

The background features a white surface decorated with various colorful, abstract organic shapes. These include thick, rounded lines in yellow, pink, green, blue, and black, as well as more complex forms like spirals and zig-zags. They are scattered across the frame, creating a vibrant and dynamic feel.

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

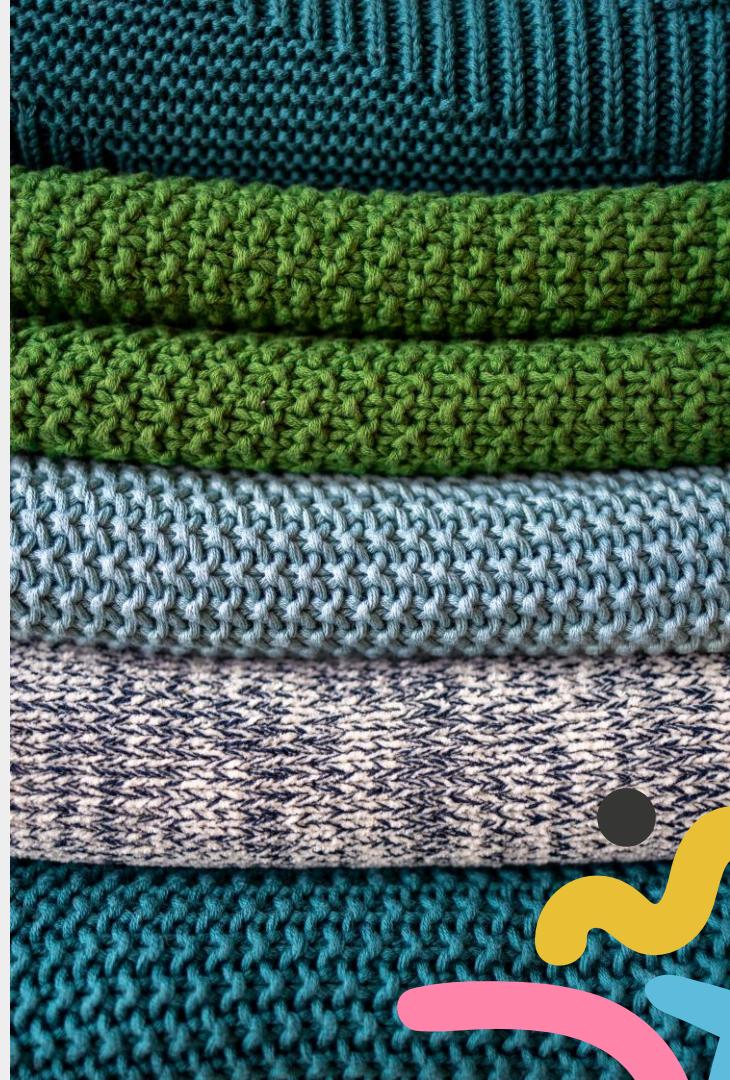
Dresses for work, sleep, cold weather, school, etc.





