

# SGBC Youth Group Modesty Guidelines

Prior to explaining our modesty guidelines at SGBC I want you to first understand the principles driving our thinking as a youth ministry leadership team concerning this controversial subject. Modesty is first and foremost an issue of the heart. It is a tangible expression of our love for Christ, separateness from the world, commitment to reserving our bodies for our spouse alone, and love for others so as not to cause them to stumble. No set of rules or policies can ultimately change a heart that does not have these biblical convictions in place regarding modesty.

Furthermore, the scriptures do not give us a specific set of standards laying out exactly what modest dress looks like. So any set of guidelines regarding modesty must ultimately be viewed as man's attempt to faithfully apply biblical principles to a modern day context. Therefore, there may be differences in modesty guidelines from church to church, or even among different families / individuals within the same church. That is OK as long as we are all striving to be faithful to the word and to love one another self-sacrificially.

However, with all that being said, there is still value to developing modesty guidelines as it can prevent confusion, eliminate excuses for sin, minimize distractions, and safeguard us from ignorant or immature mistakes in regards to dress. Therefore, these modesty guidelines are only meant to bring clarity and consistency to the shepherding of our group in regards to the important heart issues behind modesty. And just to prepare you, these guidelines have purposefully been set on the conservative side for a couple of reasons. First of all, we are a ministry of the local church and therefore our primary goal with any youth function is ministry related. So our desire with these guidelines is to eliminate as many distractions or hindrances to ministry as possible. And secondly, we recognize that any event we do as a youth group publicly represents both our church and Jesus Christ to each other and our community. These are responsibilities that we do not take lightly and therefore have decided to err on the side of caution.

So with all that in mind, here are the guidelines our youth leadership team at SGBC asks all students to follow at any youth group function:

## **Swimwear**

- **Guys** – Shorts style swim trunks and a colored t-shirt / rash guard. No tank tops or sleeveless t-shirts.
- **Girls** – The swimsuit can be either a one piece or a two piece, but it must cover your mid-section completely (no bikinis or mid-riffs). The swimsuit must either have conservative short style bottoms or you can wear shorts overtop. The swimsuit must also be worn with a colored t-shirt / rash guard overtop. No tank tops / sleeveless t-shirts.

## **Normal clothing**

- **Guys** – Must wear shirts at all times. Pants must be worn at the waistline. Tank tops and conservatively cut sleeveless shirts are allowed if not swimming or getting wet
- **Girls** – Undergarments must be worn at all times and cannot be visible (No spaghetti straps or tube tops, etc.) Thick strap tank tops and conservatively cut sleeveless shirts are allowed if not swimming or getting wet. Other clothing to avoid: short shorts, low cut shirts, wide neck shirts, clothing too tight, mid-riffs, etc.