

OUR BODIES OUR QUILT

INSTRUCTIONS AND TIPS
FOR CREATING YOUR
QUILT PANEL



**OUR BODIES
OURSELVES**



QUILT PROMPT

EVERY BODY

GUIDING QUESTIONS:

What does your body look like?

What is it like living in your body?

How does your body move through the world?

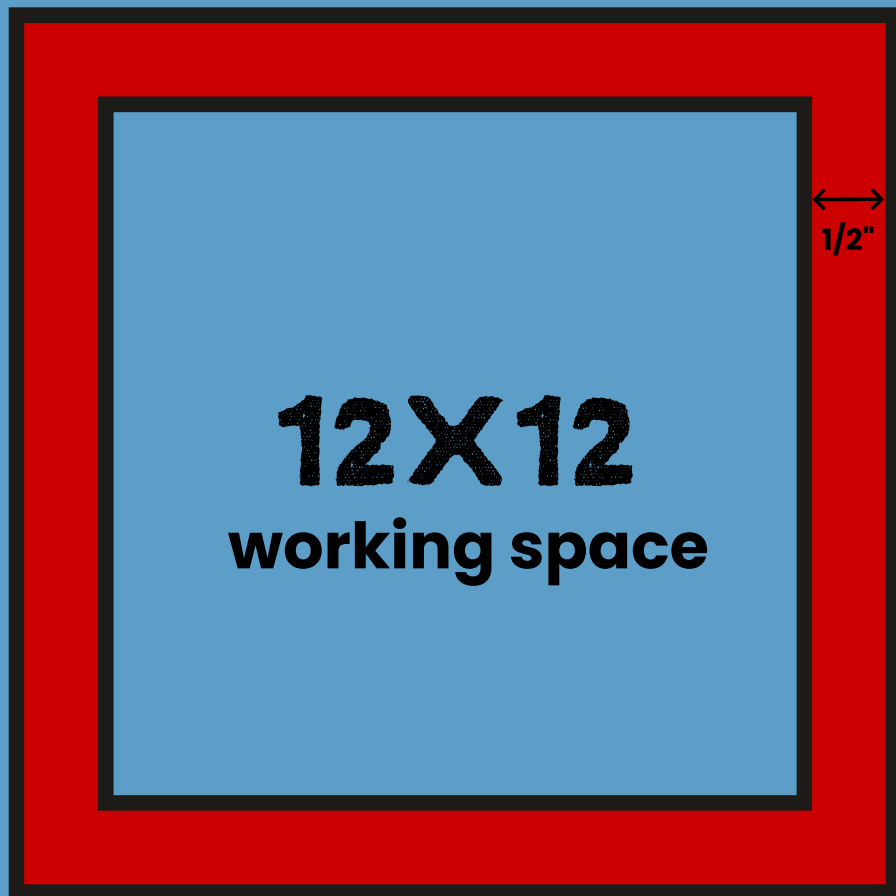
What would it look like for every body to have sexual health, rights, justice, and pleasure?

Your quilt square can reflect a personal experience, give voice to feelings and values, or issue a call to action. Of course, we welcome designs that note the place that Our Bodies Ourselves may have played in your journey.

MAKE A FABRIC QUILT PANEL

Each panel should measure 12-inch x 12-inch leaving a 1/2 inch around the edge for sewing to other panels. Things in the red zone will be cut off (sewn onto another panel).

13" across



Quick tip: Find durable, medium-weight, non-stretch fabric for your panel's background. To ensure the preservation and longevity of your work, when you're done, shake your quilt panel with medium force. If nothing falls off, it's good to go!

HOW TO CREATE YOUR FABRIC QUILT PANEL

APPLIQUE:

Sew fabric, letters and small mementos onto the background. Or use an Elmer's washable glue stick to glue fabric pieces. Run a hot iron for 5-7 seconds over the fabric pieces you are attaching to each other.

PAINT:

Brush on textile paint or colorfast dye, or use a permanent or fabric marker. Do not use "puff" paint, as it can stick and ruin other panels when folded up.

FABRIC PASTELS:

These are a great option for a more drawn look. Simply use the fabric pastels and then iron for 10 seconds with a piece of parchment paper between the layer of pastel and the iron so that the pastel is fixed.

SUBMITTING YOUR QUILT SQUARE

When your square is ready, please fill out and submit the google form below. Due date: 9/4/26



*Scan the QR code or
go to the link below to
submit your square*

<https://forms.gle/eJP4MBQbiSaGCRreY9>

Then mail your square to Our Bodies Ourselves.

MAILING ADDRESS

Our Bodies Ourselves
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