***FREE YOUR MIND***

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***ree Your Mind***is a public textile social justice art project aiming to collect, exhibit, embed and release personal narratives about Microaggressions in a textile art piece created by artist Theda Sandiford.

A picture containing necktie, wearing, neck, dressed

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Microaggressions are subtle, intentional — and oftentimes unintentional — **everyday**

**interactions** or behaviors **that communicate hostile**, derogatory or negative racial

**messages** or assumptions toward historically marginalized groups. The weight of these daily interactions underpins very real consequences... stress, anger, frustration, self-doubt and ultimately feelings of powerlessness and invisibility.

This project intends to expose these interactions and provide a release for the participating individuals. Participants are invited to write a story about a microaggression they have experienced onto a ribbon and tie this ribbon onto a netto release this story from their personal narrative.

The **story ribbons will ultimately be woven into a protective blanket,** keeping a public record of these disempowering interactions that can later be exhibited and talked about.

A picture containing floor

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**HOW TO PARTICIPATE**

Interested individuals, institutions and businesses can sponsor the project by engaging themselves and/or communities they serve to collect stories. These stories and the textile artwork containing them will be shared on [Instagram](https://www.instagram.com/martin.calvino/) ([@misstheda](https://www.instagram.com/martin.calvino/)).

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**INFORMATION RELEASE FORM**

Participating individuals will complete an information release form below consenting to the use of their written responses as part of the artist’s production and implementation of the ***Free Your Mind*** project.

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**THE ART(WORK) DESCRIPTION**

**A picture containing indoor

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**TO PARTICIPATE >>** **SHARE YOUR STORY**

*Share a story about a microaggression you have experienced. How did it make you feel?*

Using a Sharpie, in two sentences (100 words max.) write your story on a ribbon.

Complete the information release form and mail both items to:

Project Free Your Mind c/o Sky Garden Gallery, 150 Bay St. PH9 Jersey City NJ 07302

Follow [@misstheda](https://www.instagram.com/misstheda/?hl=en) and @[skygardengallery](https://www.instagram.com/skygardengallery) on Instagram to get updated on the project and see your story in the finished artwork.

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**“FREE YOUR MIND” INFORMATION RELEASE FORM**

Guest (please enter full name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

As a guest of the public textile social justice art project FREE YOUR MIND (herein “the Art Project”), I consent to the use of my story and ribbon in the Art Project. I further consent to the distribution and exhibition of my story ribbon, including any information and content I provide, by Theda Sandiford (“Artist”) in textile or any other art form without restriction. I further acknowledge and agree:

(1) I will receive no monetary compensation for my participation in the Art Project.

(2) I am granting the Artist a non-exclusive, royalty-free, perpetual, worldwide license to use and exhibit any content I supply as part of my written story to the Art Project.

(3) The Artist is the sole owner of all rights to the Art Project, including the artwork in which my written story appears. I further acknowledge and agree that the Artist has the right to edit the content of my participation and use, exhibit and/or publish the same in any media now and in the future without first obtaining my approval.

(4) I am releasing and discharging the Artist together with all the participating institutions and businesses from any and all liability arising out of or in connection with my participation on the Art Project.

**AGREED & ACCEPTED**

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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NOTE: Written stories sent without the completed Information Release Form won’t be taken into consideration.

**Mail ribbon and this consent form to**:

Project Free Your Mind c/o Sky Garden Gallery 150 Bay Street, PH9, Jersey City NJ 07302