I'm not a bot



```
School uniforms in public schools are considered essential for teaching children to obey rules and develop a sense of community in many countries, including the UK and Australia. But public schools in other countries like the USA and Canada rarely enforce mandatory school uniforms. It is, however, far more common for private schools to enforce
school uniforms no matter the country in question. This article takes a deep dive into the pros and cons of School UniformsCons of School Uniforms1. Pro - Uniforms Build School Spirit1. Con - Upfront Uniform Costs2. Pro - Less Bullying in Schools2. Con
- Lack of Freedom of Expression 3. Pro - Saving Time in Mornings 3. Con - Uniforms Teach Gender Norms 4. Pro - Uniforms Teach Gender Norms Teach G
Highlight Social-Class Differences Between Schools 7. Pro - Uniforms can Increase Student Focus 7. Con - There's Less Visible Diversity 8. Pro - Protection of a School Truancy can be more Easily Identified 9. Con - Parents need to Manage Laundry Routines around
School Days10. Pro - Ensures Appropriate Sporting Outfits10. Con - Difficulty in Finding the Uniform Many schools intentionally choose uniforms that are very basic, such as "white polo shirt and grey shorts", so that parents do not have to pay exorbitant amounts of money on the uniforms. Many low-cost clothing stores also make the effort to
produce and distribute these typical uniform-conformant clothes at low cost during back-to-school sales. A typical 5 pack of basic white polo shirts that students can wear to school swithout uniforms would feel pressure
to change up their outfits regularly (adding to costs), the forced repetition of wearing Related Article: 17 Surprising School Uniforms for free as hand-me-down outfits once their children grow out of the uniform. This has the effect of helping
poorer families to access uniforms for their children without cost. There tends to be an over-supply of uniforms are often able to source uniforms for free. Many schools have a hand-me-
down bin in their front office, allowing parents to drop-off pre-loved uniforms, and other parents to arrive and request free shirts and pants discretely. If all children are dressed the same clothes as the wealthier children.
This can have the effect of reducing chances of bullying based on a child's family's levels of wealth. But it also enables children who are poor to feel as if they are no different from others. It helps to start all children who are poor to feel as if they are no different from others. It helps to start all children who are poor to feel as if they are no different from others. It helps to start all children off on a level playing field, and makes them feel more secure that they're just another student - neither of worse than other
students who are of higher or lower wealth. In this study by Chris Baumann and Hana Krskova, published in the International Journal of Educational Management, it was found that teachers also
spent less time disciplining students and waiting for students to give their attention to the teachers. This leads to more engaged working time in the classroom. One potential reason behind this finding is that the conformity in dress reduces distractions for students. However, there are plenty of other studies that have found no significant difference in
academic achievement by parents, so in my opinion the jury is still out on whether this is true. More research is required. Even schools that do not have mandatory school uniforms often have sports uniforms for physical education lessons, including both conformity and practicality. Firstly, there are unique pros and cons of
sports uniforms that differ from those of school uniforms. Namely, teams in sports need to have a sense of camaraderie and unity that the uniform can help achieve. Wearing the same colors can instil team spirit that helps with the team's performance. Secondly, a team uniform is useful in sports for helping to quickly identify team members to pass
the ball to or seek support in the fast pace of a game. Thirdly, a sports uniform is specifically designed and loosely fitted so students are comfortable while engaging in physical activity, which may include physical contortions, stretching, sprinting, and other actions not usually undertaken outside of the sporting arena. A study by Nathan et al. in the
International Journal of Behavioral Nutrition and Physical Activity found that children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who do not. This was a sizeable study - with 42 schools and over 3000 children studied - making these findings some of the more reliable results within the
school uniforms literature. Logically, this also checks out. Firstly, if all children are wearing a pre-approved sporting outfit that is fit for purpose and can be comfortable during physical activity, they will have less clothing distractions and have one less potential barrier preventing them from participation in lessons. Secondly, another logical rationale
for this is that the students know they can change out of the uniform after the lesson (into either their regular uniform or non-uniform clothing), giving them the sense that they can sweat and get the uniform after the lesson (into either their regular uniform or non-uniform clothing), giving them the sense that they can sweat and get the uniform or non-uniform clothing), giving them the sense that they can sweat and get the uniform or non-uniform clothing).
uniform can help students psychologically prepare for the physical activity. The uniform is a psychological signal to the students that it's time for them to do exercise. School uniforms could remove one more thing that children can be bullied over. If all children are dressed the same, then children will not bully one another for their fashion choices.
And high school students seem to agree that bullying will be decreased if mandatory uniform policies are introduced. However, empirical evidence does not always support this widely-held belief. This study, for example, found no difference in disciplinary issues before and after a school uniform was introduced at one particular school. It is possible
that bullying will happen regardless of uniforms, and that making all children wear uniforms does nothing to actually teach kindness. A bully will be a bully - targeting things other than dress codes if need be - unless the bully is actively taught not to do so. A study by Sanchez et al. interviewed 604 middle school students found that the students
reported increased confidence and self-esteem while wearing uniforms. The primary hypothesis for this growth in confidence is that students may also develop increased confidence by expressing themselves through their uniforms. By trying out new
clothes, children learn to develop a unique identity and get more practice dressing in ways that make them feel good about themselves. A school without a uniform, or even with an outdated or simple uniform. And a study by the
National Association of Elementary Schools Principals (NAESP) shows that this is a key concern for school principals in the community. Here, the main concern of the school principals is the message the uniform sends and not and actual tangible
effect. Given there are several studies highlighting that there is no academic benefit of a uniform, this seems like a vanity metric. Nevertheless, the symbolism of having parents and the community value and respect the school and its students more. School
spirit includes pride and sense of belonging within a school. Wearing a uniform may help with this. If all the students are wearing the same clothing, there's a sense that they're "a team" and "working together" rather than being individualistic. The NAESP study named above also looked at principals' perceptions of whether uniforms improve school
spirit. 77% of school principals in schools with uniforms believed that uniforms did help with school spirit. Many parents also like schools that have uniforms. It's simply easier to get ready in the morning if children know exactly what to wear. There is no back-and-forth choosing and changing outfits or arguments between parents and children about
what is acceptable to wear. And in fact, the NAESP study found that 92% of parents believe it's easier to get their kids ready in the mornings. Significantly, the parents cited less wardrobe battles as the key reason time is saved. If all students
are wearing school uniforms, it's easier to identify people on the school grounds who do not belong there. Those people would not be wearing uniforms as positively impacting school safety, while students don't believe uniforms make them more safe. Of course, there is
one big hole in this argument. It would only make it easier to identify children or teenagers who do not belong could easily be confused for a teacher seeing as most school safety is adults coming onto the grounds impersonating teachers.
