



COMMUNITY TRAINING



SEWING WORKSHOP



Zine Released by @LaLoica

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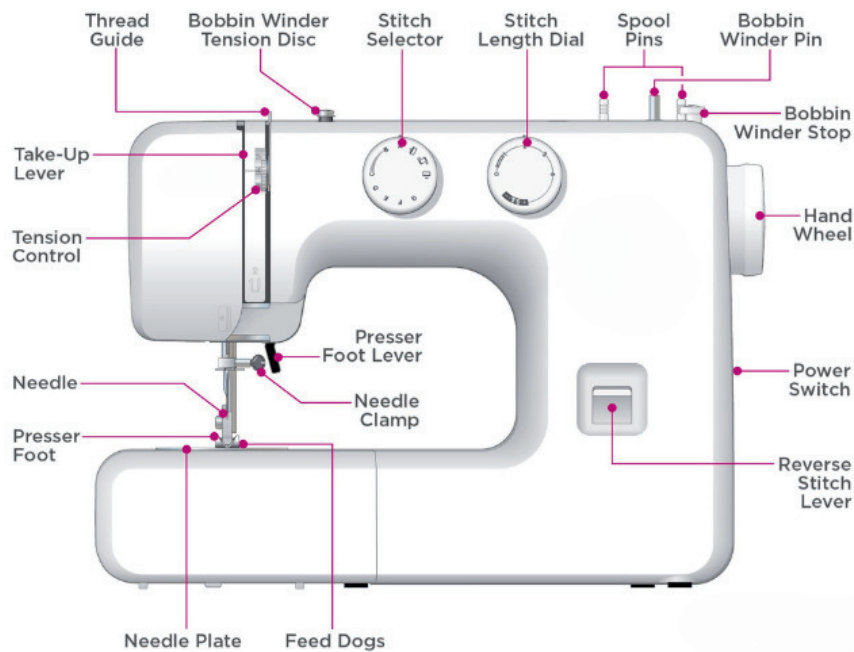
# TEXTILE ART LGBTIQANB+



