



# OUR BODIES OUR QUILT

INSTRUCTIONS AND TIPS  
FOR CREATING YOUR  
QUILT PANEL



**OUR BODIES  
OURSELVES**



# QUILT PROMPT

## GUIDING QUESTION:

What does survivorship of violence mean to you?

**Experiencing violence based on gender can take many different forms. It includes the following, which is not an exhaustive list:**

- Being hurt by a partner or family member
- Being pressured or forced into sex
- Being touched without consent
- Being abused as a child
- Being hurt because of your gender or sexuality
- Being forced to carry a pregnancy
- Being hurt by people in power (supervisors, colleagues, police, doctors, or teachers)
- Being harassed on the street (derogatory or unwelcome comment, whistle, kissing sound)
- Being berated, emotionally manipulated, or psychologically abused

Sometimes this violence happens more than once. Sometimes it runs in families. Sometimes we see it happen to people we love. And sometimes, people we love die from it. Survivorship can mean remembering, feeling, struggling, growing, or simply existing.

**You get to define it.**

# OPTION 1: DRAW YOUR QUILT PANEL

Can't sew, don't have any of the materials? No problem! Draw what you would like your panel to look on a blank piece of paper. Add various colors, draw patterns, collage; whatever feels right to you. Submit a digital image of your drawing to us through the google submission form. **We will reimagine all accepted drawings into fabric panels!** Please note that the colors may change.



Example of a quilt panel drawing

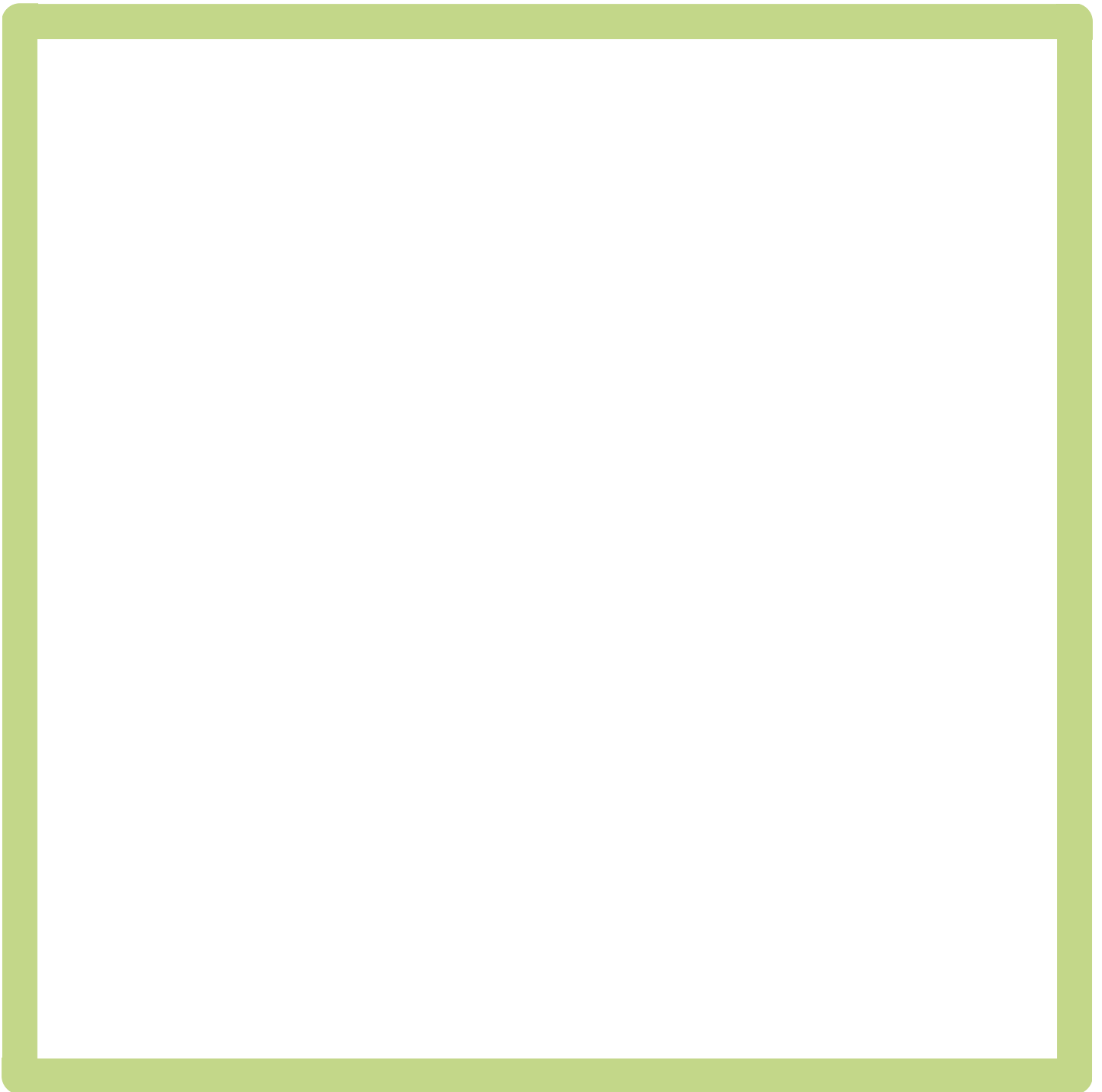
Drawing  
reimagined into  
fabric panel