Which begs the question: why do children have to wear uniforms and teachers don't? If the argument is children on school grounds need to be identifiable? It seems like adult hypocrisy to me. Uniforms may also be useful to schools for age identification of
children. This would require different year levels to have different uniforms. For example, the infants could wear one color while the older children can wear another. This would allow schools to police movement through the school. If a younger child is in a part of the school reserved for the older children, they could be easily identified and sent to
their dedicated space (which may also help with safety). This identification could also work across gender lines, where different uniforms. For example, if there are two private schools side-by-side where one is all-girls and one is all-boys, then this could work well to ensure the two genders remain separated, as per the
private schools' policies and ethos. It could be argued that, if all students dress the same, then there is less chance of prejudice by students and teacher may treat them differently. But if all children dress the same, then the teacher is less likely to be
prejudiced toward that child. However, there is an obvious flaw in this argument. It doesn't reduce prejudice because it is potentially prejudicial to tell some children they're not allowed to dress in ways that accord with their culture or religion. School excursions to busy places can be stressful for teachers. The teacher needs to keep an eye on all the
students in the class while there are also many other members of the public in the same space. Uniforms are very useful in these situations. The teacher can count-off all the people in uniform to easily ensure all the students are there and ready for their next instructions. All cultures have rules around acceptable forms of dress. Usually, these have to
do with not wearing sexually provocative clothing and not wearing clothing with insulting or provocative signs on them. A uniform gives students a set of guidelines about what is considered acceptable and unacceptable to wear. And it seems parents and school administrators often cite this as a key reason for mandatory school uniforms, particularly
in religious schools. However, this also raises concerns about exclusionary dress. Different people have different ideas around what is and is not appropriate. If you're attending a school that doesn't conform with your own values. Most
people believe that sexuality and sexualization should not be associated with childhood. By enforcing a school uniform, children feel less pressure to focus on their outfits, 'looking good' for
the opposite (or same!) sex, or thinking about sexually provocative clothing. I grew up in a school where we all wore uniforms. Police would often approach students walking around town in uniform during the school day. They would ask if we were supposed to be at school (and sometimes even call the school). If students were found to be truanting,
the police would drive them back to school. Thus, uniforms can also be a useful way for the whole community to oversee where children of school age should be at all times. Of course, children can simply get around this by bringing a change of clothes, which would in-turn make it easier for them to truant if the police are looking for people in school
uniform! Many conservative parents want their children to grow up conforming to society's gender norms. Boys are raised to be leaders and girls are raised to be leaders and girls are raised to be leaders and girls are raised to be leaders. And while in today's age, gender norms are increasingly considered to be leaders and girls are raised to be leaders.
could be a positive. Girls are taught to wear skirts and dresses, while boys are taught to wear shorts. Even these uniform requirements send a message - it's harder to do rough and tumble activities in a skirt than shorts! By raising children from a young age to wear gender-conforming outfits, the schools are showing the children how to 'act their
gender'. I personally consider this to be a negative, but many parents see it as a positive, so I've placed it here for them! Public schools usually do not have religious, cultural or social-class identities that diverge from the mainstream. However, many private schools have particular affiliations, such as: Affiliation with a religion. A desire to appear
upper-class. Affiliation with a particular cultural group (such as international schools). For these schools may have rules about wearing traditional or conservative clothing. This can
help create a unified sense of the school's identity. In areas where gangs are active, school uniforms can help make schools grounds. This can help make school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds. This can help make school grounds are not worn on school grounds.
is reduced. It can also help minimize chances of rival gang groups from targeting one another on school grounds based on the clothing the students who have no affiliation to gangs is reduced. The intimidating insignia of gangs would not be visible to them at
school each day. Read more about the relationship between gangs and school uniforms here. Let's finish up with a fun one. In Australia we used to have a thing called "mufti day". We would have this day about twice a year. And it was a day where you want! In the lead-up to mufti day, we would all be on our best behavior so
it would go ahead. The day was, after all, a reward for good behavior. On mufti day, everyone would be very excited. We would plan out and wear our favorite outfits. This gave the teachers extra leverage to get the students to behave. And it gave the students something fun to look forward to! Several studies have found no changes in academic
achievement between groups of students who wear uniforms and those who do not. If there is no clear academic benefit of a uniform, it can be argued that the uniform, it can be argued that the uniforms are pointless. It seems that the true benefit of wearing a uniform, it can be argued that the uniform, it can be argued that the uniforms are pointless.
includes things like discipline and conformity. Whether it's the role of schools to teach these things, however, is open for debate. Should schools just focus on grades and not on reinforcing conformity and discipline? There are some who question the legality and constitutionality of enforcing school uniforms in public schools in the United States. The
First Amendment protects freedom of speech, which may also protect free dress. However, to date, the Supreme Court has not made any comment on the constitutionality of uniforms. In 1969, it got close, but upholding students' rights to wear black armbands to protect free dress. However, to date, the Supreme Court has not made any comment on the constitutionality of uniforms. In 1969, it got close, but upholding students' rights to wear black armbands to protect free dress.
creative expression. If we want our education system to build-up creative, critical, and free-thinking people, a uniform seems inappropriate. The uniform the same? Isn't that exactly the problem with the education system today?
People who argue for school uniforms say that it prevents bullying. It stops children from teasing each other because of what they wear. But if we want a multi-cultural world, isn't school the perfect place to start talking about our diversity and how it's a good thing? But making all children wear uniforms, we're hiding ("sweeping under the rug")
diversity. We're preventing conversations about it and celebrated, and discussed - especially in schools. Another key problem with school uniforms are arguably outdated in a world where diversity should be something that is visible, celebrated, and discussed - especially in schools. Another key problem with school uniforms are arguably outdated in a world where diversity should be something that is visible, celebrated, and discussed - especially in schools. Another key problem with school uniforms are arguably outdated in a world where diversity should be something that is visible, celebrated, and discussed - especially in schools.
