



Secrets of screen printing

READY FOR A SCREEN PRINTING ADVENTURE?
USE THE INSTRUCTIONS BELOW AND THE STENCILS ON THE FOLLOWING
PAGES TO GET STARTED ON YOUR CUSTOM CLOTHING CREATIONS

WHAT YOU NEED

SCREEN. The one you need depends on the surface you're printing on. Look out for the mesh count – the higher the number, the finer the threads and holes, meaning it's harder for ink to get through. Usually, a standard textile screen (43T) works on most fabrics but if you're working on paper or have a detailed design, try a 70/80T screen.

SQUEEGEE. There are three types: square, round, and V-shaped. The pointy V-shape is great for textiles, but the flat, square version is brilliant at multitasking on fabric and paper. If you're serious about getting into screen-printing, invest in good squeegees.

INK. Like screens and squeegees, there are different inks for different surfaces. You can buy water-based binders and add pigments to create your own colours, or just buy the inks premixed. Try to avoid plastisol inks, though, as they contain plastics and aren't eco-friendly.

FABRIC. Decide what you want to make then go on the hunt for plain fabric that fits the brief. There are tons of websites that sell ethically sourced garments to work with. Want to practise first? Hit the second-hand shops.

IRON. Print studios usually have textile ovens to cure prints onto fabric, but you can set yours at home using an iron. Check the instructions on your ink, they should tell you the temperature and length it needs to be cured for. Just remember to move the hot iron around every few seconds to stop it from burning the fabric, or use baking paper to protect your work.

WORKSPACE. Screen-printing is messy, so work outside if you can. Indoors, make sure you cover the floor with a material that won't let ink seep through to the carpet. This will help to protect against spills. If you're using a sink or shower to wash your screen down afterwards, make sure to quickly clean off any residue as it might stain the surfaces.

STEP-BY-STEP MERCH

STEP 1

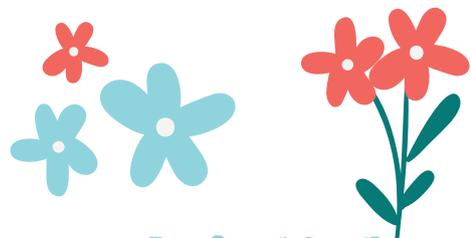
If you want to screenprint with paper stencils, it's straightforward to get going. Take some thin paper (layout paper works well) and draw or print your design onto it, (If printing your design you can scale the size of your print to suit your item.) Start with a one-colour design, as you can only do one layer of colour per stencil paper and will need to clean the screen in-between.

STEP 2

Once you've drawn or printed your design, cut the stencil out and lay it flat on your chosen surface. If it's fabric, make sure it's pulled taut and either pinned or taped down. Pop your screen on top so that the mesh is flat against the stencil, pour some ink along the top of the screen mesh and pull it through with the squeegee.

STEP 3

When you lift your screen up, your design will now be printed on the surface. Once the first print is dry, you can continue to add more layers of colour on top. If you've printed onto a textile, you'll just need to cure the inks onto the fabric before using it, otherwise the colour might run in the wash.



It can be a good idea – and make for a fun collaboration – to work with an adult on your first project

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Only cut out the black part of the stencil



be happy

*teen*Breathe

Only cut out the black part of the stencil



be brave

*teen*Breathe

Only cut out the black part of the stencil



be kind

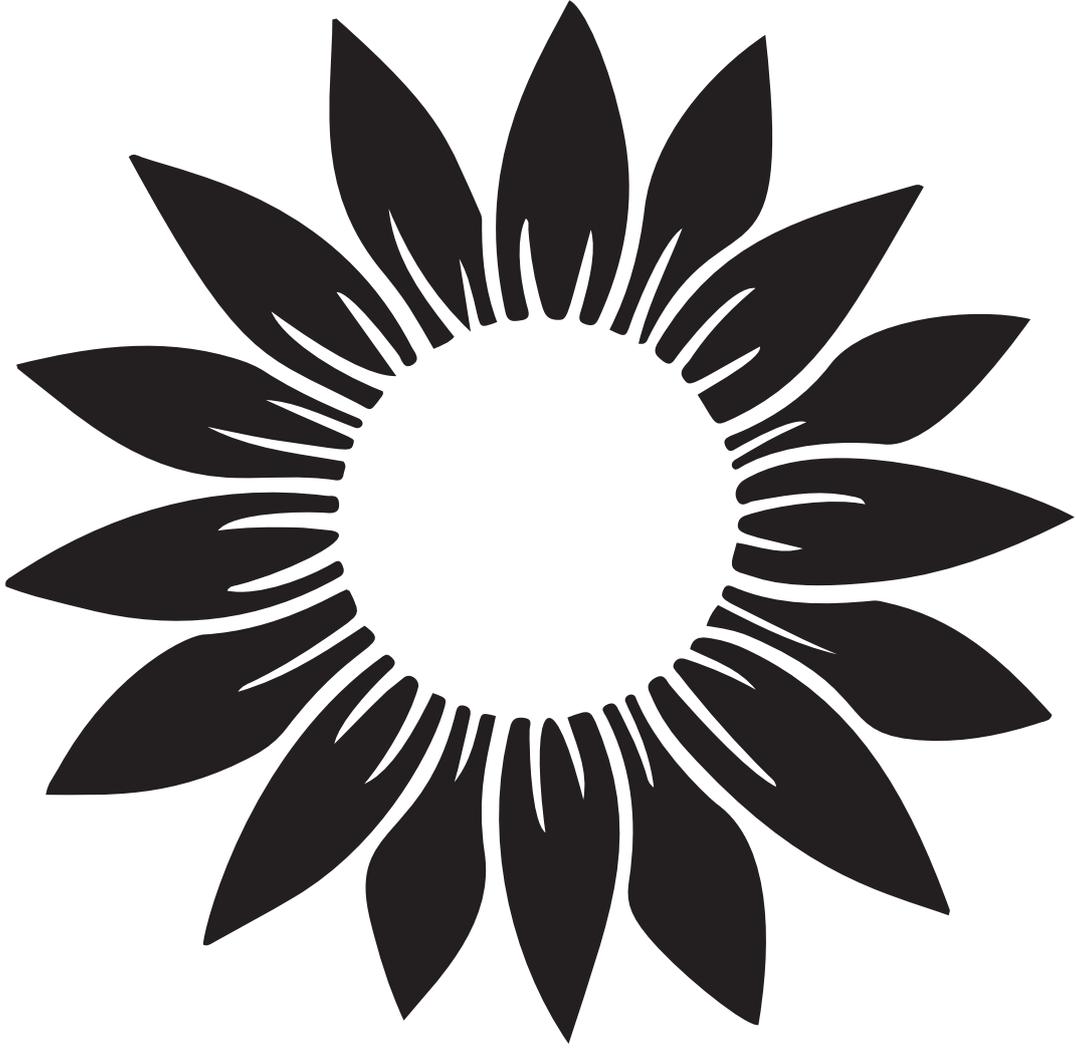
*teen*Breathe



be yourself



Only cut out the black part of the stencil



*teen*Breathe