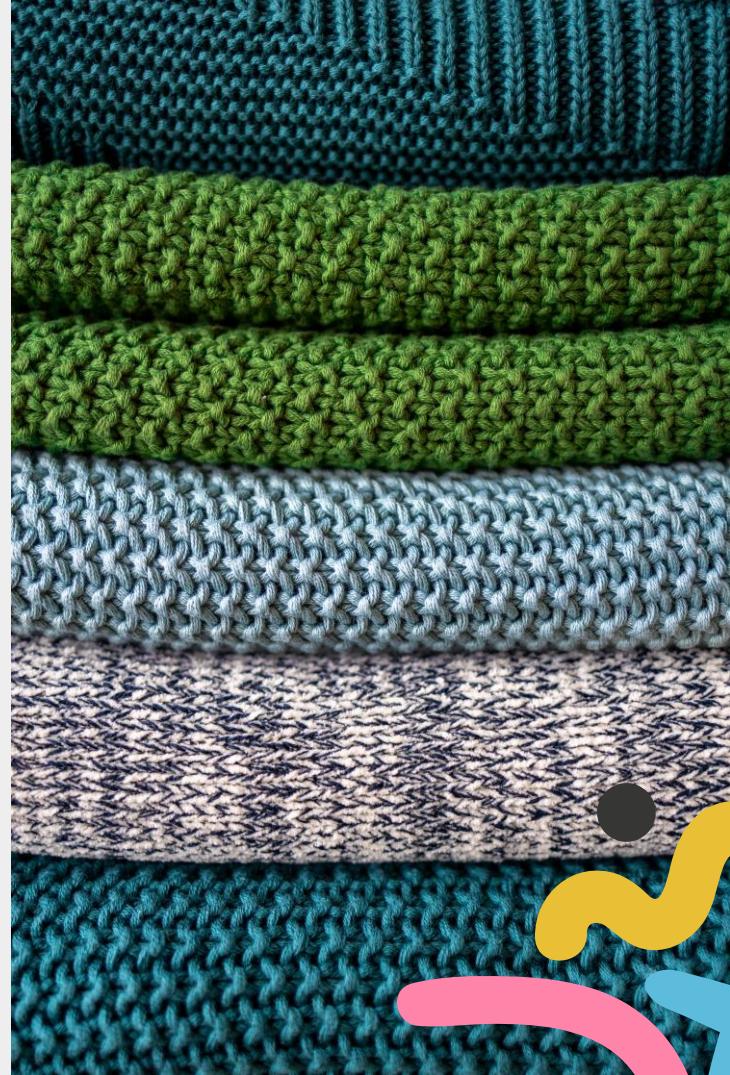
Dresses for work, sleep, cold weather, school, etc.





02

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.



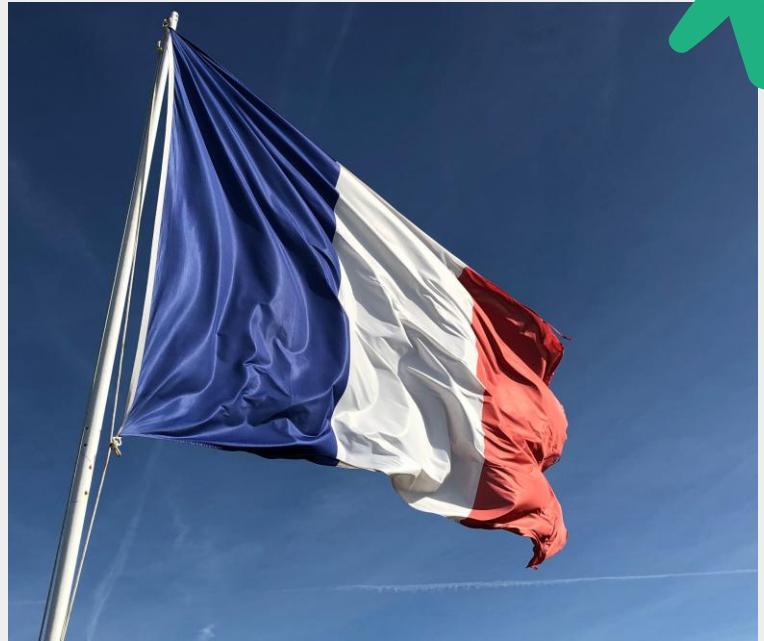
A close-up photograph of a dark blue, textured mesh fabric, likely polyester. On the left side, there are stylized cartoon hands in white, green, pink, and black. On the right side, there are pink, blue, green, and yellow abstract shapes.