should be. Many uniform dress codes are decades old, and the children wearing the uniforms just wear what they're told to wear. But, you would think that a fair and democratic school would let the children wearing the uniform to choose what it looks like. Unfortunately, it is usually the teachers, administrators, and parents who make these
decisions. Even worse, sometimes it's an outside company that is hired to select the uniform. Children are rarely consulted. What does that say about what sort of people we're raising in our schools? Do we want to raise compliant sheep, or creative people who are active participants in community decision-making, especially when it comes to
decisions that directly affect them? Related: 31 School Dress Code Examples This may seem like a very superficial point, but it's also serious. We're forcing children to wear clothing that they consider to be unattractive. You look around at
some schools and they have color schemes that include browns, mustards, and greys, that most people wouldn't choose to wear if they had the choice! Of course, this isn't the most serious of points. But, for the children, it may be a very serious one indeed. They have to deal with it every day! This is one of the most serious problems with school
uniforms. There are religions that have very strict dress code rules. These include having to wear certain colors, hair coverings, and even ceremonial knives (for some Sikhs). By enforcing a strict uniform policy, you may be violating religious liberty. When I was in school, we had one girl at the school who was a Muslim and who wore a Hijab. Her
 requirements and school uniform policy. Uniforms can cause conflicts between the school and the parents. I remember one girl I went to school with who would sometimes come to school out of uniform. She wouldn't wash her
uniform for her, meaning she didn't have a choice but to wear a non-uniform outfit. Here, my classmate was getting into trouble even though it wasn't her fault - it was her parents! We can see that parents need to cooperate and consent to the uniform policy. They have to make sure their child wears the uniform, and if enough parents don't
 Here, a uniform could be considered a violation of a child's gender expression. Conservative old people are telling kids what to wear, even though perhaps their values are outdated for today's world! In fact, this became a big issue in a state in Australia where it was found many private schools forced girls to wear dresses. The state government had to
intervene, with a government commissioner saying the schools were "stuck in a differences in schools (rich vs poor), they also have the negative effect over erasing cultural differences. Children of all different races, cultures, and ethnicities attend
wear uniforms can be seen as a form of cultural assimilation. It denies people their chance to practice their culture in the public sphere. When a school decides to enforce a uniform policy, it needs to take into account how easy it would be for parents to find the uniform. Many public schools with uniform policies intentionally make this easy. They will
be okay with a plain white or blue polo shirt. But more prestigious schools will often develop uniforms that are very specific - with complex logos or designs on them. These uniforms often need to be bought straight from the school uniform shop or a small number of pre-approved nearby stores. At the start of the school year, it can be find to get your
hands on a uniform. All the parents are trying to get them at the same time! This can also lead to price gouging where shops raise the price because they know demand is higher than supply. If you look at different schools' uniform policies, you quickly see that some schools have very posh policies while other public schools that serve working-class
communities have simple bland polo shirts. In fact, some elite private schools require 'white collared' dress shirts, while public schools will require 'blue collared' shirts you'd more commonly see being worn by a construction worker. These differences in dress codes from so early on reveal something unfair about the school system: wealthy people
have the choice to go to elite schools where they're raised for high-powered, high-paid white collar jobs (lawyers, etc.). Many public schools, as seen by the sorts of uniforms provided, are more humble and appear to be raising people in comfortable clothes that you'd expect to be worn for manual labor jobs. In other words, uniforms don't just train
people to embrace gender norms. It also trains people to embrace social-class based identities. Mandatory school uniforms are just one more thing for teachers to simply not have to worry about what their students wear. Furthermore
for teachers who are on a power trip, it gives the teachers an excuse to get children into trouble. A small and minor problem, such as having an untucked t-shirt, could lead a child to get into trouble. Here, rather than the school focusing on education, it may focus on nit-picking and bullying of students (as a teacher, I have a real issue with how often
they're at school. Children need something to wear on weekends and during school holidays, after all! So, at the start of the school year, often parents do need to fork out money they hadn't planned to, and all at once. For example, this report from the London School of Economics, points to one case study where a parent in England had to pay £310
for her children's uniforms at the start of the school year. The woman was under particular financial strain as she was living on subsistence from the government, which was £556 a month. In this instance, uniforms took up more than half the family's income for the month. Clearly, there are many pros and cons of school uniforms. But, one thing I did
realize when researching for this article was that I cited several times) appear very biased toward school uniforms. And some academic studies found conflicting information, particularly around whether uniforms increased grades. In other
words, it seems like a lot of these arguments are philosophical and hypothetical. People can land on either side of the mandatory school uniforms debate depending on their own values, opinions, and backgrounds. Another thing I found really interesting personally was that my friends who didn't wear uniforms as kids looked at uniforms negatively -
they saw them as tools for suppression of creative expression and even referred to them as looking a little communist! By contrast, my friends who wore uniforms as kids were much more positive toward them. For me, this shows just how much our backgrounds and experiences have conditioned us to sit on one side of the debate or the other. So, I'd
encourage you to genuinely think about the other perspective and see if you can come to the debate with as neutral and open a mindset as possible (if that's possible at all!). Baumann, C. & Krskova, H. (2016). School discipline, school uniforms and academic performance. International Journal of Educational Management, 30(6), pp. 1003-1029.
Firmin, M., Smith, S. & Perry, L. (2006). School Uniforms: A Qualitative Analysis of Aims and Accomplishments at Two Christian Education, 15(2), 143-168. Gregory, S. L. (2013). Perceptions of High School Students of the Impact of a School Uniform Policy. PhD Dissertation. University of Arkansas. Han, S.
(2010). A mandatory uniform policy in urban schools: Findings from the school survey on crime and safety: 2003-04. International Journal of Education Policy and Leadership, 5(8). Mahling, W. (1996). Scondhand Codes: An Analysis of the Constitutionality of Dress Code in the Public Schools. Minnesota Law Review, 80(1): 715. Morris, E. (2005). "Tuck
in That Shirt!' Race, Class, Gender, and Discipline in an Urban School. Sociological Perspectives. 48(1): 25-48. 2Fsop.2005.48.1.25 Nathan, N., McCarthy, N., Hope, K. et al. (2021). The impact of school uniforms on primary school student's physical activity at school: outcomes of a cluster randomized controlled trial. International Journal of
Behavioral Nutrition and Physical Activity, 18(17). National Association of Elementary School Principals. (2013). The Right Fit: Principals on School Uniforms in the Middle School: Student Opinions, Discipline Data, and School Violence Data. Journal of School Violence Violence Incipals. (2013). The Right Fit: Principals on School Uniforms in the Middle School: Student Opinions, Discipline Data, and School Violence Data. Journal of School Violence Incipals on School Uniforms in the Middle School: Student Opinions, Discipline Data, and School Violence Data.