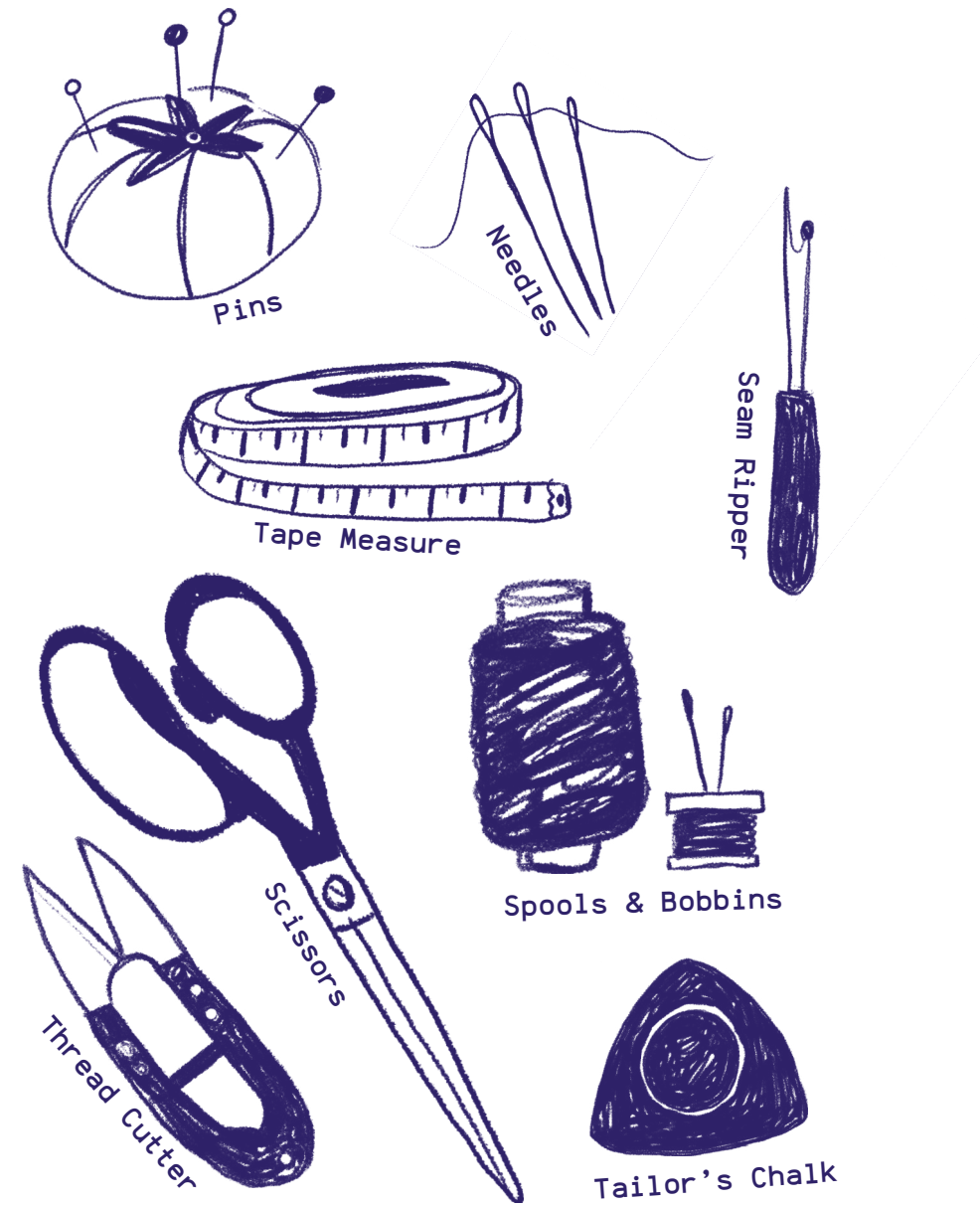
This zine is a hands-on guide to the basics of sewing. It is my invitation for you to craft a symbol of identity and resistance



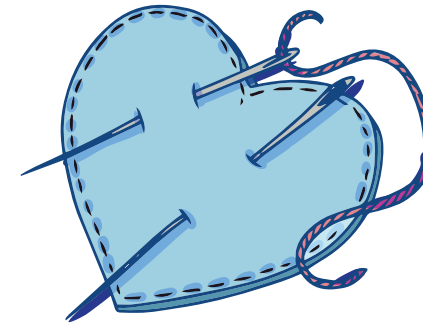
[LALOICA.NOLOGS.ORG/TUTORIAL-BANDERAS/](https://laloica.noblogs.org/tutorial-banderas/)



