

**TIME
BOUNDARIES**



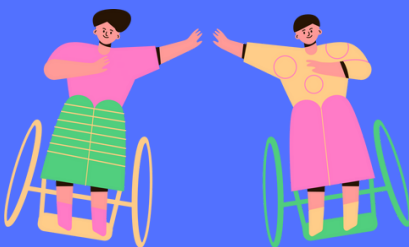
**EMOTIONAL
BOUNDARIES**



**MENTAL
BOUNDARIES**



**BOUNDARY
DICE**



**SEXUAL
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.

 **Temple
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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".



College of Education
and Human Development

Institute on Disabilities

Healthy Sexuality Project

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Institute website



<https://disabilities.temple.edu>

Healthy Sexuality webpage



<https://disabilities.temple.edu/programs-services/health-equity/healthy-sexuality>

LET'S PRACTICE BOUNDARIES!

Mental Boundaries



What is one thing that you do that is just because you want to do it?



play
sports



watch
tv/movies



read



relax



play
games



art



something
else

We all have our own opinions and it's ok to disagree with others. Do you agree?

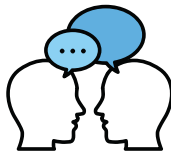


agree

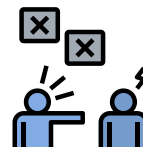


disagree

Think of a time when you disagreed with someone. How did you communicate during your disagreement?



talk



argue

LET'S PRACTICE BOUNDARIES!

Emotional Boundaries



Take 3 deep breaths. How do you feel?



happy



sad



mad



relaxed



stressed

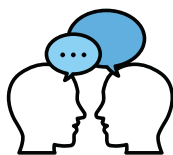


scared



something
else

What is one thing that helps you calm down when you feel upset?



talk about it



eat a snack



take a break



go for a walk



something
else

If someone is angry or upset at you or near you, how do you feel?



happy



sad



mad



relaxed



stressed



scared



something
else

How can you ask for space if you need it?



talk about it



move away



gesture or sign



something
else

LET'S PRACTICE BOUNDARIES!

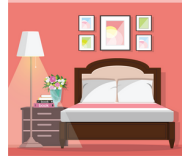
Sexual Boundaries



Privacy is important. What is an example of a private place where you could be sexual?



home



bedroom

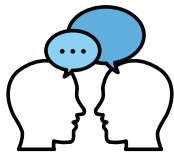


bathroom



somewhere
else

How do you say "yes" or "no" to someone who might be romantic, sexual, or go on a date?



talk about it



move away



gesture or sign



something
else

How do you know if you want to be romantic or sexual with someone?



internal
feelings



body signals



something
else

LET'S PRACTICE BOUNDARIES!

Physical Boundaries



Do you like physical touch from a trusted person in your life?



yes



no

What kind of touch feels OK to you?



hug



kiss on the
cheek



fist bump



pat on the
back



caregiver
helping
with daily
things



high five



something
else

How do you like to greet a new person? Do you like to shake hands, fist bump?



shake hands



fist bump



high five



wave



something
else