11(4), 345-356. Velder, J. (2012). An Analysis of the Implementation and Impact of School Uniforms on Graduation and Discipline Rates in a Unified School uniforms and students being able to express themselves are often at the
expression in a learning environment. If you need help planning and saving for your children's education needs, consider working with a financial advisor. They can help you open and manage 529 plans and leverage other types of savings vehicles. School uniforms, while heavily debated, can provide some positives for both the kids who are asked to
wear them as well as the school itself. This is why many private schools require uniforms and why more and more public schools have started to follow the trend. Here are the four largest benefits to school uniforms: When students don't wear school uniforms it can be easy to spot kids with the most - and least - economic privilege based on what they
wear to school. One argument used in favor of school uniforms is that when kids wear uniforms is that when kids and poor kids are decreased or eliminated, which may lead to more social mixing along economic lines. Another argument that's often raised in favor of uniforms is that they may increase student focus. The evidence
for this seems to be thin, but many proponents of uniforms argue that when students don't have clothing to notice, comment on or respond to, they can spend more mental energy on learning in school. Uniforms may also build community in a school as students of all
ages - and alumni, too - bond or commiserate over the outfits they all associate with their school days. When schools that have traditionally required uniforms toy with removing the uniforms. Check out our budget calculator. Some proponents of
school uniforms argue that uniforms can increase students afety in school and outside of school, as well as increase students may be gang-involved, uniforms can increase students from their clothing choices might make them a target. In areas where students may be gang-involved, uniforms can increase safety by preventing students from their clothing choices might make them a target. In areas where students may be gang-involved, uniforms can increase safety by preventing students from their clothing choices might make them a target.
wearing clothing that declares - intentionally or inadvertently - gang affiliation. With all the positives that come with school uniforms, there are also some drawbacks. These are all related to the personal impacts that the requirement might have on a kid or the family of a child who is asked to wear these uniforms. The four largest cons of wearing
school uniforms are: Keeping a child in school uniforms may be more expensive for parents and guardians than buying regular clothes would be. Often, uniform a limited number of suppliers and the lack of competition (and captive market) keeps prices high. Or, a uniform will include pricier items like blazers and dress shoes,
which some families might struggle to afford. According to Uniform and promotional products, school-specific uniforms can range from $100 to $500, while a standard uniform pay be as cheap as $25. Another argument made against uniforms is that they limit students' self-expression
Teenagers, in particular, are famous for needing to express their emotions and their tastes in music, fashion and express themselves, say opponents of school uniforms. Some uniforms. Some uniforms are through clothing, hair and piercings.
may strike students and parents as sexist. For example, if a uniform requires girls to wear skirts instead of pants, some students and parents may object, leading to conflict with the school administration. Not all girls want to wear skirts instead of pants, some students and parents may object, leading to conflict with the school administration. Not all girls want to wear skirts instead of pants, some students and parents may object, leading to conflict with the school administration. Not all girls want to wear skirts instead of pants, some students and parents may object, leading to conflict with the school administration.
on the gender spectrum or is experimenting with different forms of gender presentation, school uniforms can present a real challenge. If a school has a uniform policy, it generally tries to enforce that policy by monitoring students' clothing and punishing students for violating uniform requirements. Of course, even schools that don't require uniforms
may police student clothing that's deemed too revealing or offensive, but uniforms may add to the attention focused on students feel that they're being scrutinized and punished for their appearance, which could have negative effects on student self-esteem or attitudes toward the school. And if students are sent home for
uniform violations, they will miss valuable learning time. Plus, policing student uniforms takes time and effort on the part of administrators. School uniforms are a common feature in many educational institutions, but their prevalence varies by school type and region. According to data from UniformMarket, 57% of private schools in the United States
require students to wear uniforms, compared to only 18.8% of public schools. Private institutions are more likely to enforce standardized dress codes, often as part of a broader effort to maintain discipline and a distinct school identity. In contrast, public schools have a lower adoption rate, though the presence of uniforms has been increasing over the
years. If back-to-school shopping in your household involves shopping for a school uniforms, you might be familiar with some of the arguments for and against uniforms are becoming more popular in the U.S., which means more households may find themselves debating the merits of uniforms in the years to come.
Paying for private school or college for your kids can be expensive. It's important to make a financial plan to know you have the right amount available for your kids when the time comes. A financial planner can help you save and plan for these major expenses, as well as other goals you may have. SmartAsset's free tool matches you with vetted
financial advisors who serve your area, and you can have a free introductory call with your advisor matches to decide which one you feel is right for you. If you're trying to determine how much you need to save to put your kids through school, or yourself
it's important to use a student loan calculator. Photo credit: ©iStock.com/Wavebreakmedia, ©iStock.com/Tomwang112 It's a common tradition to take a photograph of the kids as they leave for their first day of school. In many school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a school districts around the world, that means taking a picture of a child that is dressed in a child that is dressed in a school district around the world districts aroun
uniform. The history of school uniforms has a somewhat checkered past. The tradition originated in the 16th century with charity schools, supporting children who were orphans, living in poverty, or had nowhere else to go. Although uniforms have moved from pom-poms and starched aprons to polos and jumpers, the reasons why uniforms are either
supported or criticized have remained relatively the same for over 400 years. Here are the key advantages of School uniforms reduce clothing-related peer pressure. A uniform mandate makes every student wear either the exact same outfit or piece
 together a uniform based on certain acceptable standards. Because every student is essentially wearing the same thing, there is a reduced level of peer pressure to wear certain fashion styles or purchase specific clothes brands. This makes it possible for students to build more relationships through genuine networking skills instead of through
popularity.2. It creates uniformity between socioeconomic classes within a school district. Since students are wearing the same uniform, there is less of a socioeconomic distinction that can be made between students are wearing the same uniform, there is less of a socioeconomic distinction that can be made between students. Although different brands might be worn in some districts, some that may be associated with the wealthy class, the overall appearance are not only in the control of the contro
of each student is similar. This reduces the barriers that poverty and wealth naturally create. School uniforms tend to cost less than traditional youth clothing. Branded jeans for kids may cost more than $40. For the same cost, it is possible to purchase two modern school polos and two pairs of uniform pants, skirts, jumpers, or skirt-short
combinations. Many families can purchase a week's worth of school uniform clothing for less than $100. For name-brand fashion items, that might purchase 4-5 items of clothing instead.4. It can create an environment where discipline from the student. It also requires
parental discipline to ensure their child is meeting expectations. When discipline is practiced, it can be applied to other aspects of life. Children in school uniforms may find it easier to stay focused on their studies, complete homework after school, build friendships, or prepare themselves for a vocational career.5. It may take students less time to get
ready for school each morning. Students who are in districts with a school uniform code always know what they'll need to wear in the morning routine can be put on and the morning routine can be completed. Some students may save up to 30 minutes each
morning simply because the expectations of how they should look have been laid out for them in advance. 6. Schools can identify intruders quickly because they aren't in the needed uniform. Because there are appearance standards in place for a school uniform policy, teachers and administrators can quickly identify individuals on campus who should
not be present. That can create extra time to initiate a lockdown of the school uniforms are easy to hand down to others year after year. It is true that school uniforms can take a beating over the course of a 9-month or 12-month school year. It's also true that
with proactive care, school uniforms can be handed down to others each previous uniform set can be handed down to the next child.8. It can increase student attendance. Students can feign illnesses or be impacted by stress-related ailments
because of inequalities that they see with their clothing and fashion compared to others. Because student uniforms reduce this impact, it is possible for student attendance to increase. School districts in the southern US have seen attendance to increase of over 20% in the first 5 years of implementing school uniform policies.9. Uniforms could help
students focus more attention onto their studies than their fashion. This advantage comes back to the discipline that is generated by maintaining the expectations of a certain look. By eliminating the need to find popularity through fashion or accessories, it becomes possible for students to focus on other aspects of the learning environment. That
means a student can stay focused on their lessons, retaining the information learned, and that can lead to better overall grades. 10. It can stop cliques or gangs from forming on a school campus. Students of a certain age will almost always rebel against something. For those who are poor, that rebellion might focus on those who are rich and have more
than them. For those who are wealthy, the rebellion might focus on "unfair" school policies, school costs, or other financial burdens that may not apply to other students. Because uniforms put the focus on equality instead of inequality, these policies work to prevent some of the common reasons why students target one another or the school
district. What Are the Disadvantages of School Uniforms?1. It reduces the individuality of the students who are in a district with a strict uniform policy lose their ability to express their individuality through fashion. In some regards, school uniforms?1. It reduces the individuality of the students who are in a district with a strict uniform policy lose their ability to express their individuality of the students who are in a district with a strict uniform policy lose their ability to express their individuality of the students who are in a district.
