

How to Make the EUP happen in your community:

1. Head over to the website and get to know all about the original project:  
<http://exquisiteuterus.com/information/>
2. Find like-minded people. Get your friends excited about participating: send an email, post on social media, talk to folks in the neighborhood. Share the website address so people can browse the work of the original participants and get ideas.
3. Obtain your blank uteruses here:  
[https://www.spoonflower.com/en/fabric/1080580-exquisite-uterus-project-by-helen-klebesadel\\_com](https://www.spoonflower.com/en/fabric/1080580-exquisite-uterus-project-by-helen-klebesadel_com)

We used the linen/cotton canvas for our original project. It's easy to stitch into and paint as well. Your group can use whatever fabric they want: FREE CHOICE. A yard of linen/cotton canvas has about 8 full images on it. If you have 16 people participating, order 2 yards to cut into squares, for example.

4. Once you have your Uteruses in hand, distribute and set a deadline for completing the work so everyone has theirs done in time for exhibiting. Our method was to simply let everyone have totally FREE CHOICE. We did not require any particular finishing, we did not restrict the materials or techniques. This project is about CHOICE, so if you want everyone to do any part of the project the same way, make sure everyone chooses freely to participate (or not). Don't micromanage! That's what people who restrict choice do!
5. Check out the list of suggested activities at the end of this page for ideas and plan your next moves.
6. While everyone is working on their amazing Exquisite Uterus, expressing whatever thoughts they have about this particular set of internal organs, find a place to show the work, or plan a "pop up." Good possible places to show might be a local Arts Center, the public library in your town, a coffeehouse, a university art gallery, a booth at the farmer's market, the corner pub, the Unitarian Universalist Fellowship or other place of worship your area, your local Planned Parenthood, the domestic violence shelter in your town, City Hall...somewhere the good people of your own community can appreciate the wide variety of expression (but, where the work is unlikely to get vandalized.) Talk to whomever is in charge, share our website so they know what they are getting into.
7. Schedule work-parties: If you are going to show in a space where folks can gather and work on their uteruses as a group, do that. This is where you could invite speakers from the local women's clinic, or, register voters, or, have materials available for those looking for more information. Have our website up on a laptop if you want, to show the original project and spread the word. Whatever you want: it's your choice!

8. Schedule an opening: Offer food, show the finished work, have speakers from the local women's clinic, or, register voters, or, have materials available for those looking for more information. Have our website up on a laptop if you want, to show the original project and spread the word. Whatever you want: it's your choice!
  
9. Do stuff we haven't thought of and let us know! Take pictures and post them! Credit your artists or let them be anonymous – it's their choice.

#### IDEAS for ACTION:

Here's a quick list of fun activities that people have done in conjunction with the EUP and told us about:

**COLORING PAGES:** Put a blank fabric uterus on a copier and print off coloring pages, have coloring and decorating stations at the opening or on work nights. Folks can take their pages or you can bind them in a book to display with the cloth uteruses.

#### SPEAKERS:

If you have group work nights, schedule some speakers to come in. One good place to find feminist speakers with expertise in reproductive justice are local college Women's and Gender Studies departments. Feminist artists in your area could come talk about using feminism as a theme in their work. Often there are people in the community who work in healthcare, law, or social justice who are willing to come hang out, if you get them curious about what you're up to...

#### VOTER REGISTRATION:

At your opening event, or during a work-party, set up a voter registration table. The League of Women Voters in your area should be able to help you do this, or, with WIFI and a laptop, people may be able to register themselves with some help. Go to How To Vote to get up-to-date reliable information for voting in your area of the United States: <https://howto.vote/>

#### REPRODUCTIVE HEALTH INFO:

Contact your local women's health center for free literature on any topic related to women's health and make it easily available to your participants. Place your table where it will be seen, but not where anyone will feel shy about picking it up. Maybe also have a bowl of condoms?

#### BE HELPFUL:

Some topics to choose to highlight at your events might be: sexual and reproductive health, contraception, legal abortion services, domestic violence, rape prevention and survivor services, self-defense, feminism, art activism, the history of reproductive rights in your state/province, organizations helping women navigate family planning post-Dobbs Decision...