قُل لِّلۡمُؤۡمِنِينَ يَغُضُّواْ مِنۡ أَبۡصَٰرِهِمۡ وَيَحۡفَظُواْ فُرُوجَهُمۡۚ ذَٰلِكَ أَزۡكَىٰ لَهُمۡۚ إِنَّ ٱللَّهَ خَبِيرُۢ بِمَا يَصۡنَعُونَ

النُّورِ: 30))

Tell the believing men to reduce [some] of their vision[1] and guard their private parts.[2] That is purer for them. Indeed, Allah is [fully] Aware of what they do.

 Quran (24:30)