a group instead of thinking and acting like an individual. Although there are many influences that can shape mob thinking patterns, this type of policy can be a foundational element of it if the uniform policies are not carefully introduced and monitored. Uniforms do not prevent students from expressing themselves. Students will always find a way of
rebelling against the rules. They will look for any gap in the codes or regulations that govern school uniforms and exploit them. That might mean wearing expensive jewelry, wearing certain shoes, or styling their hair in a way that allows them to express their own personality. The school uniform might create a fashion balance, but it also creates a
natural rebellion against group thinking.3. It may limit the concept of diversity to the student body. School uniforms, by design, limit diversity within the learning environment. In today's world, we have numerous cultures, ethnicities, and socioeconomic backgrounds. Instead of pretending to be equal by creating an outward visual aesthetic, it would
be more effective to emphasize true equality within the society at large. If diversity is established in the classroom, students can learn how to interact with other groups and then innovate ways to established in the classroom, students can learn how to interact with other groups and then innovate ways to established in the classroom, students can learn how to interact with other groups and then innovate ways to establish future policies that can lead to real equality.
the poverty line find themselves shopping at thrift stores, discount stores, and other low-cost locations. Even shopping at a store like Walmart, where a t-shirt could be $3, is less expensive than purchase multiple uniform sets for their children, the cost could
be several hundred dollars higher.5. Public schools that require student uniforms could use taxpayer funds to purchase them. There is already a debate in the US involving the fact that property taxes help to pay for public schooling costs. Some households which do not have children wonder why they need to pay taxes in the first place. When the cost
of school uniforms is added to that conversation, it can be easy to wonder why taxpayers should subsidize the cost of uniforms. If that argument wins out, then parents are forced to pay an additional "tax" on the uniform purchase unless they can move their students from class because of an inability
to afford a school uniform reinforces socioeconomic stereotypes. Despite community involvement, charitable giving, and other forms of economic balancing, there are always families which struggle to put their children into school uniforms. Punishing a student by removing them from a school because of an inability to afford a uniform goes against the
principals of equal learning opportunities. Even if charitable outreach can provide students with uniforms, a negative stigma can be placed on that student or family because they had to have their uniforms given to them.7. Children in school uniforms still experience bullying. Bullying happens in schools with uniform policies. Students who attend
schools with uniform policies may find themselves being bullied by others who don't go to such a school. Although uniforms can create a sense of community and equality, children aren't stupid. They know who is rich and who is poor. They know who is rich and who is poor. They know who is reate a sense of community and equality, children aren't stupid. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor. They know who is rich and who is poor.
be better to teach students how to handle a bully and protect themselves than to stick them into a specific outfit.8. School uniforms can be uncomfortable. Many school uniforms are designed to replicate the idea of dressing up in one's "Sunday best." Compared to a t-shirt and shorts, a polo shirt and slacks can be quite uncomfortable, especially when
the temperatures are warm outside. Uniforms may also dictate what clothing can be worn inside, which could require students to take coats or jackets off while outside to adhere to the code. The actual clothing require, can place more pressure around the
neck than casual clothing.9. Creating consistent rules about school uniforms can be difficult. Trying to apply the rules consistency across an entire student body can be almost impossible for administrators. Just going outside to play during recess might cause the clothing to become stained with grass, dirt, or mud, which could go against the school
uniform regulations. Many schools enforce uniform codes that require brands to not be displayed to create more equality, but some items of clothing always display their branding and that can't be helped. Unless the exact same uniform from the exact same brand is mandated for everyone, consistency isn't going to be present. 10. Intruders can easily
blend in when assumptions are made about them. If administrators or teachers are looking for strangers based on their lack of compliance with the school uniform policy was and then follow it. That would allow them to move about
School uniform policies can create barriers between students and teachers Many school districts that enforce student school uniform policies when it comes to the clothing that teachers wear. Some districts do have dress codes in place, but may not require specific clothing items to be worn like the students are required to wear.