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

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 large windows and city lights at night.

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 is looking slightly to his left. He is wearing a dark blue, long-sleeved blazer over a bright orange button-down shirt. His hands are in his pockets. The background is a solid light blue. There are abstract, colorful shapes (yellow, pink, green, black) in the top left corner.

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

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

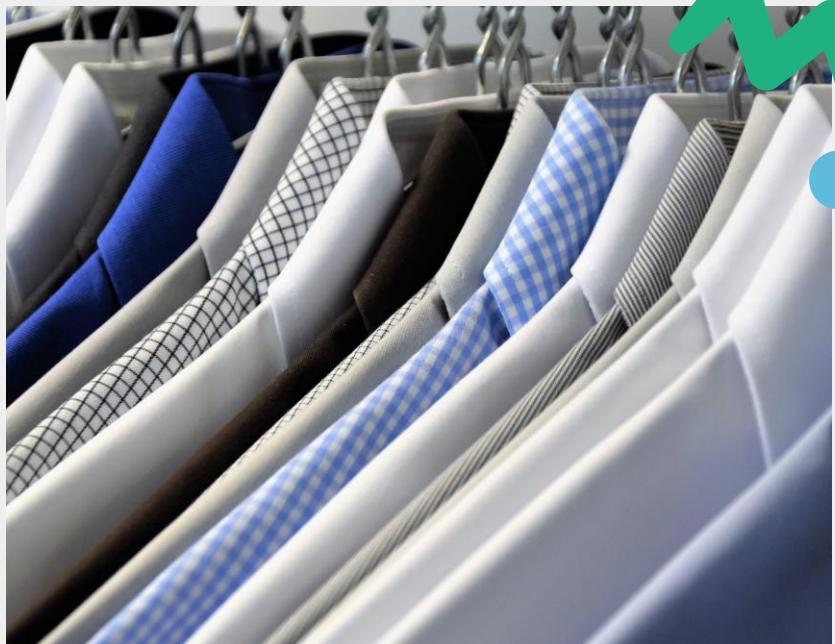
A clean dress can be worn up to a maximum of 3 days