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

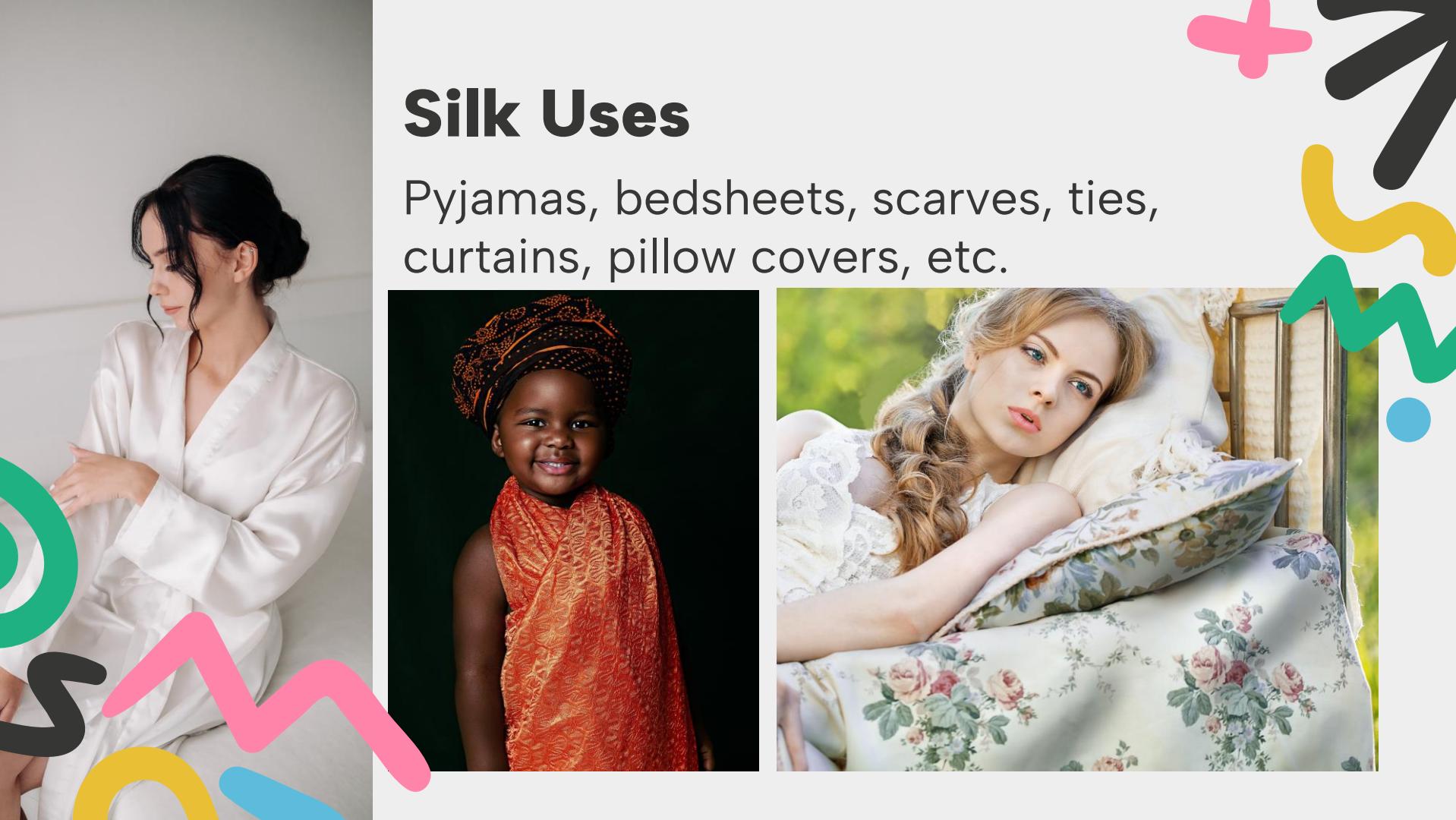
Towels, handkerchiefs, singlets, panties, boxers, etc.





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 several pairs of denim jeans stacked vertically. The jeans are of different washes, from light blue to dark blue. They are held together by visible orange-yellow stitching. The background is white, and there are decorative elements: a yellow swirl at the top left, a pink circle, a black arrow pointing down, and a green arrow pointing right.

Denim

- Comfortable
 - Durable and strong
 - Breathable
 - Easy to care for it
 - Does not easily wrinkle
 - Color fades over time
- 
- A stylized graphic in the bottom right corner featuring large, colorful, hand-drawn style shapes. It includes a pink flower-like shape, a blue curved shape, a green curved shape, and a black shape resembling a leaf or a stylized letter 'N'.

Denim Uses

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



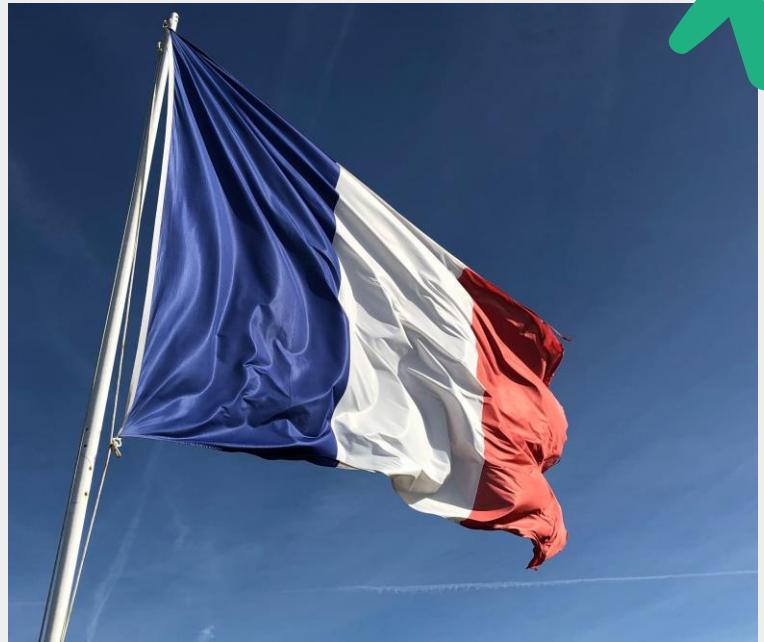


Polyester

- 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.