That further increases the gap teachers experience between their students because they may get to dress more casually than their students. The advantages and disadvantages and disadvantages of school uniforms show us that there is the potential in such a policy to improve grades, attendance, and graduation rates by focusing on discipline and equality. It also shows
us that to do so, there may be sacrifices to diversity and social learning that could hamper a student later on in life. What we do know is this: the pressure is mounting throughout the world to provide meaningful and affordable educational opportunities to everyone. Implementing school uniform policies is just one way to approach that need. Blog Post
Author Credentials Louise Gaille is the author of this post. She received her B.A. in Economics from the University of Washington. In addition to being a seasoned writer, Louise has almost a decade of experience in Banking and Finance. If you have any suggestions on how to make this post better, then go here to contact our team. School uniforms in
public schools are considered essential for teaching children to obey rules and develop a sense of community in many countries, including the UK and Australia. But public schools in other countries in children to obey rules and develop a sense of community in many countries, including the UK and Australia. But public schools in other countries in children to obey rules and develop a sense of community in many countries, including the UK and Australia. But public schools in other countries, including the UK and Australia.
matter the country in question. This article takes a deep dive into the pros and cons of School Uniforms, showing that there are positive arguments on both sides of this debate. Pro - Less Bullying in Schools Uniforms Cons of School Uniforms Cons
of Expression3. Pro - Saving Time in Mornings3. Con - Uniforms Teach Gender Norms4. Pro - Uniforms Highlight Social-Class
Differences Between Schools7. Pro - Uniforms can Increase Student Focus7. Con - There's Less Visible Diversity8. Pro - Protection of a School's Religious Identified9. Con - Parents need to Manage Laundry Routines around School Days10. Pro -
Ensures Appropriate Sporting Outfits 10. Con - Difficulty in Finding the Uniform Many schools intentionally choose uniforms that are very basic, such as "white polo shirt and grey shorts", so that parents do not have to pay exorbitant amounts of money on the uniforms. Many low-cost clothing stores also make the effort to produce and distribute these
typical uniform-conformant clothes at low cost during back-to-school sales. A typical 5 pack of basic white polo shirts that students can wear to school as a uniform is likely to be significantly cheaper than an outfit a child would wear otherwise. Furthermore, while children in schools without uniforms would feel pressure to change up their outfits
regularly (adding to costs), the forced repetition of wearing Related Article: 17 Surprising School Uniforms for free as hand-me-down outfits once their children grow out of the uniform. This has the effect of helping poorer families to access
uniforms for their children without cost. There tends to be an over-supply of uniforms - both new and second-hand - because of the sheer number of children growing out of their uniforms for free. Many schools have a hand-me-down bin in their front
office, allowing parents to drop-off pre-loved uniforms, and other parents to arrive and request free shirts and pants discretely. If all children are dressed the same, the poorer children whose parents to arrive and request free shirts and pants discretely. If all children are dressed the same, the poorer children whose parents to arrive and request free shirts and pants discretely. If all children are dressed the same, the poorer children whose parents to arrive and request free shirts and pants discretely. If all children whose parents to arrive and request free shirts and pants discretely.
effect of reducing chances of bullying based on a child's family's levels of wealth. But it also enables children who are poor to feel as if they are no different from others. It helps to start all children who are poor to feel as if they are no different from others. It helps to start all children who are poor to feel as if they are no different from others. It helps to start all children off on a level playing field, and makes them feel more secure that they're just another student - neither better or worse than other students who are of
higher or lower wealth. In this study by Chris Baumann and Hana Krskova, published in the International Journal of Educational Management, it was found that teachers also spent less time
disciplining students and waiting for students to give their attention to the teachers. This leads to more engaged working time in the classroom. One potential reason behind this finding is that the conformity in dress reduces distractions for students. However, there are plenty of other studies that have found no significant difference in academic
achievement by parents, so in my opinion the jury is still out on whether this is true. More research is required. Even schools that do not have mandatory school uniforms for physical education lessons. This is for several reasons, including both conformity and practicality. Firstly, there are unique pros and cons of sports
uniforms that differ from those of school uniforms. Namely, teams in sports need to have a sense of camaraderie and unity that the uniform is useful in sports for helping to quickly identify team members to pass the ball
to or seek support in the fast pace of a game. Thirdly, a sports uniform is specifically designed and loosely fitted so students are comfortable while engaging in physical activity, which may include physical contortions, stretching, sprinting, and other actions not usually undertaken outside of the sporting arena. A study by Nathan et al. in the
International Journal of Behavioral Nutrition and Physical Activity found that children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who wear dedicated sporting uniforms during sports lessons tend to do more physical activity than children who were dedicated sport activities activities act
school uniforms literature. Logically, this also checks out. Firstly, if all children are wearing a pre-approved sporting outfit that is fit for purpose and can be comfortable during physical activity, they will have less clothing distractions and have one less potential barrier preventing them from participation in lessons. Secondly, another logical rationale
for this is that the students know they can change out of the uniform after the lesson (into either their regular uniform or non-uniform clothing), giving them the sense that they can sweat and get the uniform of the day. Thirdly, it could be argued that the act of putting on the sporting
uniform can help students psychologically prepare for the physical activity. The uniform is a psychological signal to the students that it's time for them to do exercise. School uniforms could remove one more thing that children can be bullied over. If all children are dressed the same, then children will not bully one another for their fashion choices.
And high school students seem to agree that bullying will be decreased if mandatory uniform policies are introduced. However, empirical evidence does not always support this widely-held belief. This study, for example, found no difference in disciplinary issues before and after a school uniform was introduced at one particular school. It is possible
that bullying will happen regardless of uniforms, and that making all children wear uniforms does nothing to actually teach kindness. A bully will be a bully - targeting things other than dress codes if need be - unless the bully is actively taught not to do so. A study by Sanchez et al. interviewed 604 middle school students found that the students
reported increased confidence and self-esteem while wearing uniforms. The primary hypothesis for this growth in confidence is that students may also develop increased confidence by expressing themselves through their uniforms. By trying out new
clothes, children learn to develop a unique identity and get more practice dressing in ways that make them feel good about themselves. A school without a uniform, or even with an outdated or simple uniform. And a study by the
National Association of Elementary Schools Principals (NAESP) shows that this is a key concern for school principals in the community. Here, the main concern of the school principals is the message the uniform sends and not and actual tangible
effect. Given there are several studies highlighting that there is no academic benefit of a uniform, this seems like a vanity metric. Nevertheless, the symbolism of having parents and the community value and respect the school and its students more. School
spirit includes pride and sense of belonging within a school. Wearing a uniform may help with this. If all the students are wearing the same clothing, there's a sense that they're "a team" and "working together" rather than being individualistic. The NAESP study named above also looked at principals' perceptions of whether uniforms improve school
spirit. 77% of school principals in schools with uniforms did help with schools principals in schools with uniforms. It's simply easier to get ready in the morning if children know exactly what to wear. There is no back-and-forth choosing and changing outfits or arguments between parents and children about
what is acceptable to wear. And in fact, the NAESP study found that 92% of parents believe it's easier to get their kids ready in the mornings. Significantly, the parents cited less wardrobe battles as the key reason time is saved. If all students
are wearing school uniforms, it's easier to identify people on the school grounds who do not belong there. Those people would not be wearing uniforms as positively impacting school safety, while students don't believe uniforms make them more safe. Of course, there is
one big hole in this argument. It would only make it easier to identify children or teenagers who do not belong could easily be confused for a teacher seeing as most school safety is adults coming onto the grounds impersonating teachers.