Dress should not be wrinkled

Iron before wearing it

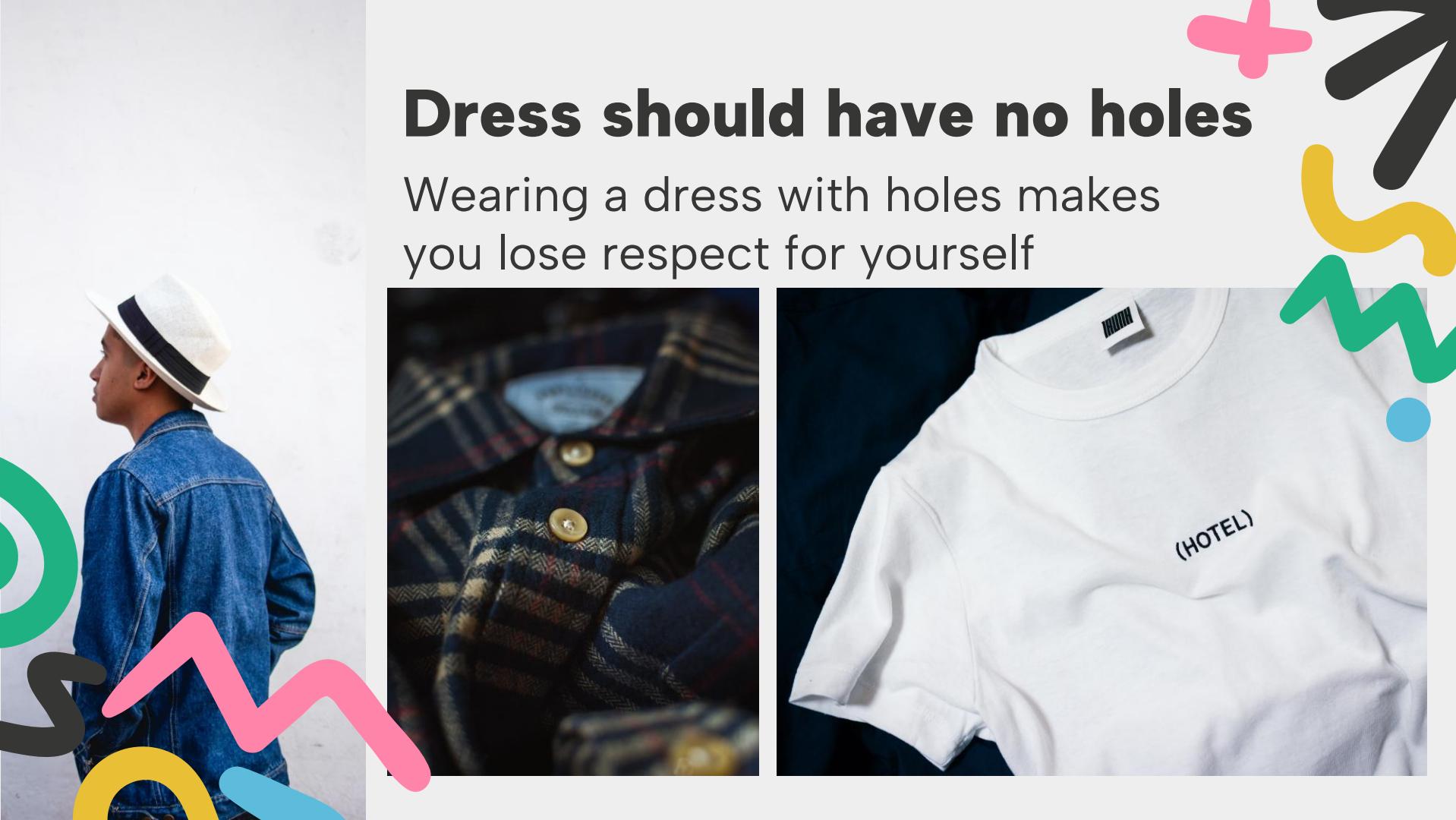




Dress should smell good

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



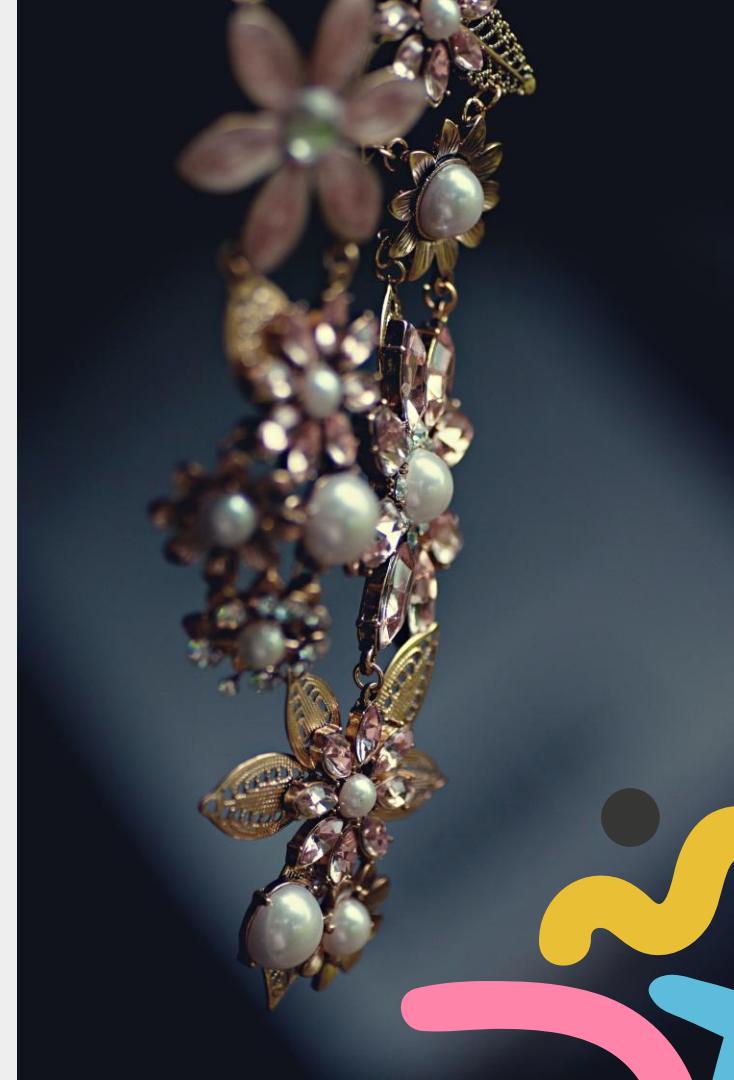
Read the Writings

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