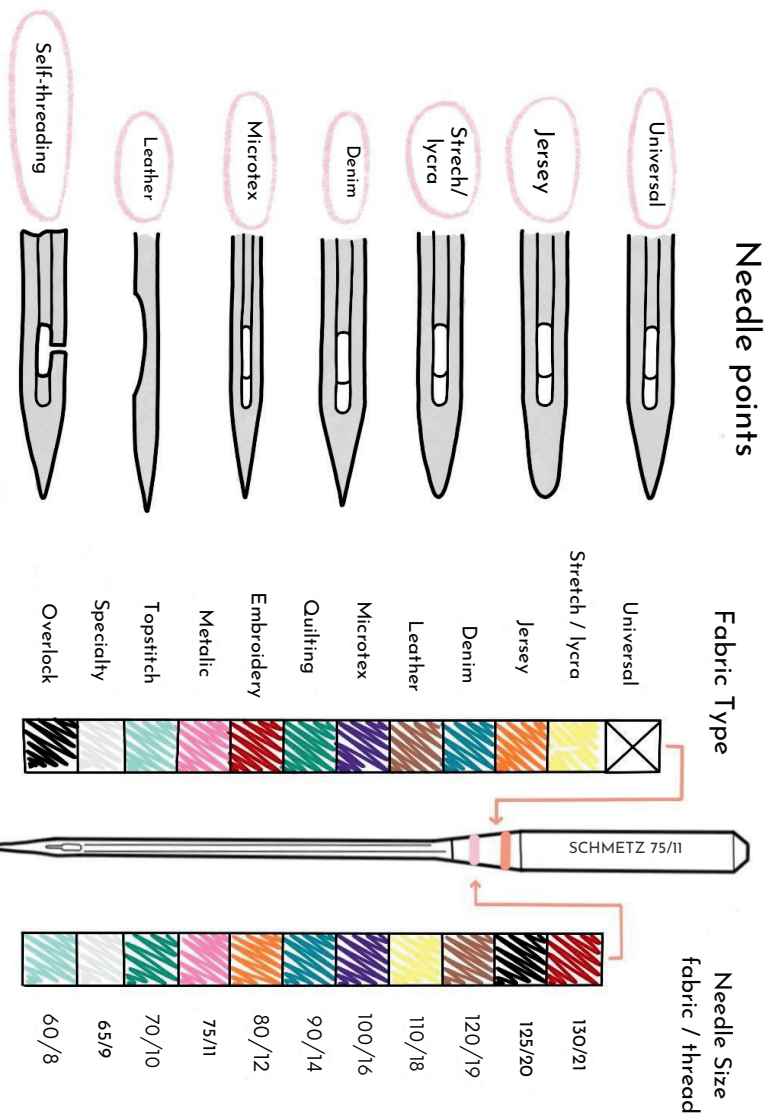
✦ Anatomy of a sewing machine



✦ Starter Sewing Kit.



“Stitching identity: Textile Art in the LGBTIQANB+ Community” aims to reclaim the sewing trade as part of the historical development of queer communities and as a key tool for artistic and political expression. It highlights textile creation as a powerful act of visibility and resistance against gender-sexual discrimination.



Needle Types — Choosing the Right One

What is Stitching Identity?

In 1978, Gilbert Baker designed the first rainbow flag at the request of Harvey Milk, the first openly gay elected official in the United States. The flag -originally made with eight colors- represented the diversity of the LGBTIQANB+ community and its desire for justice and freedom.

Also known as the flag of self-management, its creation was a political gesture from the start. Baker and a group of volunteers hand-dyed and sewed the fabrics, proving that change begins with collective action. Each color had a meaning: pink for sexuality, red for life, orange for health, yellow for sunlight, green for nature, turquoise for magic, blue for serenity, and violet for spirit.

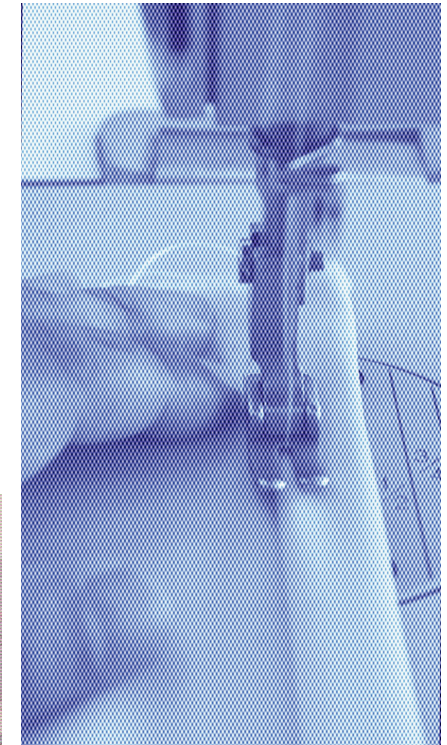
Over time, the rainbow flag became a global symbol of queer pride, but its origin reminds us of the power of DIY resistance.



