

## School Uniforms or Student Dress Choice

Instructions: Read both passages and then answer the following writing prompt. Do you think schools should have a dress code policy that requires students to wear uniforms? Why or why not? Use examples from the essays to support your opinion.

### Text 1: Benefits of School Uniforms

School uniforms have been a controversial topic for many years, but they offer several benefits to schools and students alike.

According to a study by the National Association of Elementary School Principals, “Students who wear school uniforms have a better academic performance, better attendance, and fewer behavioral problems.”

One advantage of school uniforms is that they promote a sense of unity and belonging among students. When everyone is dressed the same, there is less focus on fashion and more focus on learning.

Uniforms can also help reduce bullying and social pressure related to clothing choices. As stated in a study by the National Center for Education Statistics, “school uniforms can promote a sense of safety, a positive school climate, and a sense of belonging among students.”

Another benefit of school uniforms is that they are often less expensive than regular clothes. Parents can save money on clothing costs and students can save time getting ready in the morning. As a result, families may experience less financial stress and students can focus on their studies.

### Text 2: Disadvantages of School Uniforms

While school uniforms can have benefits, there are also some disadvantages to consider. According to a study by the American Civil Liberties Union, “mandatory uniform policies in public schools are found to violate the First Amendment right to free expression and do not improve academic performance or safety.”

One negative effect of school uniforms is that they limit students’ freedom of expression. Many students use clothing as a way to express their personalities and individuality. When uniforms are required, students may feel that their creativity is stifled and their personal style is not represented.

Another disadvantage of school uniforms is that they can be expensive for families who are required to purchase them. If students outgrow or damage their uniforms, parents may have to pay for replacements.

Additionally, some students may feel self-conscious or uncomfortable in their uniforms, which can negatively impact their academic performance and confidence.

In conclusion, school uniforms have both advantages and disadvantages. While they may promote a sense of unity and save families money, they can also limit students’ individual expression and be a financial burden for some families. It is important for schools and parents to carefully consider both sides of the debate before implementing a school uniform policy.

## Sample: The Benefits of Wearing School Uniforms

School uniforms have been a topic of discussion for a long time. Some people think they are a good idea, while others have different opinions. I believe that wearing school uniforms has many advantages. In this essay, we will explore some of the reasons why school uniforms are beneficial for students and schools.

One great thing about school uniforms is that they help students feel like they belong to a team. When everyone dresses in the same way, it's not about who has the fanciest clothes or the coolest sneakers. Instead, it's about working together and focusing on learning. The National Center for Education Statistics says that uniforms can make students feel safe and like they are part of the school community. This is important because when students feel like they belong, they can concentrate better on their studies.

Another advantage of school uniforms is that they can save families money. Regular clothes can be expensive, but uniforms are often less costly. When parents don't have to spend as much money on clothes, they have more money for other important things. Additionally, uniforms can save time in the morning. Instead of spending a long time choosing outfits, students can quickly put on their uniforms and get ready for school. This means they have more time to eat breakfast and be prepared for the day ahead.

School uniforms also help reduce bullying and social pressure. When everyone wears the same thing, there is less teasing or making fun of others based on their clothes. No one feels left out or embarrassed because they can't afford the latest fashion trends. This creates a positive environment where students can focus on their education without worrying about what they are wearing. The National Association of Elementary School Principals found that students who wear school uniforms have fewer behavioral problems.

Some people argue that school uniforms limit students' freedom to express themselves. They believe that clothing is a way for students to show who they are. However, it's important to remember that self-expression can come in many forms, not just through clothing. Students can still express themselves through their words, actions, and interests, even if they are wearing uniforms. It's about being proud of who they are on the inside. In fact, when students feel united as a team, it can boost their confidence and help them focus on their studies.

In conclusion, school uniforms have several benefits for students and schools. Wearing uniforms promotes unity, saves money, and reduces bullying. While some people argue that uniforms limit self-expression, it is important to consider other ways in which students can express themselves. Schools and parents should carefully think about the advantages and disadvantages before making a decision about school uniforms. Ultimately, the goal is to create a positive and inclusive environment where all students can thrive.