Which begs the question: why do children have to wear uniforms and teachers don't? If the argument is children on school grounds need to be identifiable? It seems like adult hypocrisy to me. Uniforms may also be useful to schools for age identification of
children. This would require different year levels to have different uniforms. For example, the infants could wear one color while the older children can wear another. This would allow schools to police movement through the school. If a younger child is in a part of the school reserved for the older children, they could be easily identified and sent to
their dedicated space (which may also help with safety). This identification could also work across gender lines, where different uniforms. For example, if there are two private schools side-by-side where one is all-girls and one is all-boys, then this could work well to ensure the two genders remain separated, as per the
private schools' policies and ethos. It could be argued that, if all students dress the same, then there is less chance of prejudice by students and teacher may treat them differently. But if all children dress the same, then the teacher is less likely to be
prejudiced toward that child. However, there is an obvious flaw in this argument. It doesn't reduce prejudicial to tell some children they're not allowed to dress in ways that accord with their culture or religion. School excursions to busy places can be stressful for teachers. The teacher needs to keep an eye on all the
students in the class while there are also many other members of the public in the same space. Uniforms are very useful in these situations. The teacher can count-off all the people in uniform to easily ensure all the students are there and ready for their next instructions. All cultures have rules around acceptable forms of dress. Usually, these have to
do with not wearing sexually provocative clothing and not wearing clothing or provocative signs on them. A uniform gives students a set of guidelines about what is considered acceptable and unacceptable to wear. And it seems parents and school administrators often cite this as a key reason for mandatory school uniforms, particularly
in religious schools. However, this also raises concerns about exclusionary dress. Different people have different ideas around what is and is not appropriate. If you're attending a school that has more conservative values than your family, you may feel particularly constrained by an arbitrary dress code that doesn't conform with your own values. Most
people believe that sexuality and sexuality and sexuality and sexuality and sexuality evocative clothing that most of society would consider inappropriate at a young age. Thus, by enforcing a uniform, children feel less pressure to focus on their outfits, 'looking good' for
the opposite (or same!) sex, or thinking about sexually provocative clothing. I grew up in a school where we all wore uniforms. Police would often approach students walking around town in uniform during the school day. They would ask if we were supposed to be at school (and sometimes even call the school). If students were found to be truanting,
the police would drive them back to school. Thus, uniforms can also be a useful way for the whole community to oversee where children of school age should be at all times. Of course, children can simply get around this by bringing a change of clothes, which would in-turn make it easier for them to truant if the police are looking for people in school
uniform! Many conservative parents want their children to grow up conforming to society's gender norms. Boys are raised to be ladies, and while in today's age, gender norms are increasingly considered to be ladies, and while in today's age, gender norms are increasingly considered to be ladies.
could be a positive. Girls are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear skirts and dresses, while boys are taught to wear 
gender'. I personally consider this to be a negative, but many parents see it as a positive, so I've placed it here for them! Public schools usually do not have religious, cultural or social-class identities that diverge from the mainstream. However, many private schools have particular affiliations, such as: Affiliation with a religion. A desire to appear
upper-class. Affiliation with a particular cultural group (such as international schools). For these schools may have rules about the school might enforce the wearing of blazers with school crests on them. And some religious schools may have rules about the school might enforce the wearing of blazers with school crests on them. And some religious schools may have rules about the school might enforce the wearing of blazers with school crests on them.
help create a unified sense of the school's identity. In areas where gangs are active, school uniforms can help make schools gang-free zones and help prevent student recruitment into gangs. Without the visible signs of gangs at school, the gangs' influence and perceived power
is reduced. It can also help minimize chances of rival gang groups from targeting one another on school grounds based on the clothing the students are wearing. Furthermore, students who have no affiliation to gangs could be made to feel safer if the visibility of gangs is reduced. The intimidating insignia of gangs would not be visible to them at
school each day. Read more about the relationship between gangs and school uniforms here. Let's finish up with a fun one. In Australia we used to have a thing called "mufti day". We would have this day about twice a year. And it was a day where you want! In the lead-up to mufti day, we would all be on our best behavior so
it would go ahead. The day was, after all, a reward for good behavior. On mufti day, everyone would be very excited. We would plan out and wear our favorite outfits. This gave the teachers extra leverage to get the students to behave. And it gave the students something fun to look forward to! Several studies have found no changes in academic
```

achievement between groups of students who wear uniforms and those who do not. If there is no clear academic curriculum. That includes things like discipline and conformity. Whether it's the role of schools to teach these things, however, is open for debate. Should schools just focus on grades and not on reinforcing conformity and discipline? There are some who question the legality and constitutionality of enforcing school uniforms in public schools in the United States. The

First Amendment protects freedom of speech, which may also protect free dress. However, to date, the Supreme Court has not made any comment on the constitutionality of uniforms. In 1969, it got close, but upholding students' rights to wear black armbands to protect free dress. However, to date, the Supreme Court has not made any comment on the constitutionality of uniforms. In 1969, it got close, but upholding students' rights to wear black armbands to protect free dress. creative expression. If we want our education system to build-up creative, critical, and free-thinking people, a uniform seems inappropriate. The uniform want schools to be making us all the same? Isn't that exactly the problem with the education system today? People who argue for school uniforms say that it prevents bullying. It stops children from teasing each other because of what they wear. But if we want a multi-cultural world, isn't school the perfect place to start talking about our diversity and how it's a good thing? But making all children wear uniforms, we're hiding ("sweeping under the rug") diversity. We're preventing conversations about it and celebration of it. Thus, uniforms are arguably outdated in a world where diversity should be something that is visible, celebrated, and discussed - especially in schools. Another key problem with school uniforms is that children often don't get a chance to have a say about what the dress code should be. Many uniform dress codes are decades old, and the children currently wearing the uniform to choose what it looks like. Unfortunately, it is usually the teachers, administrators, and parents who make these decisions. Even worse, sometimes it's an outside company that is hired to select the uniform. Children are rarely consulted. What does that say about what sort of people we're raising in our schools? Do we want to raise compliant sheep, or creative people who are active participants in community decision-making, especially when it comes to decisions that directly affect them? Related: 31 School Dress Code Examples