Sample Essay from ACT Website

Many high schools have adopted dress codes that set guidelines for what students can wear in the school building. Many people disagree with these policies. Though arguments can be made for either side, my opinion is that a dress code can have a very positive outcome for several reasons.

First of all, a dress code promotes student equality and acceptance. High school students are at a vulnerable age when they want to be accepted. If a teenager feels as though they don't belong, it can lead to serious emotional problems. Some students get so upset that they withdraw from family, their grades fail, and they may become hostile. The shootings at Columbine High School were the response of two boys who felt unaccepted. Students following a dress code would look more alike. This helps all students feel like part of a group as well as eliminates problems of not wearing the "right" clothes for students affected by poverty who can't afford to.

Second, a dress code eliminates distractions in the classroom. Students who wear tight clothing could be uncomfortable and not able to concentrate. Some students may feel peer pressure to wear revealing clothes they believe are immodest just because it's in style. This would make them uncomfortable in a different way but also keep them from concentrating. Tight and revealing clothes can also affect the rest of the students especially the opposite sex, by catching the eye and causing people to think about things other than what they should be learning.

Lastly, a dress code can contribute to students' education by teaching students how to dress for the working world. Since most students will have to work sometime after they graduate, it's important that they know what to wear for a job. A dress code can teach students to distinguish between what is appropriate to wear and what is not.

While many people are afraid dress codes restrict personal freedom it is important to remember that a dress code is only for school and that students can express their individual style on their own time. Since a dress code in school can make students feel more accepted, decrease distractions in the classroom and help students prepare themselves for a job; it's not surprising that many schools have adopted dress codes.