



Diocese of Superior Modesty Guidelines

We love you. We want you to feel at home and comfortable. Our goal is simple: to show and speak the love of God to you. You are a beloved child of God. Our desire is to lead you deeper into that reality!

In any family or organization there are some very basic expectations and dress is one of those. The following are our expectations and they come from our belief in the dignity of the human person and the sacred beauty and meaning of our bodies. We want you to have the most positive and engaging experience possible. Sadly, dress can become a distraction – let's not let that happen! We have too many wonderful things to do together! So, we ask that you agree to the following:

Boys/Men & Girls/Women:

- **For simplicity, at Totus Tuus, everyone will wear t-shirts all week.** These must be loose fitting with no inappropriate messages or images; midriff must be covered, no cut off or torn t-shirts. Obviously, sweaters and sweatshirts can be worn as well. No sleeveless t-shirts or cut-off t-shirts will be allowed – though sleeves can be rolled up.
- Compression shorts may be worn if loose fitting shorts are worn over them.
- All pants and shorts must be loose-fitting. Shorts must have a minimum of a **4-inch** inseam

Girls/Women:

- Leggings may be worn if other clothing such as loose-fitting shorts, skirts, dresses or pants are worn over them. T-shirts and sweaters/sweatshirts are not adequate.
- Shirts and shorts must be worn over swimsuits for water fight.

Boys/Men:

- All undergarments must be covered.
- Swim trunks must not be speedo-type.
- Shirts must be worn at all times.

A note on attire at Mass:

All Liturgies are sacred and require reverence for God and others. Part of this reverence for God and others is found in appropriate dress.