

# Boundary Dice

A learning exercise presented by the **Healthy Sexuality Project** at the Institute on Disabilities at Temple University.

This document contains the content of the actual layout page and instructions for making **Boundary Dice** as well as how the game is played. The layout displays each boundary element listed here in a separate square, with fold and cut lines to make a cube:

- **Consent Boundaries**



- **Time Boundaries**



- **Emotional Boundaries**



- **Sexual Boundaries**



- **Mental Boundaries**



- **Physical Boundaries**



## HOW TO ASSEMBLE

1. Cut around the full outline of cube.
2. Once cut, fold the cube along all black lines to establish structure.
3. Tuck all white folds into the cube to hold structure.
4. Tape edges to secure.

## HOW TO PLAY

1. Roll the dice with folks at your table, friends, or anyone else you'd like to play with.
2. Choose to engage in an activity from the category you land on.

## LET'S PRACTICE BOUNDARIES!

Share only what you're comfortable with.

- **TIME:** Keep routines & take care of ourselves.
- **EMOTIONAL:** Respect feelings for ourselves and others.
- **MENTAL:** Free to make your own choices and disagree with others
- **SEXUAL:** Feel empowered to ask for consent, to say "yes" or "no".
- **PHYSICAL:** Always ask before touching others & Tell others if you do not want to be touched.

### Time Boundaries

- Take 5 minutes in your day to do something relaxing for yourself.

- It's ok to tell someone, "I'm sorry, but I don't have time to talk right now." Try it!
- In your own words, practice asking a friend, "Do you have time to talk? or hang out?"

### **Emotional Boundaries**

- Take 3 deep breaths. How do you feel?
- What is one thing that helps you calm down when you feel upset? How can you ask for help to get it?
- If someone is angry or upset at you or near you, how does it feel? How can you ask for space if you need it?

### **Mental Boundaries**

- What is one thing that you do that is just because you want to do it?
- We all have our own opinions and it's ok to disagree with others. Do you agree?
- Think of a time when you disagreed with someone. How did you communicate during your disagreement?

### **Sexual Boundaries**

- Privacy is important. What is an example of a private place where you could be sexual?
- How do you say "yes" or "no" to someone who might want to be romantic, sexual, or go on a date?
- How do you know if you want to be romantic or sexual with someone?

### **Physical Boundaries**

- Do you like physical touch from a trusted person in your life? What kind of touch feels OK to you?

- How do you like to greet a new person? Do you like to shake hands, fist bump?
- With a partner, practice asking for a high five, fist bump, or handshake. Now switch, and practice saying “no” or “yes”.

## Healthy Sexuality Project

- [Institute website](#)
- [Healthy Sexuality webpage](#)
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