



# **Educating in Modesty**

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# Modesty Meaning

- The **quality** or state of unassuming the estimation of one's ability:  
**Unpretentiousness / Humility / Shyness**
- The **quality** of being relatively moderate limited or small amount, rate or level:  
**Moderation / Fairness / Smallness**
- Behaviour, manner or appearance intended  
**Decorum / Decency / Sobriety / Delicacy**
- Spontaneous **defense against indecency**
- **Not** to be confused with **prudery**
- Modesty does not only apply to bad or indecent things

# Modesty as...

- A feeling: Intimate existence
- A virtue: **when** and **how** to reveal our interior being

# Intimacy and Modesty

Modesty **defends the intimacy** of a man or woman, their most precious core! So as to **be able to reveal** it in the **appropriate** measure and in the right moment

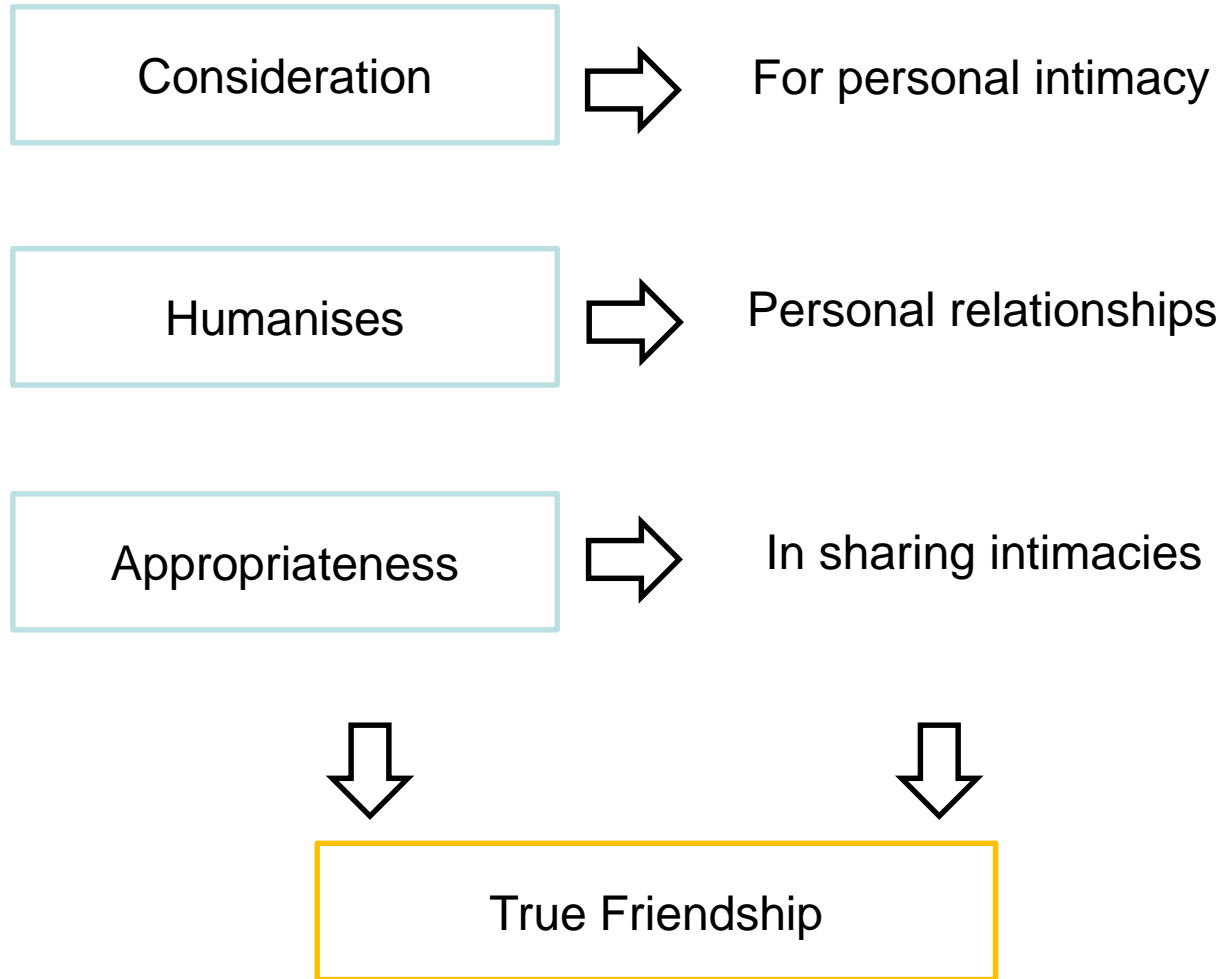
# Lack of Modesty

- Intimacy is not viewed as unique...
- Therefore no need to reserve it for certain persons and not others
- Person is exposed to **mistreatment**