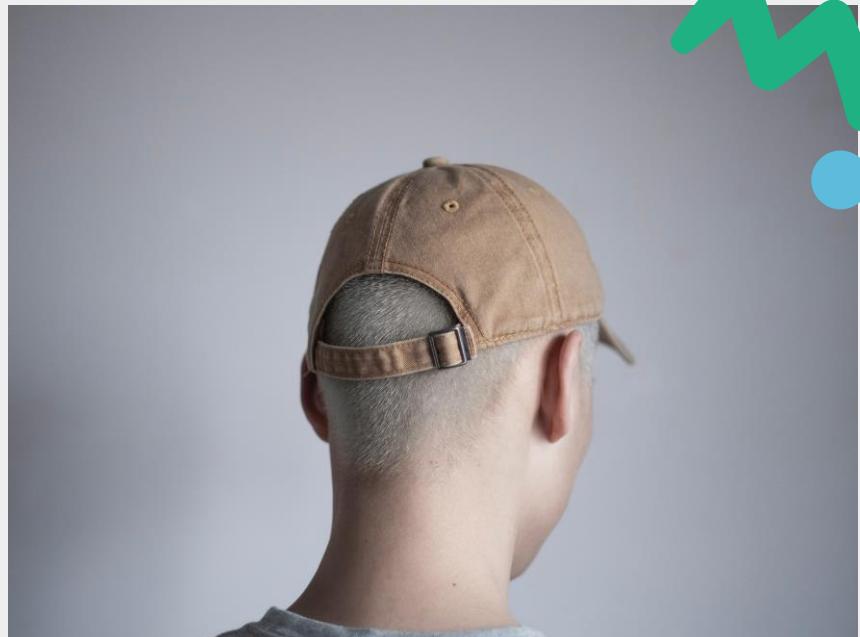
Khaki



- 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** that you are?
- Does your dress tell the kind of **family** you 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 **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?



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 dark blue, long-sleeved button-down shirt over an orange button-down shirt. He is also wearing dark trousers. His hands are in his pockets. He is looking slightly to the right of the camera. The background is a solid light blue.

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

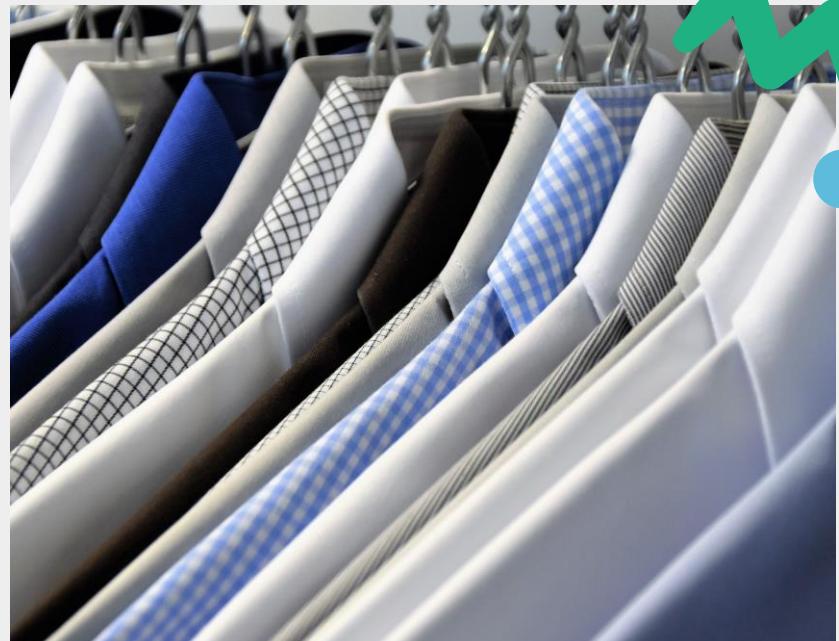
A clean dress can be worn up to a maximum of 3 days





