

Why schools sometimes say "no" to false eyelashes and makeup

Many middle and high schools have rules about makeup and false eyelashes. These rules are usually meant to keep the classroom focused, keep everyone safe, and make dress rules easier to enforce fairly for all students.

Common reasons for the rule

- **Safety:** False eyelashes and some adhesives can cause eye irritation, allergic reactions, or infections. Schools want to avoid medical problems during the day.
- **Distraction:** Administrators sometimes feel heavy makeup or dramatic lashes distract from learning.
- **Uniformity and fairness:** Some schools try to keep a standard appearance so no one feels pressured to wear certain products.
- **Practical concerns:** Applying or fixing false lashes in class, or dealing with a lash that falls off, can interrupt lessons.

Safety tips about false eyelashes (for when you wear them outside school)

- Always do a patch test for the adhesive on your inner forearm 24–48 hours before using, to check for allergic reactions.
- Use eyelash glue labeled "hypoallergenic" or latex-free if you know you have sensitivities.
- Apply and remove lashes carefully and in a clean place. Don't sleep in false lashes unless they're specifically made for overnight wear.
- Never share lashes, glue, or applicators — it spreads bacteria.
- If your eyes get red, painful, very watery, or you get discharge, remove the lashes and tell a parent or doctor right away.

How to respond if your school bans makeup and lashes

1. **Check the school handbook.** Look for the specific rule so you know exactly what is or isn't allowed.
2. **Follow the rule while at school.** Rules are easiest to change if you show you can follow them while discussing them respectfully.
3. **Talk with a trusted adult.** Your parent or guardian and a teacher or counselor can help you understand the rule and plan next steps.
4. **Ask questions politely.** If you don't understand why, ask the teacher or administrator for an explanation. Use a calm tone and something like: "I read the rule about makeup. Could you help me understand the reasons so I can follow it?"
5. **Suggest a compromise.** If you feel the rule is too strict, propose reasonable options — for example, allowing natural-looking makeup or permitting makeup for special events like picture day or performances.
6. **If you disagree strongly, get support.** If you think the rule is unfair or targets certain students, involve your parents and a counselor to raise the issue formally.

Ways to express yourself while following the rule

- Try neat hair styles or hair accessories that are allowed.
- Use clear lip balm or a subtle tinted lip balm only if permitted.
- Focus on personal grooming: clean nails, tidy hair, and well-fitting clothes can make you feel confident.
- Express your style outside school — on weekends, at parties, or online — where rules are different.
- Get creative with allowed things like backpacks, shoes, or jewelry (if the school allows jewelry).

Scripts you can use

To a teacher or administrator: "Hi, I read the rule about makeup and false eyelashes. I want to follow the rules but I also want to express myself. Could we talk about whether a natural look or special-event exceptions might be okay?"

To a parent: "I'm frustrated that I can't wear makeup or lashes at school. Can we talk about what the rule says and how I can express myself in ways that follow school rules?"

What to do if you feel bullied or singled out

- If classmates tease you for following or not following the rule, tell a teacher, counselor, or parent. You don't have to deal with bullying alone.
- If the rule seems to be applied unfairly, ask a parent to help you raise the concern with school staff calmly and with examples.

Bottom line

Schools usually ban false eyelashes and makeup for safety and to keep class focused. Follow the rule at school, learn safe practices for when you wear lashes outside of school, and talk calmly with adults if you want the rule changed. You can still express who you are in lots of ways that fit the school's expectations.