Many educators and sociology experts believe that students who wear school uniforms perform better academically in school. Students are often so focused on their clothes that it distracts them from learning. Some experts believe that a uniform policy removes this distraction and improves student attention. They believe uniforms set a more serious tone within the school environment that is better for learning and can improve student performance. They also believe that school uniforms improve student attendance. Many parents report that their children spend a great deal of time planning and choosing their daily clothing, and that uniforms allow students to use this time to sleep or study.

Many educators and sociology experts believe that students who wear school uniforms behave more appropriately in the school environment. They believe that uniforms create a stricter atmosphere and that students who wear uniforms are more likely to follow school rules. Experts believe that the mandatory use of standardized dress reduces violence within the school.

Some experts believe that, more than in any other area, school uniforms improve the social outcomes in a school environment.
Clothing and fashion are often the cause of social conflict. Many students feel that they are judged according to what they wear by other students, as well as by teachers and administrators. Children are often made fun of by other children because of the way they dress. Many children use clothing to express themselves and to define themselves. This self-expression and definition often leads to the formation of cliques (groups) in the school. School uniforms remove these problems, thus relieving students from the pressure to “fit in.” Experts believe that, by wearing school uniforms, both academic and behavioral outcomes improve.

Experts believe that the use of school uniforms is more affordable to families because there is not as much pressure to buy expensive, trendy clothing. Uniforms are made to last, and can be washed easily and frequently. After the initial cost of buying uniforms, there is no need to spend as much money on clothing. Some people believe that uniforms cost less than trendy children’s clothing.