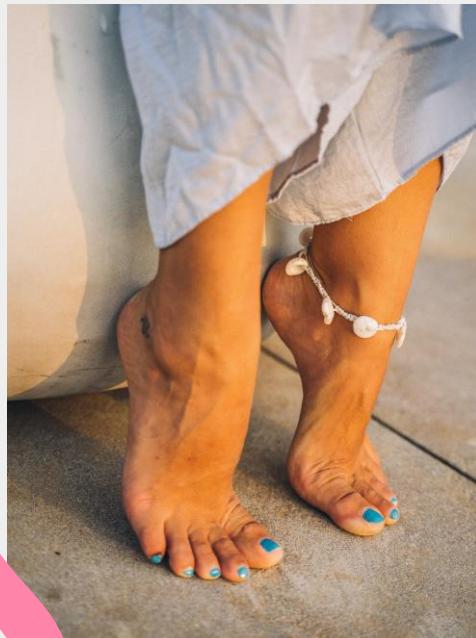




Not an Accessory



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

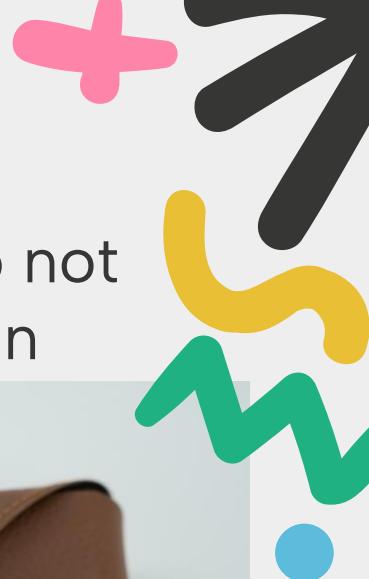




Accessories



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





In what other ways can you accessorize?