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





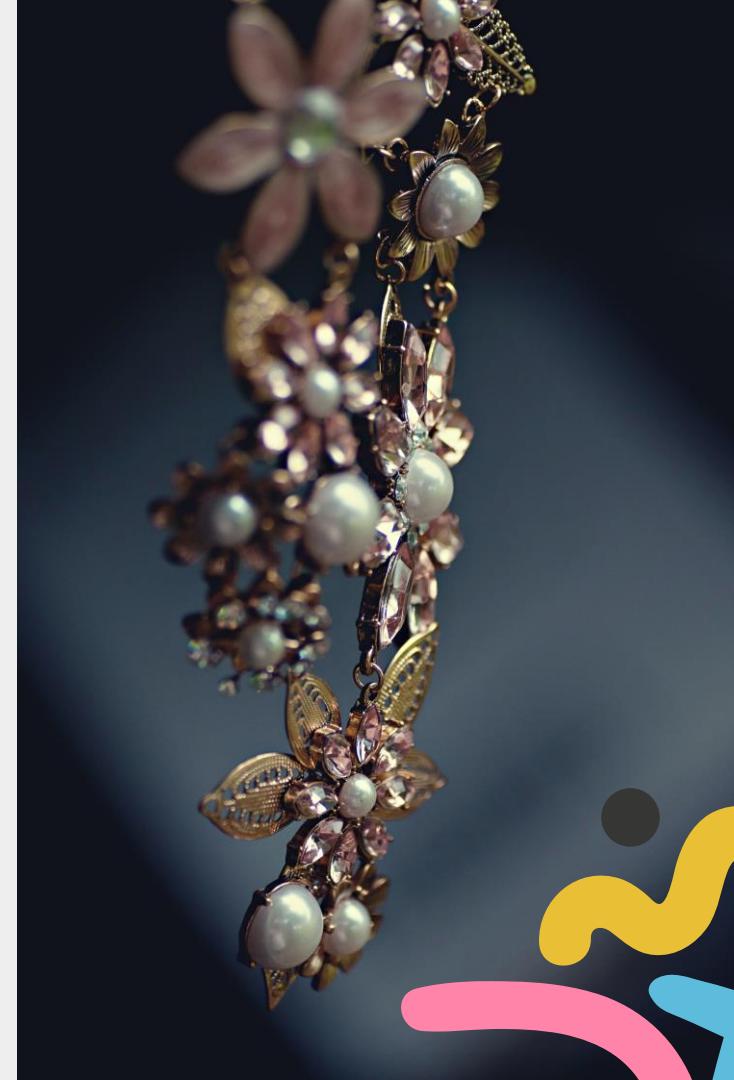
Read the Writings

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

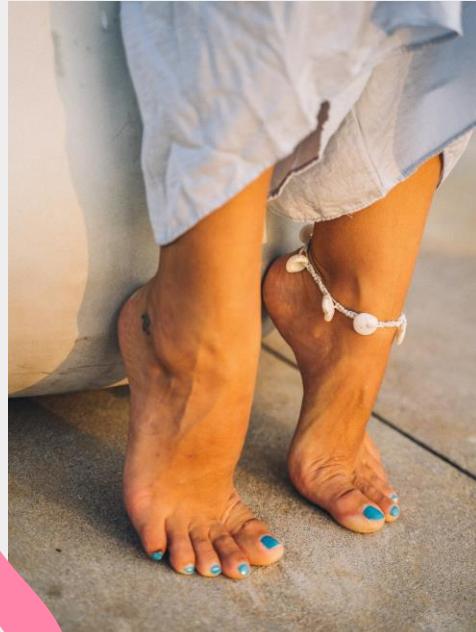




Not an Accessory



Anklets: They were used in the olden days to identify sex workers



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

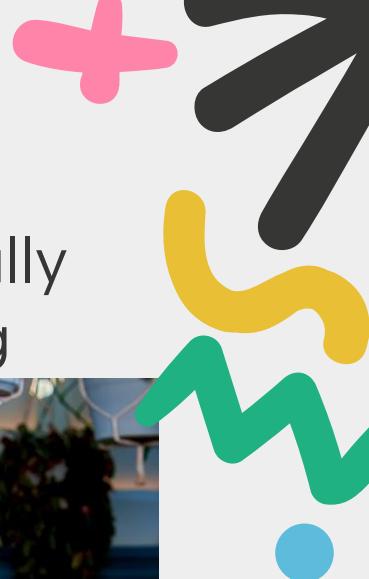




Do's



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

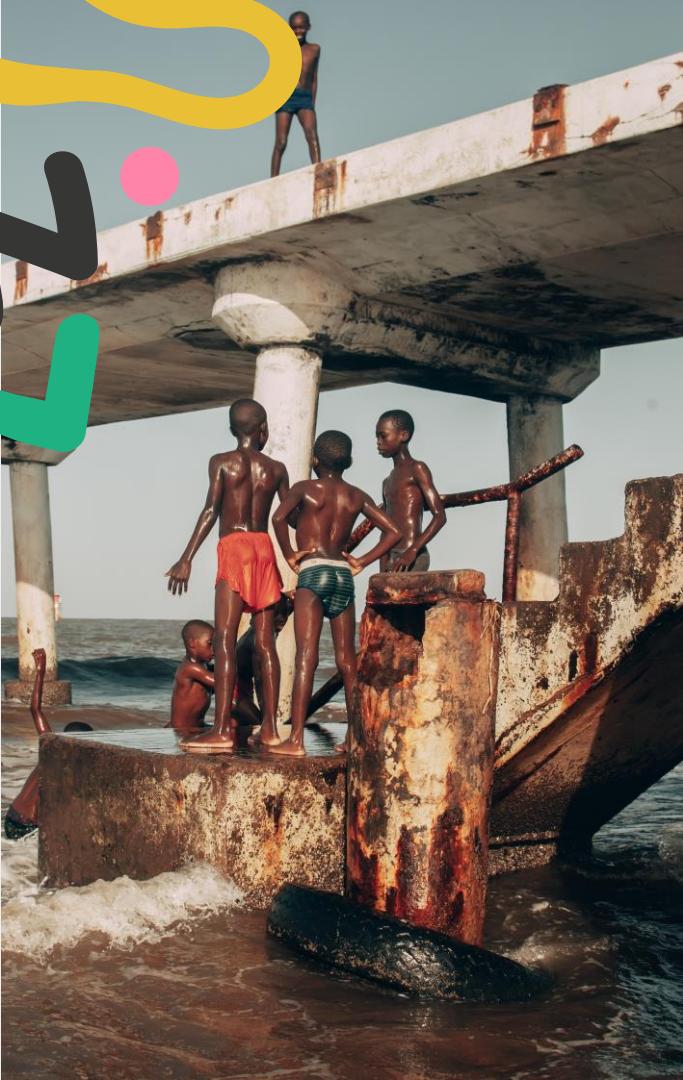
- Always carry a handkerchief
- Use it to wipe your face and hands when wet or sweaty
- When you don't have one, you can clean your wet hands in your pocket
- Use a face towel if you sweat a lot



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



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 short hair and 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, teal) partially visible on the left side.

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



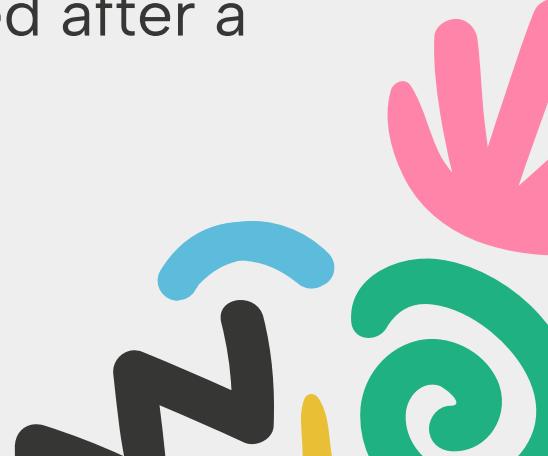
09

Dressing Up (Girls)



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.



A photograph of a young woman with brown hair tied back, wearing a light blue long-sleeved nightgown with a ruffled collar. She is standing against a white background. To her left is a decorative border featuring abstract shapes in yellow, pink, black, and teal.

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
- 
- A decorative border in the bottom right corner consisting of stylized, colorful leaf-like and swirl patterns in pink, teal, black, and yellow.



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 bowler hat and a blue strapless top. She is holding a white tube of deodorant labeled "CHARCOAL + MAGNESIUM" and applying it to her left armpit. The background is a plain, light color. There are decorative elements like yellow, pink, and teal swirls in the corners.

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



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 a warm smile, wearing a patterned top. The background is dark with abstract, colorful shapes in yellow, pink, teal, and grey.

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?

