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## Benefits Of Wearing A School Uniform

The debate on whether students should or shouldn't wear uniforms has been continuous since time immemorial. Some believe that students who wear uniforms are more disciplined than those who do not. In addition, uniforms supposedly bring unity and equality to students. Nonetheless, many think it is an unnecessary cost and too expensive for many families. By exploring the pros and cons there is a great amount of evidence that it is a highly debated topic.

There are many benefits to students wearing uniforms. Mandatory uniforms were made in the belief that they would help students be more productive in school. "When all students are wearing the same outfit, they are less concerned about how they look and how they fit in with their peers; thus, they can concentrate on their school work." (Association of Secondary Principals). Many believe that if schools enforce uniforms it will help students be more focused on learning. Uniforms are proven to take away social hierarchy and stop kids from worrying about what to wear. There is no wardrobe competition among students after getting uniforms. Also, once you buy school uniforms they don't normally change so you don't have to buy a new one every year and you can pass them down. Uniforms take away from students showing off how much money their family has and what privileges others might not have.

School uniforms help with school culture and they make for a better school environment. Students don't face peer pressure when they wear them because they don't have to worry about the latest trends. School uniforms keep students from standing out among a crowd. They also prevent kids from being bullied. In Long Beach, CA, after two years of a district-wide K-8 mandatory uniform policy, reports the crime to go down up to 70%. "According to the Department of Education, schools that had uniform policies experienced reductions in fights, substance abuse, and weapons in school."(...) When students wear the same thing they can focus on themselves and not what other people think of them. This opens up other things they can focus on. Like school, sports, clubs, and homework. Wearing uniforms can reduce gang-related violence in schools. By taking away the option of what a student wears eliminates gang members wearing their colors and other clothing that helps gangs identify themselves. School uniforms take away from students having to worry about what to wear in the morning. Taking away students' right to choose what to wear isn't always a bad thing. Having uniforms, schools wouldn't have to worry about people breaking the dress code rules and it stops students from wearing offensive clothing.

There is no conclusive data to show that school uniforms solve any of the problems they were created to solve. (Foster) There is no proof showing that school uniforms improve any of the issues that they are claimed to fix. There is no actual evidence, many are just principles and teachers' opinions. Uniforms are simply a band-aid on school issues. What people wear is not only a fashion sense but a statement of unique individuality. (Foster) Clothing choices are said to be a crucial form of self-expression. Allowing students to choose their own clothing is sending a message that the students are mature and entitled to basic self-determination. "The first amendment of the US Constitution guarantees that all individuals have the right to express themselves freely."(Top Pro & Con) The First Amendment to the Constitution states: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or the press or the right of the people peaceably to

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assemble, and to petition the government for a redress of grievances.”(The US Constitution) If schools demand students to wear uniforms they are taking away their freedom of expression. Clothing is also a popular way of expressing support for various social causes and awareness, wearing uniforms remove that option. Students at Friendly High School in Prince George’s County, MD, were not allowed to wear pink shirts to support Breast Cancer Awareness Month. As a result, 75 students received in-school suspensions for breaking the school’s strict uniform restrictions. A person’s freedom of expression and speech allows them to show the world who they are and voice their opinion.

Some uniforms can be considered sexist. For example, girls may have to wear skirts and many may not be comfortable with that. This can lead to many parents being upset and disagreeing with the uniform policy and could lead to conflict with the school’s administration. When students have to wear the same outfits many can feel embarrassed by wearing them because the clothes might not suit their body type. Everyone’s different and everyone has different body types when schools make different people wear the same clothes some may stand out. And that makes them self-conscious and can lead to the students having social anxiety. People should be allowed to wear clothes that make them feel confident and show who they are as an individual. “No one would suggest that schools, tell students what they can eat or how much sleep they must get, but both of these factors have proven to greatly affect student performance. In the end, parents are responsible for what students eat and how much sleep they get. As students grow older, parents try to teach their children to make wise choices.” (Foster) Almost all students in High School don’t even eat lunch and stay up as late as they please. Not getting enough sleep affects how someone acts and how other people act towards them. In most cases, chain reactions happen. For example, when someone is in a bad mood and acts rude to another person it gives off negative effects on whoever they talk to. That causes that person to now be in a negative mood too. Then this causes it to continue and in the end, almost everyone is in a bad mood.

In conclusion, there are many advantages and disadvantages to school uniforms. Having uniforms gets rid of social classes. The biggest advantage is that parents wouldn’t have to spend as much on school clothes each year. The argument on whether a student uniform violates the student’s right of expression will remain a never-ending discussion. Wearing uniforms all depends on circumstances and what image the school is trying to portray. Based on all the evidence provided it is clear that school uniforms are not the solution to solve schools’ issues. Instead, people should be looking for a better more permanent way to solve the growing issues faced by students.