



הלכה - צניעות

בס"ד

Day 1 - The Meaning of **צניעות**

The halachos of tznius are an expression of our body's greatness. Our bodies are holy—they are the home for our neshama. A woman's body can bring new life—children—into the world. Just like we cover the Torah with a velvet jacket, and just like we keep a precious diamond wrapped up, we cover our bodies because they are powerful and special.

Question:

In what way does tznius show our body's greatness?



השקפה - צניעות

בס"ד

The Arizal wrote: Our neshamos— the neshamos of everyone in this generation— have come into this world again. Yes, first they were the neshamos of Yidden who left Mitzrayim. Then, the Geula out of Mitzrayim was all because of the righteous women of that time. They did everything they possibly could to raise children and keep the Yiddishe ways. Now, leaving this golus right now will happen in the merit of the special women of our time. When we add in tznius today, the final and complete Geulah hurries up and comes even faster.

-The Rebbe

מעייני הישועה - תנש"א



הלכה - צניעות

בס"ד

Day 2 - Who, Where, and What Age

1. Girls should dress according to halacha from age three.
2. All Tznius Halachos apply to all women, married or not, except for hair covering, which applies to married women.
3. Even at home, or with no men around, the Halachos of Tznius apply.

Question:

What age does Tznius Halachos start for girls?

למקורות עיין בספר כבודה בת מלך - לקו"ש חי"ח ע' 448, שולחן ערוך סימן ב'



הלכה - צניעות

בס"ד

Day 3 - What Must Be Covered

1. The Torah requires a woman's body to be covered, with the exception of the face, neck, and parts of her arm.
2. Keep in mind that the clothing must not be see-through or too tight
3. The areas that must be covered, may not be exposed even partially. [Example: If a shirt has a button hole in the back, make sure no skin is exposed.]

Question:

What parts of our bodies are not required to be covered?

Can clothing be see-through?

למקורות עיין בספר כבודה בת מלך



השקפה - צניעות

בס"ד

Our well-being and the well-being of our families and homes depends on our Tznius choices. It is all in the hands of the women! When we act this way, Hashem guarantees us that we will have a healthy Jewish home and a lot of Nachas from our children.

-The Rebbe

כ"ח אייר תשכ"ח



הלכה - צניעות

בסי"ד

Day 4 - Neckline

Where the neck ends, begins the area of the body that needs to be covered.

Where is this according to Halacha?

Front: from the collarbone and down should be covered.

Back: from the first vertebrae should be covered.

Sides: from where it slopes down to the shoulder, should be covered.

Tip: Where your necklace sits, is usually the spot to start covering at the sides and back of your neck.

Question:

Where does the neck end?

למקורות עיין בספר כבוד ה בת מלך ובספר עוז והדר לבושה



בס"ד

השקפה - צניעות

One should not say, "I will be careful with big and important parts of Tznius, but I don't need to be very careful with an extremely small detail of Tznius." You need to know that also this detail is the main part! Keeping it has the power to completely change all unwanted things from not good into good.

-The Rebbe

משיחת

פרשת בלק תש"ל

-

לקוטי שיחות חלק י"ג



הלכה - צניעות

בס"ד

Day 5 - Arms and Elbows

1. Upper arms and elbows must be covered.
2. Sleeves must cover elbows at all times, even during movement.
3. Clothing that shifts and reveals the elbows while moving is not allowed.

Question:

How long do the sleeves need to be?

למקורות עיין בספר כבודה בת מלך



השקפה - צניעות

בס"ד

Our Yetzer Hara might whisper into our ears:
"Of course, you are always very careful with tznius, but maybe you don't need to be so careful with the tiny details just for a short time." We learn a lesson from the story of Bilam. He saw that the Yidden built their tents in a tznius way - no doors were facing each other - so he bentched them. Even though those were just tents, a place where someone lives for only a short time, the Yidden still kept the small details of tznius, and it made a huge difference.

-The Rebbe

משיחת

פרשת שבת בלק תש"ל

לקוטי שיחות חלק י"ג



הלכה - צניעות

בס"ד

Day 6 - שוק: Thigh and Leg (Part 1)

A woman's thigh has a stricter level of Tznius, not only must the skin be covered, but the shape must be hidden as well. Tight garments like pants or leggings that show the shape are not enough. This is why we wear skirts! Skirts should be non-transparent, and wide enough not to show the body shape.

The Rebbe emphasized that a skirt must cover the knees fully—even when sitting. "Several inches" of length beyond the knee is necessary to ensure coverage in all positions. Skirts that only reach the knee while standing are halachically insufficient.

Questions:

Why do we wear skirts?

How long des the skirt need to be?

למקורות: עין בספר כבוד ה בית מלך, ובספר הצנע לכת



השקפה - צניעות

בס"ד

When you decide:

"I will not change from the Yiddishe way of dress and behavior! I will not copy someone that's not doing the right thing, but rather the opposite, "I will show the whole world a good example."

You should know that Hashem will help you that it will be much easier to accomplish than expected. Eventually, all the people around you, even the goyim, will not only stop making fun of you, but they will be impressed and show you respect.

-The Rebbe

כ"ח אייר תשכ"ח



הלכה - צניעות

בס"ד

Day 7 - Thigh and Leg (Part 2)

There are three opinions:

1. Mishnah Berurah: Skirts must cover the knees; the rest of the leg may be covered with sheer [see through] pantyhose.

2. Most opinions [including the Alter Rebbe]: Skirts must cover the knees, and lower legs must be covered with opaque (non-see through) tights.

