



Fashion, Culture and Me

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What is This Resource About?

Fashion is more than what we wear, it can tell stories about who we are, where we come from, and what we believe in. This resource will help you explore:

- How fashion reflects cultural identity and heritage
- How clothing can be a form of self-expression
- The difference between traditional sustainable fashion and modern fast fashion
- How you can creatively represent your culture through fashion

You don't need to be a designer to use this — just bring your curiosity, creativity, and willingness to explore.

Questions to explore with your students

- What does fashion mean to you? (Is it just clothing, or does it say something about who you are?)
- Can you think of an item of clothing in your family or culture that has a story behind it?
- How do you use clothes to express yourself?
- What differences can you see between traditional cultural clothing and the fast fashion we see in shops today?
- Do you think fashion can connect people across different countries and cultures? Why or why not?

Learning Outcomes / Curriculum Links (aligned to LC Climate Action & Sustainability):

Strand

Strand 1: Earth Systems, Life, and Environment

Strand 2: People, Power, and Place

Strand 3: Global Connections

Learning Outcome

Explore how sustainable practices in traditional fashion (repair, reuse, natural dyes, handcrafting) reduce environmental impacts compared with fast fashion. Examine natural resources (linen in Ireland, plant-based dyes in Kenya) as part of ecosystems.

Investigate how fashion reflects cultural identity and heritage. Analyse how global power dynamics (e.g. fast fashion vs. traditional craft industries) affect communities, livelihoods, and cultural expression.

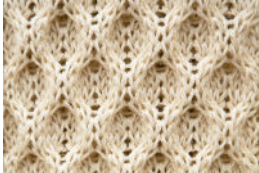
Understand how clothing links people across the world — from traditional Maasai dress to Irish Aran sweaters. Explore globalisation in fashion, cultural exchange, and how sustainability practices can connect communities globally.

Fashion as Cultural Heritage

Fashion connects generations. Across the world, people wear clothes that reflect their history, values, and traditions. This is what we call cultural heritage.

Examples:

Ireland:



Aran Sweaters: The patterns were once used to identify fishermen from different families.



Linen Clothing: A sustainable fabric made from flax, traditionally grown in Ireland.



Traditional Dresses: Worn during cultural festivals and dances, often decorated with Celtic symbols.

Global South: The Maasai (Kenya & Tanzania)



Shuka: A brightly coloured cloth, often red, symbolising strength and bravery.



Beadwork: Every colour and pattern has meaning — like age, status, or life events.

Sustainability: Clothing is reused, shared, and made using natural dyes.

Think About It!

- What traditional clothing exists in your culture or community?
- Are there clothes that are only worn for special occasions in your family?
- What do these clothes say about the people who wear them?

Fashion & Identity

Fashion is one of the most visible ways we show the world who we are.

Your clothes might reflect:

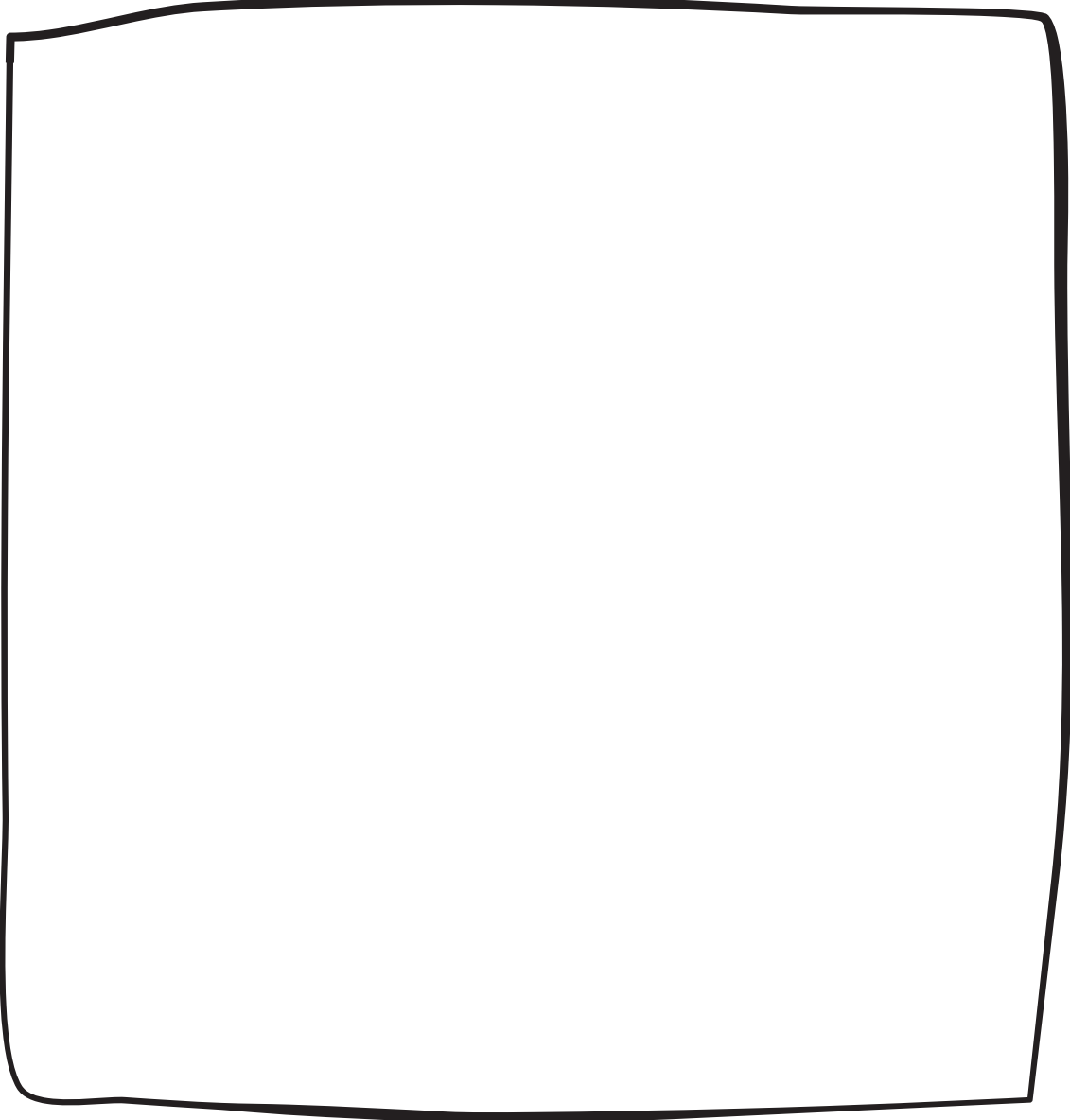
- Your personality
- Your cultural background
- Your beliefs
- Your mood
- Your creativity

Activity: Identity Outfit

Imagine you are designing an outfit that expresses your identity. On a blank page (or use the template below), sketch or describe an outfit that represents:

- Where you're from
- Why it matters to you
- What makes it unique

Don't worry if you're not good at drawing — you can describe it with words, collage, or colours.



Sustainable Fashion Then & Now

In the past, fashion was much more sustainable than it is today. Clothes were made to last, reused, and repaired. Today, fast fashion means cheap clothes that often harm the environment and workers.

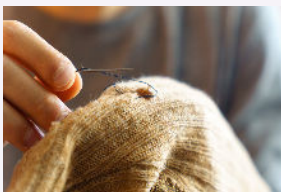
Traditional Sustainable Practices:



Natural dyes
(from plants,
roots, or
insects)



Cloth inheritance
(passing down
clothes from older
generations)



Repair & reuse
(patching up
instead of
throwing away)

Fast Fashion Today:



Mass-produced
clothes



Lots of waste and
pollution



Short-lasting
quality

Reflect

- Do you or your family reuse or repair clothes?
- Have you ever inherited clothes from a sibling or parent?
- What are some ways we can be more sustainable in what we wear?

Your Cultural Fashion Feature

Every culture has unique clothing styles. In your school, there are likely many different cultural traditions represented. Let's celebrate them!

Activity: Cultural Fashion Feature

Choose a traditional outfit from your own culture, or one from another culture you admire.

Research and describe:

What is the outfit called?

When is it worn (special occasions, daily life)?

What do the colours, patterns, or fabrics represent?

Is it made in a sustainable way?

Bonus: You can also create a fusion outfit — blending styles from two or more cultures to represent your multicultural identity or community.

The Runway is calling!

Let's Fix Fashion Catwalk Event!

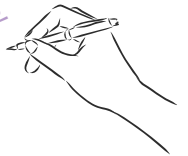
Let's take all your amazing cultural and heritage fashion ideas and bring them to life in a Catwalk Event happening in April 2026!

Activity: Design Your Cultural Catwalk Outfit

Create an outfit that you would love to showcase in the Catwalk event under the Culture and Heritage category. This can be:

- A traditional outfit from your culture
- A modern twist on a cultural piece
- A fusion of multiple cultural styles
- An outfit that tells your personal story through fashion

Draw or brainstorm your idea here!

A large, empty rectangular box with rounded corners and a thick black border, intended for students to draw or brainstorm their outfit design.

Final Reflection

Take a few moments to think about everything you've explored:

- What have you learned about fashion and culture?
- Has your view of clothing changed?
- How might you use fashion differently in the future?