

Modesty For Women

From the Quraan



Do not show off your adornment except that which cannot be hidden.

"....and not to show off their adornment except that which is apparent...." 24: 31

Do not stamp your feet to reveal your hidden adornment.

"....And let them not stamp their feet so as to reveal what they hide of their adornment....".24:31

Wear Hijaab

".....and to draw their veils all over Juyûbihinna..." 24:31

Lower Your Gaze

And tell the believing women to lower their gaze 24. 31

Guard your Chastity

"And come not near to unlawful sex. Verily, it is a Fâhishah..." 17:32

Do not roam around outside. Go out for necessity only.

"And stay in your houses, and do not display yourselves like that of the times of ignorance.." 33:33

Show restraint in your speech /Do not allow your speech to be heard

"then be not soft in speech, lest he in whose heart is a disease should be moved with desire, but speak in an honourable manner." 33:32

"Verily, the Muslims (those who submit to Allâh in Islâm) men and women, the believers men and women (who believe in Islâmîc Monotheism), the men and the women who are obedient (to Allâh), the men and women who are truthful (in their speech and deeds), the men and the women who are patient (in performing all the duties which Allâh has ordered and in abstaining from all that Allâh has forbidden), the men and the women who are humble (before their Lord – Allâh), the men and the women who give Sadaqât (i.e. Zakât and alms), the men and the women who observe Saum (fast) (the obligatory fasting during the month of Ramadân, and the optional Nawâfil fasting), the men and the women who guard their chastity (from illegal sexual acts) and the men and the women who remember Allâh much with their hearts and tongues – Allâh has prepared for them forgiveness and a great reward" 33:35