# TEMPLATE TO DRAW ON

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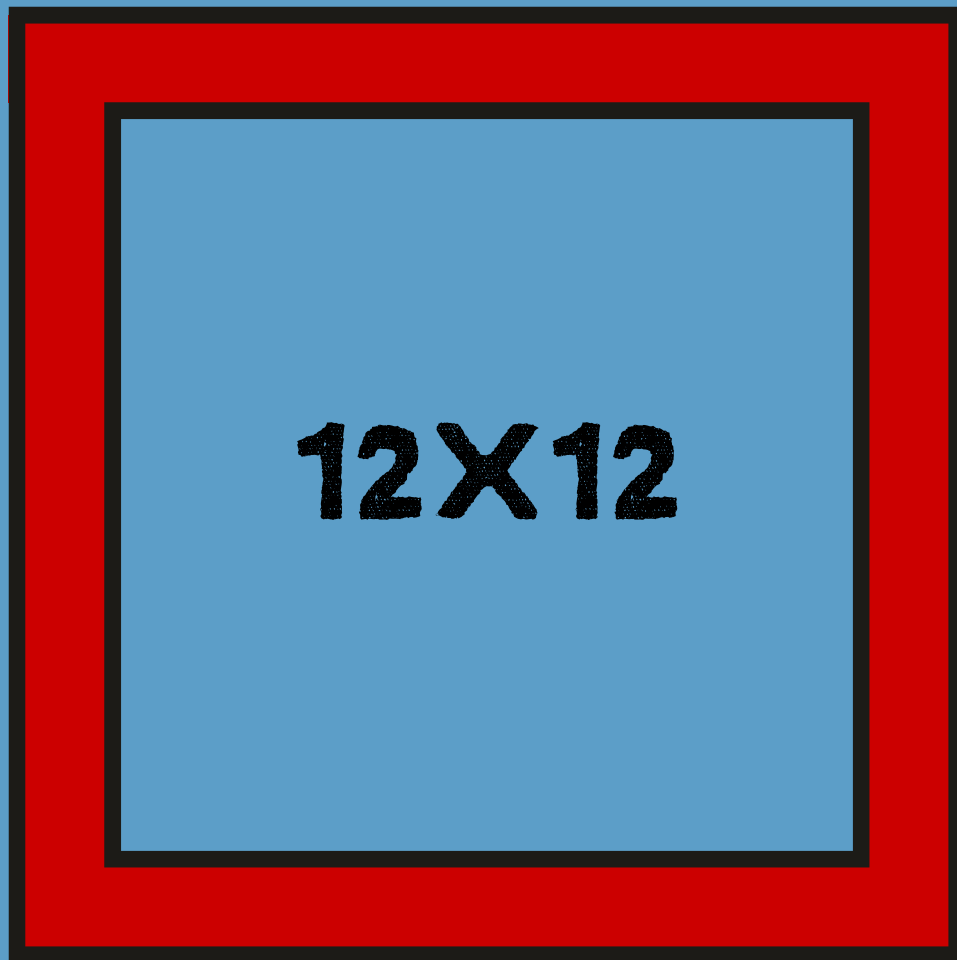
Download this page and draw right on it, or use it as a guide! All you need for drawing your quilt panel is some sort of paper or digital art studio platform. **Keep in mind our base fabric panel is cream/white.**



# OPTION 2: MAKE A FABRIC QUILT PANEL

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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).



**Quick tip:** Find durable and 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

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## **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. Spray paint also works. Do not use "puff" paint as it can stick and ruin other panels after it is folded up. Fabric pastels 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.

# FABRIC PANEL CONT.

## COLLAGE:

Make sure any materials you add to the panel won't tear through the fabric. Avoid large three-dimensional objects or heavy metal pieces. Feel free to collage pieces of clothes or fabric that are representational like underwear, bra, anything that feels right. Don't feel limited to just fabric; add other materials (paper, paint, charcoal, ink, etc.), sew or glue magazine photos or journal entries.

## PHOTOGRAPHS:

The best way to include photos is to photocopy them onto iron-on transfers and then iron them onto the panel. You may also put the photos in clear, vinyl pouches and sew it to the panel.

## STENCILS:

Trace your design onto the fabric with a pencil and use a brush to apply paint or a permanent marker.

# SHARING YOUR WORK

## DRAWN PANEL:

Use the Google Form to upload a clear photo or scanned image of your quilt square or artwork.

***Make sure the image is well-lit, sharp, and shows the entire piece without glare or heavy shadows.***

Digital submissions will be thoughtfully reimaged into fabric squares for the final quilt.

## FABRIC PANEL:

Use the Google Form to let us know your panel is on the way. If you've created a physical quilt square, mail it to our OBOS office (address provided in the form).

***Please make sure your piece is completely dry before packaging to prevent damage during transport.***

**FOR ALL SUBMISSIONS PLEASE  
FILL OUT THE GOOGLE FORM:**

(Scan QR Code).

Or copy this link: [bit.ly/4nVb1km](https://bit.ly/4nVb1km)