# The beauty of modesty... is that:

- Protects the mystery of a person. **How?**
- Body:
  - Seeks to draw attention to what is exclusive to each person
  - It inspires one's choice of clothing
- Spirit:
  - It **brings order** to our inner world
  - Temperance: patience and moderation in relationship

# The beauty of modesty... gives us:



# Making it as something positive

Goal: the value of modesty as part of **personal dignity**



# Teaching by example

- With respect:
  - Personal dignity at home
  - One's own intimacy and that of others

**Goal:** carry on for life. Give your own “tone” to society

# Starting at early age

- Good habits
- Correcting with affection

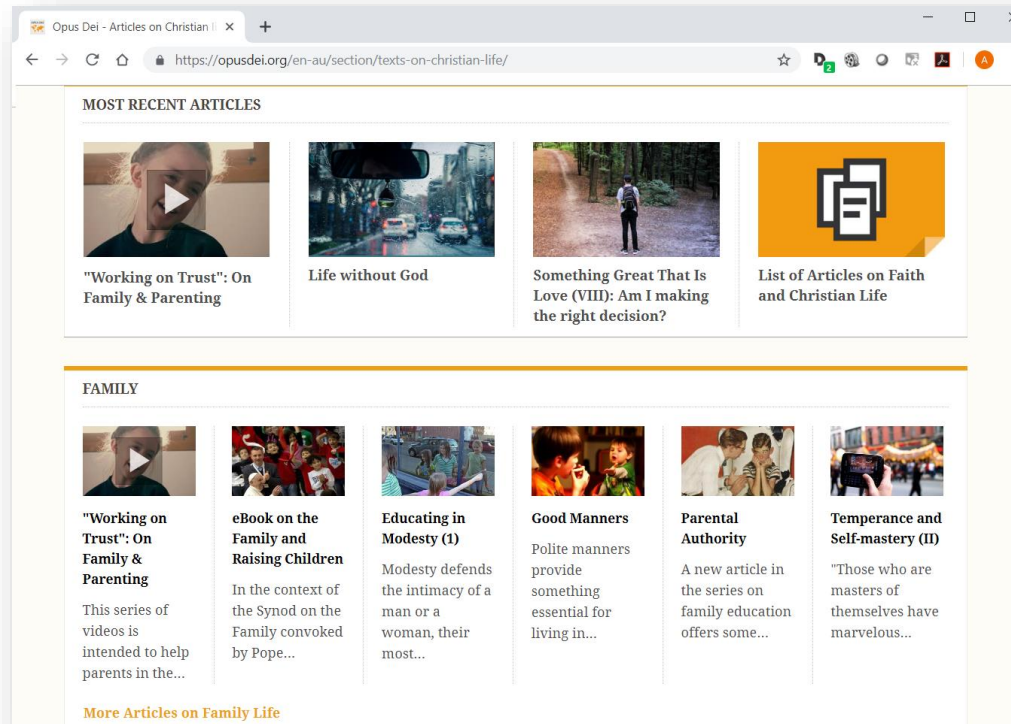
**Goal:** Treat others the way they would like to be treated

# Conclusion

- Modesty protects the intimate centre of the person
- Must be learned from early age
- When they grow up, they will learn to respect others for what they are: Children of God

# Sources

- <https://opusdei.org/en-au/article/educating-in-modesty-1/>



# Thank you!