



## **REFLECT YOUR RESPECT**

The intent of “**reflect your respect**” is to raise awareness of how our image impacts ourselves and others around us. Together we can create a supportive environment, with respect and without shame.

Cabrillo College is an educational community made better for all of us when administrators, faculty, staff, and students participate in mutually respectful practices. If we agree to work together to make Cabrillo a safe, healthy, and professional environment, teaching and learning can take place without unreasonable distractions. Please reflect your respect of yourself and Cabrillo by practicing the following **DRESS FOR SUCCESS** guidelines:

### **DO**

- **Practice cleanliness and good hygiene.** This promotes health and positive interactions with others. If you need help with getting clean clothing or hygiene products, please contact Student Health Services.
- **Consider your activities while on campus.** For example: if you will be working in a science lab, think about how your clothing, accessories, or hairstyle add to or decrease your safety. Discuss concerns with your instructor.
- **Be aware that you sit, walk, stand, and move in shared public spaces while at Cabrillo College.** The chair you sit in is also sat in by many other students throughout the day. Dress in a way that will minimize the transmission of germs or sweat from student to student.

- **Wear something on your feet.** Bare feet increase the risk of injury, or contracting /spreading germs/illnesses.
- **Keep intimate body parts covered** to present a more professional image.
- **Reach out to a caring community member** if you need support.
- **Remember that Cabrillo is a neutral educational institution.** Be sure your clothing colors and symbols as well as accessories reflect your commitment to learning in a safe and supportive environment and not perceived as a threat to campus safety.

### **DON'T**

- **Shame or ridicule people** who hold different modesty or image standards than yours.
- **Comment publicly or interrupt class to discuss offensive images.** Please discuss with a faculty or staff member during their office hours.
- **Worry.** Everyone goes through a process of learning how to dress for different dress for success situations. You can do this.

*Co-sponsored by Student Services, Student Health Services, and Student Employment.*