This may seem like a very superficial point, but it's also serious. We're forcing children to wear clothing that they consider to be unattractive. You look around at some schools and they have color schemes that include browns, mustards, and greys, that most people wouldn't choose to wear if they had the choice! Of course, this isn't the most serious problems with school uniforms. There are religious that have very strict dress code rules. These include having to wear certain colors, hair coverings, and even ceremonial knives (for some Sikhs). By enforcing a strict uniform policy, you may be violating religious liberty. When I was in school, we had one girl at the school who was a Muslim and who wore a Hijab. Her parents had to negotiate with the school principal about what uniform she could wear, seeing as the school colors, and everyone was happy. But, it still required some negotiation because of differences between religious requirements and school uniform policy. Uniforms can cause conflicts between the school out of uniform. She would get into trouble and not be allowed to play at lunch. The problem was that it wasn't her fault. Her parents often wouldn't wash her uniform for her, meaning she didn't have a choice but to wear a non-uniform outfit. Here, my classmate was getting into trouble even though it wasn't her fault - it was her parents! We can see that parents need to cooperate and consent to the uniform policy. They have to make sure their child wears the uniform, and if enough parents don't participate, the mandatory uniform policy falls apart. In today's day and age, we're learning that enforcing gender norms in schools could be a violation of the gender expression of children. Some girls don't want to wear dresses. And sometimes this isn't even an issue of gender selection. It's simply the fact that some girls don't want to wear dresses. Here, a uniform could be considered a violation of a child's gender expression. Conservative old people are telling kids what to wear, even though perhaps their values are outdated for today's world! In fact, this became a big issue in a state in Australia where it was found many private schools forced girls to wear dresses. The state government had to intervene. with a government commissioner saving the schools were "stuck in a different age". While school uniforms are seen as a positive for helping to erase visible social-class differences in schools (rich vs poor), they also have the negative effect over erasing cultural differences. Children of all different races, cultures, and ethnicities attend modern schools. But, at least in Western schools, they must all adhere to a western dress code that doesn't allow for cultural expression. Forcing children to wear the clothes of a culture that is not their own is most visible (and, perhaps, offensive) when it comes to religious objections. However, even without the religious element, forcing children to wear uniforms can be seen as a form of cultural assimilation. It denies people their chance to practice their culture in the public sphere. When a school decides to enforce a uniform policies intentionally make this easy. They will be okay with a plain white or blue polo shirt. But more prestigious schools will often develop uniforms that are very specific - with complex logos or designs on them. These uniforms often need to be bought straight from the school uniform shop or a small number of pre-approved nearby stores. At the start of the school year, it can be find to get your hands on a uniform. All the parents are trying to get them at the same time! This can also lead to price gouging where shops raise the price because they know demand is higher than supply. If you look at different schools' uniform policies, you quickly see that some schools have very posh policies while other public schools that serve working-class communities have simple bland polo shirts. In fact, some elite private schools require 'white collared' dress shirts, while public schools will require 'blue collared' shirts you'd more commonly see being worn by a construction worker. These differences in dress codes from so early on reveal something unfair about the school system: wealthy people have the choice to go to elite schools where they're raised for high-powered, high-pow people to embrace gender norms. It also trains people to embrace social-class based identities. Mandatory school uniforms are just one more thing for teachers to simply not have to worry about what their students wear. Furthermore, for teachers who are on a power trip, it gives the teachers an excuse to get children into trouble. A small and minor problem, such as having an untucked t-shirt, could lead a child to get into trouble. Here, rather than the school focusing on education, it may focus on nit-picking and bullying of students (as a teacher, I have a real issue with how often I see teachers bullying students based on things irrelevant to their education). While it is arguable that school uniforms adds a cost burden for parents. Parents need to buy everyday clothing for their children regardless of whether they're at school. Children need something to wear on weekends and during school holidays, after all! So, at the start of the school year, often parents do need to fork out money they hadn't planned to, and all at once. For example, this report from the London School of Economics, points to one case study where a parent in England had to pay £310 for her children's uniforms at the start of the school year. The woman was under particular financial strain as she was living on subsistence from the government, which was £556 a month. In this instance, uniforms took up more than half the family's income for the month. Clearly, there are many pros and cons of school uniforms. But, one thing I did realize when researching for this article was that there are a lot of differing opinions within the research papers (such as the one by NAESP that I cited several times) appear very biased toward school uniforms. And some academic studies found conflicting information, particularly around whether uniforms increased grades. In other words, it seems like a lot of these arguments are philosophical and hypothetical. People can land on either side of the mandatory school uniforms debate depending on their own values, opinions, and backgrounds. Another thing I found really interesting personally was that my friends who didn't wear uniforms as kids looked at uniforms negatively they saw them as tools for suppression of creative expression and even referred to them as looking a little communist! By contrast, my friends who wore uniforms as kids were much more positive toward them. For me, this shows just how much our backgrounds and experiences have conditioned us to sit on one side of the debate or the other. So, I'd encourage you to genuinely think about the other perspective and see if you can come to the debate with as neutral and open a mindset as possible (if that's possible at all!). Baumann, C. & Krskova, H. (2016). School discipline, school uniforms and academic performance. International Journal of Educational Management, 30(6), pp. 1003-1029. Firmin, M., Smith, S. & Perry, L. (2006). School Uniforms: A Qualitative Analysis of Aims and Accomplishments at Two Christian Education, 15(2), 143-168. Gregory, S. L. (2013). Perceptions of High School Students of the Impact of a School Uniform Policy. PhD Dissertation. University of Arkansas. Han, S. (2010). A mandatory uniform policy in urban schools: Findings from the Schools. Findings from the Schools. Mahling, W. (1996). Scondhand Codes: An Analysis of the Constitutionality of Dress Code in the Public Schools. Minnesota Law Review, 80(1): 715. Morris, E. (2005). "Tuck in That Shirt!' Race, Class, Gender, and Discipline in an Urban School. Sociological Perspectives. 48(1): 25-48. 2Fsop.2005.48.1.25 Nathan, N., McCarthy, N., Hope, K. et al. (2021). The impact of school uniforms on primary school student's physical activity at school: outcomes of a cluster randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 18(17). National Association of Elementary School Principals. (2013). The Right Fit: Principals on School Uniforms in the Middle School: Student Opinions, Discipline Data, and School Police Data. Journal of School Violence, 11(4), 345-356. Velder, J. (2012). An Analysis of the Implementation and Impact of School Uniforms on Graduation and Discipline Rates in a Unified School. PhD Dissertation. Northwest Missouri State University). %20Jessica.pdf Banner Photo by Chen Feng on Unsplash