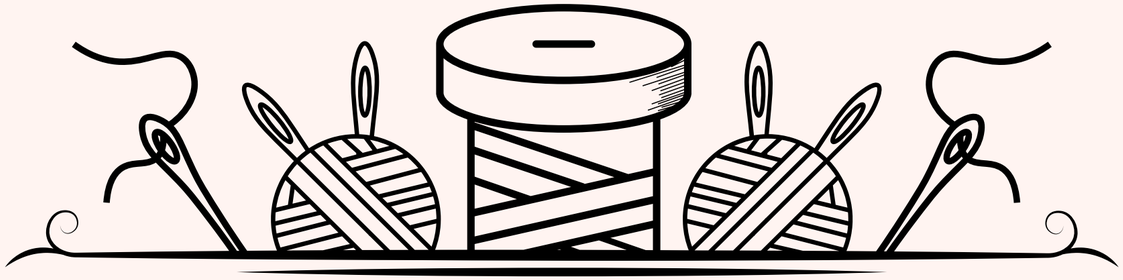
# MYTH OR FACT

Fashion & Textiles



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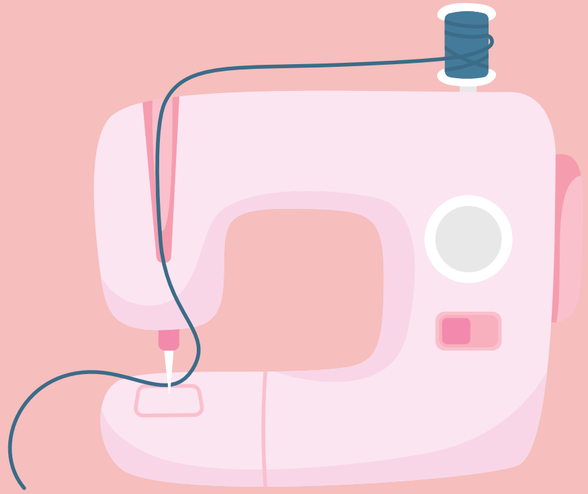
Sewing is old-fashioned and outdated.



# Sewing is old-fashioned and outdated.

**MYTH**

Sewing and textile skills are used in:

- Fashion design
- Costume & theater
- Interior design
- Product development
- Outdoor & athletic wear
- Medical and safety textiles

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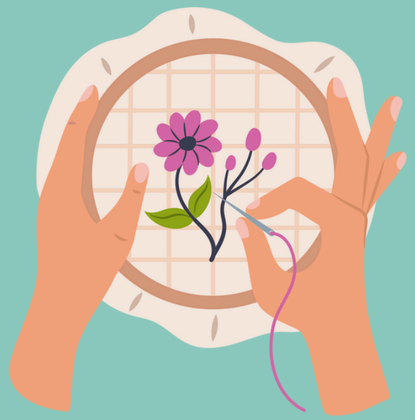
You have to be artistic or talented to sew.



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# MYTH

Sewing is a learned skill, not a talent.

It relies on:

- Measuring
- Following steps
- Problem-solving
- Practice

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Sewing, knitting, and crocheting are not all the same.

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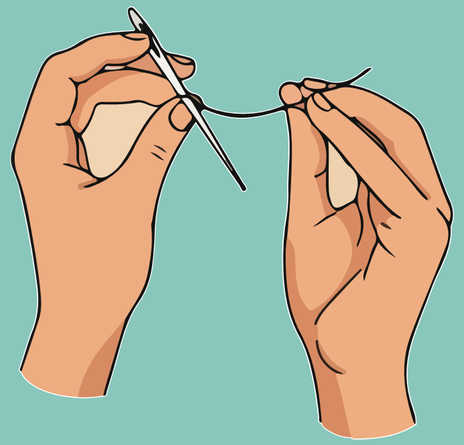
Sewing usually starts with fabric, while knitting and crocheting start with yarn. Each skill is used for different projects, tools, and purposes.

# FACT

Sewing takes too much time to be useful.



# Sewing takes too much time to be useful.

**MYTH**

Sewing can:

- Fix ripped seams or hems in minutes
- Extend the life of clothing
- Save money over time
- Reduce waste

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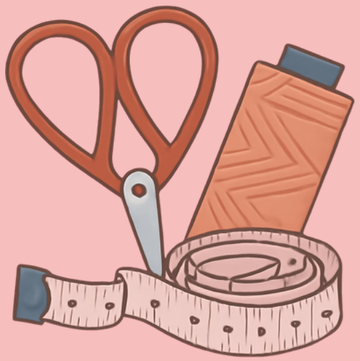
You need expensive tools and machines to sew.



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# MYTH

Many sewing skills start with:

- Hand sewing
- Simple tools
- Basic materials

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Fabrics are made for specific purposes.

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Fabrics are created based on how they will be used, not just how they look. Fiber content, fabric construction, and finishes all affect the end product.

FACT

The textile industry is just about fashion.

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**MYTH**

The textiles industry is large and impacts things like health, safety, and technology, not just style.

Care labels don't really matter.

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# MYTH

Care labels help:

- Prevent shrinking and stretching
- Maintain color and texture
- Extend the life of clothing

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Synthetic fabrics are always bad.

# Synthetic fabrics are always bad.

**MYTH**

Synthetic fibers can:

- Be stronger and more durable
- Dry faster
- Resist wrinkles
- Perform better in athletic or outdoor clothing

Individual clothing choices impact the environment.

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Individual clothing choices impact the environment.

Fast fashion leads to textile waste and clothing production uses water, energy, and raw materials. Small choices made by many people add up to a large impact.

FACT

# ACTIVITY RECAP

Understanding how clothing and textiles work helps us make smarter choices as consumers, creators, and problem-solvers.