



**HANDS in Autism®**  
Interdisciplinary Training  
& Resource Center

1130 W Michigan Street  
Fesler Hall, Suite 302  
Indianapolis, IN 46202

HANDSinAutism.iupui.edu  
hands@iupui.edu  
(317) 274-2675

Also, check out...

How-To Series  
Kid's Corner Series  
Life with ASD Series  
Academia Series  
Strategy in Practice  
e-Learning Options  
Practical Pointers for Families,  
Educators, or Medical  
Professionals

Stay in touch via our listserv  
and Learning Connection!



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Now that you have a job, you need to be sure that you understand the dress code. The term “dress code” refers to clothing an employee needs to wear while at work.

If you don't already know the dress code, you may find out on your first day of work when you get an employee manual. In the employee manual, look for the heading “Dress Code.” This will be where it will say what to wear and what not to wear. If you don't get an employee manual, or it doesn't state the dress code, ask your supervisor or boss.

Although different jobs require different dress codes, there are important things you should always consider:

1. Clothes should always be clean.
2. Clothes should not have holes or tears.
3. Clothes should be ironed or free of wrinkles.
4. A belt should be worn with pants that are a little big and may fall down.
5. Shirts should always be tucked in.
6. If your shoes have laces, they should always be tied.
7. Shoes should not have holes.

### OUTFIT CHECKLIST:

- |   |  |
|---|--|
| <input type="checkbox"/> My outfit is clean.                        | <input type="checkbox"/> My shirt is tucked in.                  |
| <input type="checkbox"/> My outfit doesn't have any holes or tears. | <input type="checkbox"/> My shoes (if they have laces) are tied. |
| <input type="checkbox"/> My outfit is free of wrinkles.             | <input type="checkbox"/> My shoes do not have holes.             |
| <input type="checkbox"/> My pants fit, or I am wearing a belt.      |  |

### OTHER CONSIDERATIONS:

Additional resources to help you with planning your day and outfits that are available on our website:

- |   |  |
|---|--|
| <input type="checkbox"/> <i>How to Plan Your Outfit</i> | <input type="checkbox"/> <i>How to Plan Your Evening</i> |
|---|--|

Reminder: This is only one example.  
This template may need to be individualized to meet the particular needs of a person with ASD!

# ACTIVITY:

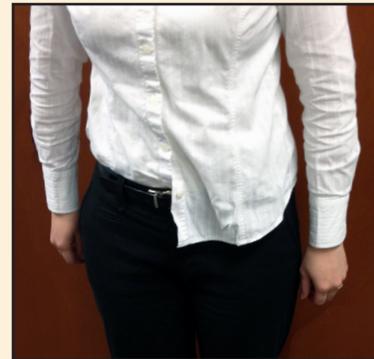
Take a look at the pictures below and check whether or not you should or shouldn't wear it to work.



- WEAR
- DON'T WEAR



- WEAR
- DON'T WEAR



- WEAR
- DON'T WEAR



- WEAR
- DON'T WEAR



- WEAR
- DON'T WEAR



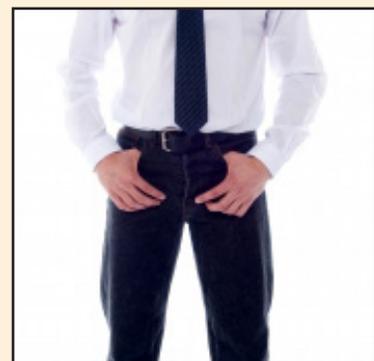
- WEAR
- DON'T WEAR



- WEAR
- DON'T WEAR



- WEAR
- DON'T WEAR



- WEAR
- DON'T WEAR