

Girls For A Change

What to Wear Guide



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Our Why:

Dressing with Purpose & Confidence

At Girls For A Change (GFAC), we believe that how we present ourselves in the world matters. Our dress code is rooted in comfort, safety, confidence, and professionalism. We are not here to police personal style — we're here to prepare you for the real world, where different spaces and situations require different levels of presentation.

Dress Code Guidelines

These guidelines ensure you are easily identifiable, safe, and professionally presentable while representing GFAC in public and corporate settings.

1. Everyday Attire

- Wear comfortable, casual clothing that supports movement and participation.
- All clothing must provide full coverage when sitting, standing, and moving.
- Undergarments should never be visible.
- No pajamas, sleepwear, or loungewear are permitted in GFAC spaces.
- Footwear must be appropriate—no house shoes, slippers, Crocs, or slides.



This applies to everyone: participants, staff, volunteers, facilitators, and visitors. All individuals are expected to present themselves clean, presentable, proud, and engaged, modeling the same expectations we hold for our girls. We don't ask of our girls anything, and we don't uphold ourselves.

Dress Code Guidelines

2. Field Trips & Off-Site Activities

For field trips and off-site engagements:

- Participants are required to wear a GFAC-issued shirt (GFAC t-shirt or summer camp shirt).
- Pair the shirt with jeans or black pants.
- No Crocs, slides, flip-flops, shower shoes, or house slippers.
- Footwear must be safe, secure, and activity-appropriate.
- No bonnets or rollers.

3. Business Casual (Corporate & Professional Events)

For professional settings (e.g., company visits, panels, or conferences):

- Business casual attire is required, including:
 - Blouses, button-down shirts, modest tops.
 - Dress pants, slacks, or appropriate-length skirts.
 - Closed-toe shoes (heels, flats, or professional sneakers).
 - No crop tops, ripped jeans, or overly casual clothing.

General Guidelines

- **Applicability:** This dress code applies to all individuals — participants, counselors, staff, and volunteers — regardless of gender identity or personal expression.
- **Shirt Requirement:** Shirts must be worn at all times.
- **Safety & Appropriateness:** Clothing or appearance that is considered unsafe or inappropriate — such as exposing private body parts or creating a safety hazard — will not be permitted. Final discretion rests with GFAC leadership.



Attire Guidelines

Respectful Attire Expectations

GFAC Building and Program Spaces

Whether you're in our main building, a borrowed space, or a temporary location, the expectations remain the same:

- No pajamas, bonnets, sleepwear, or bedding (pillows, blankets, etc.)
 - No house shoes, Crocs, slides, or similar footwear.
 - Clothing must be clean, neat, and appropriate for a learning and leadership environment.
 - There is a time and place for everything — bedtime attire is not suitable for GFAC programs.
- **Shirt Requirements:**
 - Shirts must extend at least to the belly button.
 - Sports bras, bralettes, or similar garments cannot be worn alone as tops.
 - Mesh, lace, or see-through tops must be layered over a solid shirt.
 - **Graphics and Messaging:**
 - Clothing must not display offensive language, images, or symbols.
 - Clothing must not promote alcohol, drugs, tobacco, or other inappropriate behaviors.
 - **No Revealing Clothing:**
 - Clothing must adequately cover the body.
 - Tops must not expose any part of the breasts.
 - Shorts, skirts, or pants must not reveal undergarments or buttocks.
 - Dresses and skirts should not be excessively short.
 - Undergarments must not be visible through fabrics.
 - **Acceptable Styles:**
 - Spaghetti strap shirts are allowed as long as they are not overly revealing (no open backs or plunging necklines).
 - Tube tops and strapless shirts are not allowed.

Swimwear and Footwear

- **Swimwear on Swim Days:**
 - Two-piece swimsuits must be worn with a cover-up at all times when not in the water.
 - Swimsuits should be appropriate for active play and provide comfort and coverage.
- **Footwear:**
 - Closed-toe shoes are required at all times during camp activities.
 - Sandals, flip-flops, and other open-toe shoes are not permitted.
 - Shower shoes may be worn only during shower time.



Attire Guidelines

Commitment to a Respectful Environment

While our staff actively upholds these guidelines, we understand that occasional inconsistencies may occur. We appreciate your understanding and cooperation as we strive to maintain a balanced, respectful, and inclusive environment for everyone.

By following this dress code, participants contribute to a culture that supports safety, respect, and pride, creating a space where all girls can thrive and focus on their leadership journey and personal growth.

Final Thoughts: Showing Up with Purpose

At Girls For A Change, we dress for our power and our purpose.

At GFAC, we dress not just for ourselves, but for the future we're building. Our clothing reflects our pride, our presence, and our commitment to leading with confidence and purpose.

We encourage everyone — participants, staff, guests, and visitors — to wear attire that is comfortable, age-appropriate, and suitable for a youth-centered space. Clothing should allow for movement, support self-expression, and avoid messages or styles that may be disrespectful, harmful, violent, conflicting, or uncomfortable for others.

This approach helps us maintain an environment where participants and guest feel welcome, safe, respected, and focused on becoming their most powerful selves. When we keep it simple, appropriate, and aligned with our mission, we all thrive.

If you ever need support finding attire that meets these expectations, please reach out — we are here to help. Thank you for being part of our community!