07

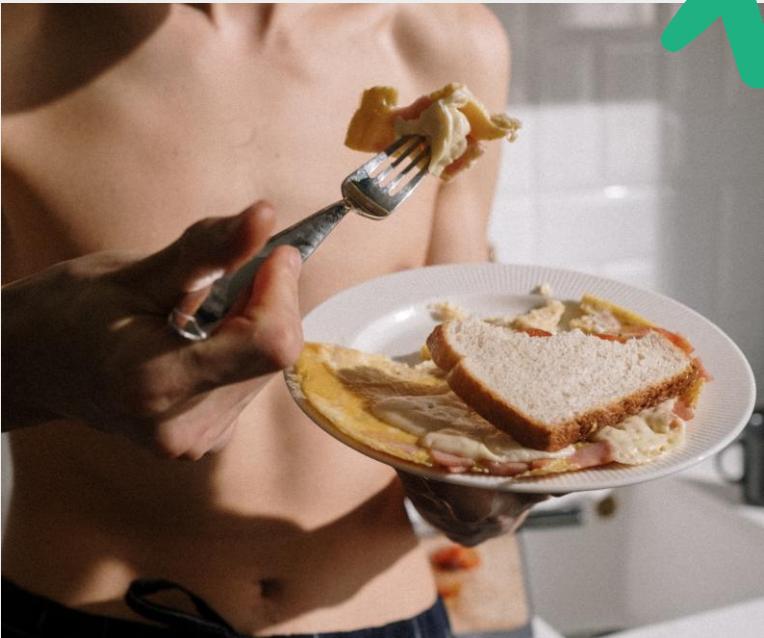
Dressing Up



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

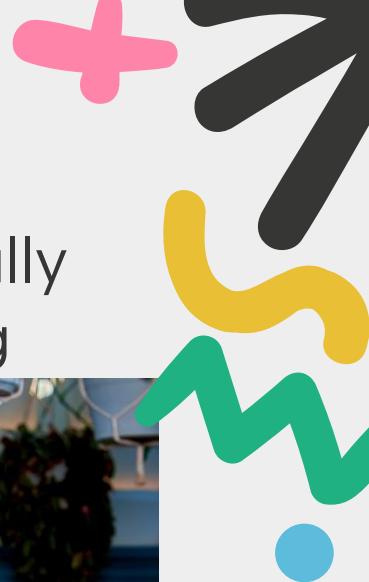




Do's



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

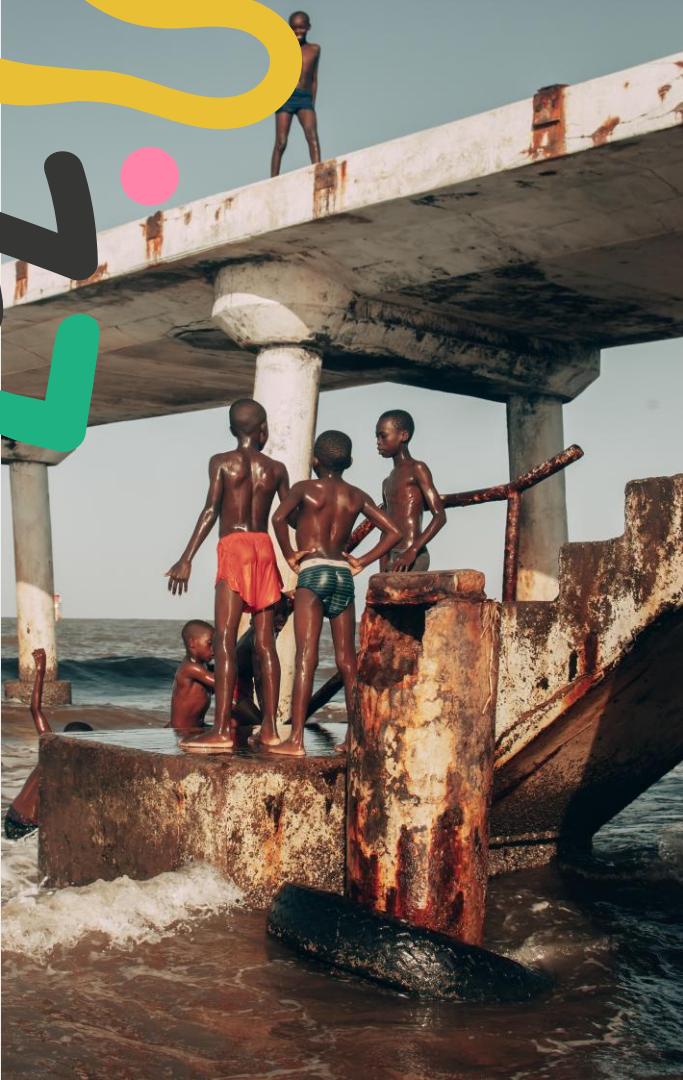
- Always carry a handkerchief
- Use it to wipe your face and hands when wet or sweaty
- When you don't have one, you can clean your wet hands in your pocket
- Use a face towel if you sweat a lot



08

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

A portrait of a Black man with a beard and glasses, wearing a blue beret and a dark blue turtleneck sweater. He is smiling and holding a camera. The background is brown with colorful abstract shapes.

6. Accessorize

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



09

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

A photograph of a person's legs and feet. They are wearing white, lace-up sneakers and light-colored trousers. They are sitting on a wooden stool, which is positioned in front of a dark brown piano. The piano has white and black keys visible. The background is a plain, light-colored wall.

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

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.

12

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" and applying it to her underarm. The background is light-colored with colorful abstract shapes.

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

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 short 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 at the top left, a pink circle and teal chevron on the far left, and a large pink hand-like shape and teal swirls on the right side.

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?



