

# strict (*strict*)

## Definition

adj. demanding that rules be followed carefully.

## Example Sentence

My parents are **strict**.

## More Example Sentences

A **strict** schedule helps me stay organized.

## Synonyms

rigid; stern; severe

## Antonyms

lenient; flexible; easygoing

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)