

# Quilt Instructions



## Intro to Project

FORCE is blanketing the lawn of the national mall with a quilt made of stories from survivors of rape and abuse. Your square and your voice will join thousands of other survivors and allies to create public space where survivors are honored and supported rather than silenced and shamed.

The Monument Quilt is a project by FORCE: Upsetting Rape Culture. FORCE is an artistic and activist collaboration to disrupt the dominant culture of rape and promote a counter culture of consent.



## Submission Form

FORCE uses the submission form to send you a reference number. You can use your reference number to find your quilt square in the online digital archive of the quilt. We accept anonymous submissions; you don't have to include your name. We keep all information private. Quilt squares are accepted and displayed with or without a submission form.

### ONLINE

We **HIGHLY** recommend that you fill out your submission form online, because typed entries leave less room for error: [themonumentquilt.org/submission](https://themonumentquilt.org/submission)  
After filling out the form, write your reference # here and attach it to your quilt.

**REFERENCE #:** \_\_\_\_\_

Date Received: \_\_\_\_\_

### PAPER SUBMISSIONS

☐ I understand that FORCE is the owner of the Monument Quilt, that my quilt square and any accompanying material may be incorporated into the Monument Quilt, and that I cannot request that the quilt square be returned once it is mailed. By mailing my quilt square to FORCE, I assign to FORCE all rights to my submitted quilt square.

☐ FORCE may contact me if they need additional information.

☐ FORCE may contact me if the media is interested in my quilt square.

Tags/keywords about you, your quilt square, or your story: These keywords are displayed in the online archive of the Monument Quilt, helping the public to visualize the landscape of sexual violence in the United States. At the final display, your square will be grouped with survivor stories that share your tags. Here is a list of tags you can check off.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Transgender           | <input type="checkbox"/> Incest             | <input type="checkbox"/> Immigrant          |
| <input type="checkbox"/> Non-binary            | <input type="checkbox"/> Secondary survivor | <input type="checkbox"/> Religion           |
| <input type="checkbox"/> Gay                   | <input type="checkbox"/> Native             | <input type="checkbox"/> Abuse              |
| <input type="checkbox"/> Lesbian               | <input type="checkbox"/> Black              | <input type="checkbox"/> Elder              |
| <input type="checkbox"/> Bisexual              | <input type="checkbox"/> Woman              | <input type="checkbox"/> Trafficking        |
| <input type="checkbox"/> Queer                 | <input type="checkbox"/> Male survivor      | <input type="checkbox"/> Street harassment  |
| <input type="checkbox"/> Gender non-conforming | <input type="checkbox"/> Sex work           | <input type="checkbox"/> Drugs              |
| <input type="checkbox"/> Military              | <input type="checkbox"/> Marital rape       | <input type="checkbox"/> Alcohol            |
| <input type="checkbox"/> College               | <input type="checkbox"/> Message of support | <input type="checkbox"/> Ally               |
| <input type="checkbox"/> Acquaintance rape     | <input type="checkbox"/> Undocumented       | <input type="checkbox"/> Child sexual abuse |
|  | <input type="checkbox"/> Latin@             |   |

You can also write your own tags: \_\_\_\_\_

#### IF YOU WANT TO TRACK YOUR SQUARE:

Name: \_\_\_\_\_

Address line 1: \_\_\_\_\_

Address line 2: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

IF YOU WANT TO SUBMIT YOUR SQUARE ANONYMOUSLY: Zip: \_\_\_\_\_

## 1. Plan your quilt.

You may write your own story of rape or abuse, a statement about your experience with sexual violence, or a message of support for survivors. If you've never written your story before, this process may be difficult, but will ultimately be cathartic. Take breaks, take care of yourself, and reach out if you need support. If your experience is being a secondary survivor, please write from your perspective.

You can express your own unique experience in words, sentences paragraphs, images, color, symbols, pockets and more.

## 2. Make your square.

### Squares can be made with:

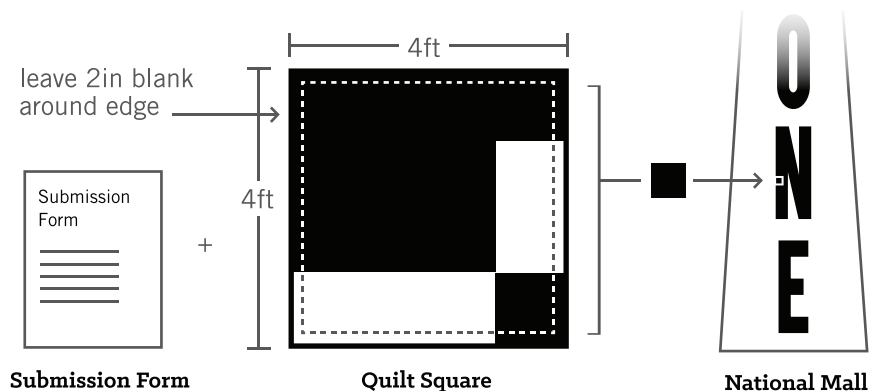
sewing  
paint  
markers (permanent or fabric)  
iron-on transfer  
out of an old sheet  
spray paint

### We recommend you not use:

hot glue  
stretchy fabric  
see-through fabric  
or super heavy fabric  
washable markers  
or paper materials

### Your quilt square can have:

folds  
layers  
pockets  
objects sewn into it



If a part of your square breaks, we cannot fix it. We will still include squares that have broken pieces in the final display.

## 3. Make a donation.

The suggested donation is \$10 – \$30. Each quilt square costs \$30 to receive, document, store, process and display as part of the Monument Quilt. Donations over \$30 sponsor other the quilt squares from other people. All squares are received, cared for and included regardless of donation amount.

Checks can be made payable to FORCE and mailed to us with your square. Online donations can be made at [upsettingrapeculture.com/donate](https://upsettingrapeculture.com/donate)

## 4. Mail your materials.

Attach your reference # or submission form to your quilt and send to:

FORCE  
120 W North Ave.  
Baltimore, MD 21210

If you fill out the submission form online, you will receive a reference number immediately. If you fill out a paper form, please allow 3 months to receive a reference number.