The first rainbow flag: a symbol of self-management and queer pride

## 6. Finish with a Hem

Fold the outer edges of the flag inward half a centimeter, then fold 1 cm again. Iron it flat. Sew all four edges of the flag with a straight stitch.



You can also watch the full tutorial video at [laloica@video.anartist.org](mailto:laloica@video.anartist.org)

How to Sew Your Flag Using a Flat-Felled Seam and Hem



#### 4. Close the Flat-Felled Seam

Open the strips and fold the excess fabric flap inward, hiding it between the two strips. Iron it flat. Then, sew again along the outer edge of the seam. You'll have a visible double seam on one side and a clean finish on the other, with no fraying edges.



#### 5. Repeat with the Remaining Strips

Repeat the process for each strip, following the color order of the flag you chose. In the end, all the strips will be joined with durable and clean flat-felled seams.



How to Sew Your Flag Using a Flat-Felled Seam and Hem



LGBTQIANB+



LESBIAN



GAY



BISEXUAL



TRANS



NON-BINARY



PANSEXUAL



INTERSEX



GENDER FLUID



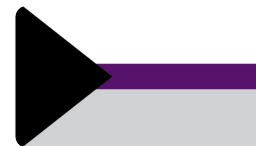
POLYSEXUAL



GENDER QUEER



OMNISEXUAL



DEMISEXUAL



ASEXUAL



AROMANTIC



AGENDER



GRAY-SEXUAL



BIGENDER

Types of flags

## Materials You'll Need

- Fabric in the colors of your flag (e.g., yellow, white, purple, and black for the nonbinary flag).
- Sewing machine
- Pins
- Thread matching the fabric colors
- Fabric scissors
- Iron and ironing board.



### 1. Cut the Color Strips

Cut strips of fabric in the colors of your flag, all the same size or however you prefer. e.g., for the non-binary flag, you can use equal-sized stripes in yellow, white, purple, and black.

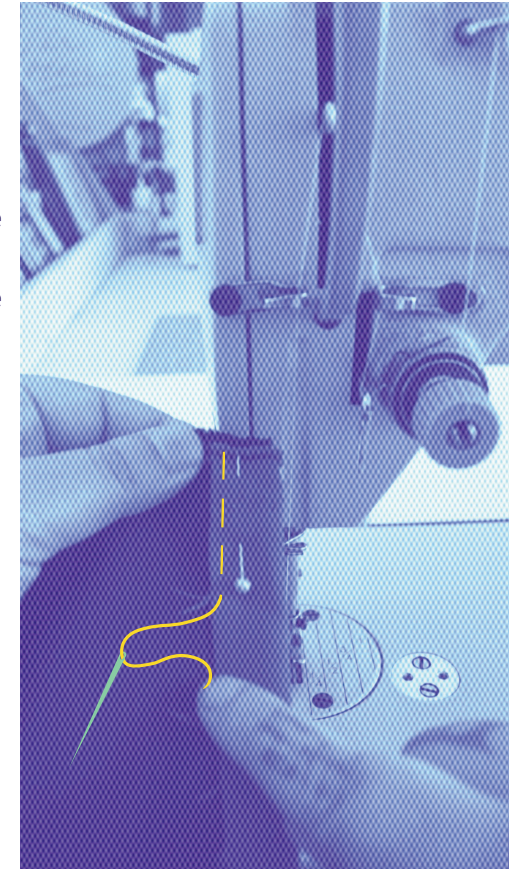


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How to Sew Your Flag Using a  
Flat-Felled Seam and Hem

### 2. Prepare the Flat-Felled Seam

Take two consecutive color strips. Fold about 1 cm of the edge of one strip inward. Align this fold to the edge of the other strip and pin it in place. Iron the fold to hold it before sewing.



### 3. First Stitch

Sew the two strips together along the inner edge of the fold using a straight stitch. Make sure to backstitch at the beginning and end to make it durable.

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How to Sew Your Flag Using a  
Flat-Felled Seam and Hem