

Expressing Your Personality Through Your Clothing

4-H Clothing and Textiles Project

Part of the Family and Consumer Sciences 4-H Project Series

Selecting What's Right for Me

Project Outcome: Select clothing that expresses an individual's unique personality.

Project Indicator: Complete analysis of personal style with picture in outfit that represents personal style.



Clothing conveys much about our personalities and who we are. It is one of the most important clues from which first impressions are made. When you learn what your clothing says about you and ideas for adding your own personal touch to your clothing, you can have fun with your wardrobe.



To get started, think about what you wear on a daily basis and describe two outfits here:

| OUTFIT ONE (circle) | | OUTFIT TWO (circle) | |
|--|--|--|--|
| Knit Top or Button-up shirt | Pants or shorts or skirt | Knit Top or Button-up shirt | Pants or shorts or skirt |
| Long Sleeve or Short Sleeve or Sleeveless | Long or short | Long Sleeve or Short Sleeve or Sleeveless | Long or short |
| Loose or Body fitting | Loose or Body fitting | Loose or Body fitting | Loose or Body fitting |
| <u>Fabric:</u> Solid color or Print Actual Color: | <u>Fabric:</u> Solid color or Print Actual Color: | <u>Fabric:</u> Solid color or Print Actual Color: _____ | <u>Fabric:</u> Solid color or Print Actual Color: |
| Shoe type: Shoe color: | Accessories (List): | Shoe type: Shoe color: | Accessories (List): |

CLOTHING REFLECTS OUR VALUES CREATING OUR CLOTHING PERSONALITY

Our society has developed ideas as to what is best and right for people to wear. These ideas are adopted or rejected by each of us. As we form our values we may reflect, reject, or accept a portion of these ideas. Through experimentation, our clothing personality is developed. Each one of us say something about ourselves by the way we dress. This is our own “clothing personality.”



Whether you believe it or not, values are reflected through the clothing we wear. Do you and your parents ever disagree on appearances? One reason may be the values of each person. You may feel a style is a statement of independence from your parents, while your parents may feel the style represents values they dislike.



My Values



Think for a moment how you would feel if the President and the First Lady showed up for a public appearance dressed like current rock music stars.
-Would the public's opinion of them change?
-Do you think they would make the news?

My Style

That is how important our choice of clothing is to us and others. **As you grow older, you will experiment with various styles and probably find yourself comfortable with one or two style themes.** Within these styles, you can dress up or down to suit the activities in your life. You will get more clothing for your dollar by purchasing garments in your personality style than you can by accumulating many different styles. Some clothing may look terrific on you, but you will not wear them as often if they don't fit your clothing style.

WHERE DO YOU WEAR YOUR CLOTHING?

As we adopt a style, we must use it within a wide range of activities. These include such things as school, leisure, hobbies, religious, cultural and formal occasions. Look in your closet and identify where you wear the majority of your clothes: I wear the **majority** of the clothes in my closet at:

- _____ School
- _____ Leisure Activities
- _____ When Enjoying my Hobbies
- _____ Religious Functions
- _____ Cultural and/or Formal (dressy) occasions

(If you have a good amount of clothes in your closet in more than one category above, check those above.)

What's in my Closet?

At all of the above occasions, our dress reflects our personality as well as our values, such as:

Material Comfort
(Economics)

External Conformity
(Belonging to a peer group)

Individuality
(Being unique)

Equality of Social Status
(Wanting to belong to a different group)

Clothing Personality Styles

To get a better picture of various styles that can be identified through the clothing we wear, examine the clothing personality styles below.

Dramatic—enjoys bold, colorful dressing. Uses large and spectacular accessories. This person is often the first to try a new style. Everyone notices when a ‘dramatic’ person walks into the room. Guys in this style are usually tall and thin.



Sporty/Natural—enjoys dressing with a relaxed or outdoorsy feeling. Simple clean-cut lines. Easy care hairstyle. Lots of denim, khaki, and button-front styling. The natural person may also love animals and prefer to be outside. The sporty/natural will find their style of clothes in places like Eddie Bauer.



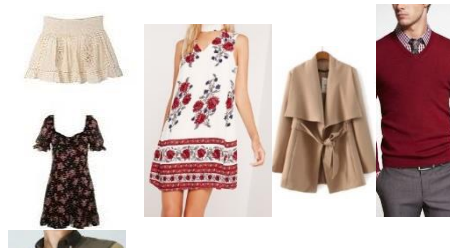
Gamine—a smaller\shorter version of sporty/natural. The gamin looks great in pixie hairstyles and sporty/natural clothing styles. Guys are youthful looking and have an eye for detail.



Classic—enjoys dressing in a tailored look. Classic sweaters, pleated skirts or pants. This person is naturally very neat; every- thing is in place and stylish in moderation.



Romantic—likes dressing with lots of fullness and softness. This person chooses large plaids, large printed designs on fabrics, and large details (females like large ruffles, lace and bows; males like baggy pants and full cut shirts & sweaters).



Ingénue (*on-jin-u*)—is soft spoken, likes fine detail, and looks good in small details.



IDENTIFYING YOUR PERSONAL STYLE

Now that you have learned more about personal style, look at the two outfits you described in this exercise (or look at your favorite outfits in your closet and identify your style as one of the following (Dramatic, Sporty/Natural, Gamine, Classic, Romantic, Ingénue):

My style is: _____

Is there anything you would add to your outfits to make them better reflect your style? Yes No
If 'yes' describe here what you would add: _____

Now that you have identified your personal style, look at the descriptions of that style and/or examples given. If you could buy an outfit for a special occasion reflecting your identified style, describe what that outfit would look like including color, fit, length, etc.

I would wear my special occasion outfit to: _____

Description of outfit: _____

Test your knowledge

1. Identify the following images with the correct style. Choose from: Dramatic, Gamine, Romantic



a _____ b _____ c _____

2. Identify the following images with the correct style. Choose from: Sporty/Natural, Ingénue, Classic.



a _____ b _____ c _____

To complete this activity, take a picture of you in an outfit that expresses your identified personality style and keep it for your portfolio or to use to show others what you have learned.

Answers: 1a. Dramatic; 1b. Romantic; 1c. Gamine; 2a. Classic; 2b. Sporty/Natural; 2c. Ingénue

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Adapted from Kansas 4-H Leader Guide

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