[Pantyhose should at minimum blur the image of the leg, the thickness and color should make them distinguishable as socks.]

3. According to all halachic authorities. Actual legs should not be exposed: [You may not go about bare-legged without stockings or with low knee socks which leave some flesh uncovered.]

Question:

True or false: No part of the leg may be exposed?

למקורות עיין בספר כבודה בת מלך



השקפה - צניעות

בס"ד

For us to be safe and win our wars, we need to be tznius. The Torah says that Hashem marches along with our soldiers.

כי ה' אֱלֹהֵינוּ מִתְהַלֵּךְ בְּקֶרֶב מַחֲנֵנוּ לְהַצִּילָנוּ וְלִתְּת אִיבֵינוּ לַפְּנֵינוּ
Because

וְהָיָה מַחֲנֵנוּ קְדוֹשׁ וְלֹא יִרְאֶה בָּנוּ עֲוֹנוֹת דְּבָר

When Hashem sees that the Yidden do not have anything that is the opposite of tznius then Hashem is right there protecting us and making us beat our enemies. We don't even have to do anything hard or fight, because Hashem saves us.

-The Rebbe

לקוטי שיחות / חלק יח

226-227



הלכה - צניעות

בס"ד

Day 8 - Yichud

It is forbidden for women and girls over bas mitzvah age to be in a state of yichud (alone with no one else there) with boys over the age of nine. Likewise, a boy over bar mitzvah may not be alone in private (yichud) with a girl over the age of three. (This doesn't apply to children and their parents or grandparents, a married man and woman with each other, and also to siblings for short times.) Traveling in a car at night (especially in the later hours) with a member of the opposite gender may be a serious violation of yichud. Ask a rov about your situation before going. According to halacha, if there are two or more women alone with one man—it is still yichud. However, two or three men alone with one woman might not be considered yichud, depending on the case. There are a number of possible solutions depending on the situation. One should ask a rov in each possible case of yichud to find an appropriate solution. (The book *The Laws of Yichud* by Rabbi Dubov is a guide for many scenarios, including babysitting, etc.)

Question:

Is your 3-year-old sister allowed to be alone in a locked home with your 10-year-old cousin?



השקפה - צניעות

בס"ד

One of the most important things a Jewish woman does, which will impact her children future children, is being tzniusdik. As it says:

"**כל כבודה בת מלך פנימה**", "Everything wonderful and honorable about a daughter of Hashem is inside her. "

-The Rebbe

לקוטי שיחות חלק ב' פרשת בהעלותך



הלכה - צניעות

בס"ד

Day 9 - Torah in the Presence of ערוה

A man may not recite Shema, Daven, or learn Torah in front of a woman who is revealing a Tefach (about 3-4 inches) area of her body that halacha says should be covered. With legs, the halachos apply even if less than a tefach is exposed. Hashem removes His presence from any place where Ervah - something not tznius - is exposed. Ervah is any area that is normally covered.

Question:

A man may not recite Shema or Torah in front of what?
How much exposed, is considered ערוה?
למקורות עיין בספר כבודה בת מלך, שולחן ערוך הרב סימן ע"ד-ע"ה
"ולא יראה בך ערות דבר ושב מאחרך" (דברים כ"גט"ו)



השקפה - צניעות

בס"ד

The Gemara tells us about Kimchis and the extraordinary modesty she had. Even at home, her hair was never uncovered, not even for a moment. Guess what? That's why Hashem gave her the Zechus to have seven sons who were Kohanim Gedolim!

-The Rebbe

לקוטי שיחות חלק
ב פרשת בהעלותך



השקפה - צניעות

בס"ד

The Torah greatly highlights how important tznius is. In some ways it's even more important than other aspects of our everyday behavior, because tznius is one of the most important foundations of Jewish life.

-The Rebbe

כ"ח אייר תשכ"ח



בס"ד

Day II- Tznius Brings Great ברכות

1. Protection – מידה כנגד מידה

The Maharal explains that tznius—since we are covering up and concealing—results in Hashem's protection, mida keneged mida. When a woman covers herself up, Hashem responds by shielding her from spiritual and physical harm.

2. בריאות, פרנסה, ונחת

Strengthening in tznius is a guarantee for health, wealth, and much nachas

Question:

What is the blessing מידה כנגד מידה for tznius?
למקורות: זוהר נשא קכ"ה ע"ב – אגרות קודש ח"ח, ע' ר"ד



השקפה - צניעות

בס"ד

When we learn in Torah, Gemara, and Zohar about the reward we earn for being Tznius and when we hear stories told by Chazal about Jewish women in different generations who received the biggest Brachos from Hashem, in the merit of their tznius. Brachos for them, their husbands, their children, and grandchildren, it's easier for us to see the enormous significance of Tznius behavior.

-The Rebbe

כ"ח אייר תשכ"ח



ת"ס

Hachlata

Name:

My Hachlata:

1

2

3

4

5

6

7

8

9

10

11

I made the Rebbe proud!

Parent Signature:



Hachlata

בס"ד

**“Tznius is the most beautiful virtue; it is
the crown of a Jewish daughter”
-The Rebbe**

I learned the Tznius learning with my mother:



“צניעות איז די שענסטע מידה, די
קריון פון די אידישע טאכטער”