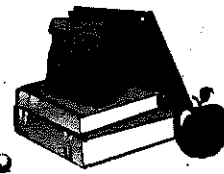


Modesty



What is Modesty?

Modesty is having self-respect. When you practice modesty, you are not showy or boastful. Modesty comes when you have self-acceptance and quiet pride. Modesty is to value yourself and to have a sense of respectful privacy about your body. Modesty is also accepting praise with humility and gratitude.

Why Practice It?

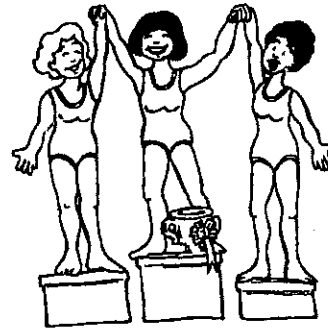
Without modesty, people do things to attract attention. They brag and boast. They dress in a way that is disrespectful to themselves and their bodies. They even allow others to take advantage of them in disrespectful ways. Without modesty people don't set boundaries about how they wish to be touched or not touched. With modesty, people respect themselves and others respect them, too.



How Do You Practice It?

Modesty is being comfortable with yourself. It is knowing you have special gifts and that others do as well. You practice modesty by not letting other people use you. You are respectful of your body and your privacy, and you expect others to be, too. If anyone touches you in a way that doesn't feel right, tell an adult you trust. Don't keep it a secret. When you are modest, you enjoy dressing in a way that shows self-respect.

The Virtues Project



What would Modesty look like if...

- A friend tries to convince you to buy a revealing outfit because everyone else is wearing it?
- Someone starts to tease you and tickle your private parts?
- You played really well and your team won the game?
- Someone wants to kiss you and you don't want them to?
- You feel like bragging about something good you did?
- You feel uncomfortable about the way a relative is touching you?

Signs of Success

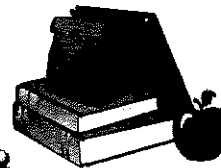
Congratulations! You are practicing Modesty when you...

- Are comfortable being who you are
- Respect yourself
- Do not permit anyone to abuse your body
- Set boundaries about your right to privacy
- Dress in a way that feels right to you
- Share your victories without boasting

Affirmation

I am modest. I have no need to brag. I dress in a way that shows respect for myself and others. I protect myself from disrespectful attention.

Activities with Modesty



Dress Code

Talk about how a dress code can help people to dress in a way that shows respect for their bodies and for others. If your school has a dress code, make an illustrated poster of the rules.



Poster Points

- Expect respect.
- Share the victories.
- Thankful, not boastful.
- Share the glory.
- Dress for success.



Virtues Reflection Questions

- How would it feel to be on a team and have someone else take all the credit for a win?
- How can you show modesty if you have made a great play in a game?
- How could you enjoy your victory and still be modest?
- Name three ways to protect yourself from unwanted touching by others?
- What would you do if someone in your family touched you inappropriately?
- What is your favorite outfit, one that feels like it's really "you"?



Quotable Quotes

"We come nearest to the great when we are great in humility." Rabindrath Tagore

"We do not possess our homes, our children, or even our own body. They are given to us for a short while to treat with care and respect."
Jack Kornfield

"I discovered I always have choices and sometimes it's only a choice of attitude."
Judith M. Knowlton

"I cannot and will not cut my conscience to fit this year's fashions." Lillian Hellman

"Never esteem anything as of advantage to you that will make you break your word or lose your self-respect."
Marcus Aurelius Antoninus



Drawing Modesty

Draw people on a team sharing the glory with each other.