

"Do my clothes meet the requirements of tznius according to halacha?"

Skirts

Length



- Skirts must cover the knees at all times: sitting, standing, and walking. Therefore, Gedolei Yisroel have instituted that skirts should extend at least 4 inches past the lowest point of the knee-cap to ensure proper coverage. In certain styles (e.g. straight skirts) more inches may be necessary to cover the knees in a sitting position.

Width - Top of skirt



- Skirts should be wide enough so that the form of the hip area (in the back) is completely concealed.

Width - Bottom of skirt



- A skirt should be wide enough so that it conceals the shape of the legs and the hip area (in the back), especially when walking.
- Skirts should be wide enough so that when walking up stairs the knees remain completely covered.

Fabric



- A skirt made of slinky or clingy fabrics can reveal the shape of the legs, even if there is enough extra material.

AWARENESS!
All skirts be skirts and robes (headscarves) while sitting must be closed. Button-down skirts should be buttoned down after the last button.

AWARENESS!
Extra care should be taken while going in and out of a car that the knees remain covered. (Sometimes blocking one's knees with a large cloth can prevent unnecessary exposure.)

Special care must be taken when sitting - especially on a porch - that the legs are covered and close together in order to prevent exposure of the knees and thighs.

AWARENESS!

Special attention must be given when crossing the legs, since very often the bottom knee is completely exposed.

approved by:
Rabbi P. E. Falk Shlit"e

Tops

Width/Material

- Tops may not accentuate the chest area. Therefore, they should have enough fabric at the chest area.
- Tops should be made of material that is not clingy. Extra care should be taken with knits and lycra fabrics, since they may hug the body even if there is extra material.
- Tops should be made of non see-through material which conceals the shape of the body and the outline of the undergarments.

Style

- Styles which accentuate the chest area may not be worn, even if they are wide enough.
- A very wide belt accentuates the chest and hip areas.

When in doubt if a top is loose-fitting, one should ask the opinion of an observer who is meticulous in the laws of tznius.

Buttons



- Care should be taken that the skin cannot be seen through the buttons. (Adding snaps or wearing a shell underneath the top can help prevent exposure.)

Length



- Tops must be long enough to cover the body when bending or stretching. (Wearing a black full slip or long shell is commendable.)

Upon deciding which size garment to buy, keep in mind that it may shrink. When gaining weight, clothes should be changed accordingly.

Clothes and shoes should be of refined colors and styles; not eye-catching.

Maternity

- Maternity clothes must camouflage the shape of the body and allow extra room, in width and length, to ensure proper coverage as the months proceed. The recent trend of revealing maternity wear is prohibited according to halacha and is a serious breach in tznius.

Sleeves

Width



- Sleeves should not be skin-tight.
- Sleeves should be long enough to cover the elbows at all times; especially when stretching or bending the arm.
- Wide cuffs should be altered to fit tighter on the arm so that the elbows do not become exposed.

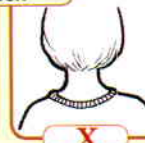
Neck

Front



- Necklines need to cover the collarbone in the front.

Back



- Necklines need to cover the second protruding bone in the back.
- According to Chassidic poskim, the first protruding bone needs to be covered.

Sides



- Necklines need to cover the complete shoulder on the sides. A neckline is a good guideline.

Collar



- Collars should not be too loose, in order to prevent exposure of areas that must be covered.

AWARENESS!
Care should be taken when wearing a pocketbook on the shoulder so when a child pulls at the neckline, that the complete neck remains covered.

AWARENESS!
Thread elastic through the casing on the neck.

AWARENESS!
Take in the garment at the shoulder seams. If the collar is too loose one can wear a loop of elastic under the collar.

Stockings

Thickness

- Stockings should not be too thin.

Color

- Stockings which closely resemble the skin, giving the impression that the legs are not covered, should not be worn.

Tznius is a Segula for:

Health, long life, good children, find shiduchim, parnassah and much more

The laws on this poster are halachos, not chumros, and apply to every Jewish daughter.
For more details of the halachos see "The Tznius Handbook" by Rabbi P. E. Falk