

Consent 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 the **Consent Dice** as well as how the game is played. The layout displays each consent element listed here in a separate square, with fold and cut lines to make a cube:

- **Consent Dice**



- **Online Consent**



- **Body Consent**



- **Consent with Friends**



- **Feelings and Consent**



- **Consent and You**



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 a question or activity from the category you land on.

LET'S PRACTICE CONSENT!

Consent can be fun! Roll the dice. Then choose one question or activity. Take turns and share what you want!

- **BODY:** What feels right in your body?
- **FEELINGS:** It's ok to have feelings and important to respect others' feelings.
- **ONLINE:** How to do you make sure you use consent and stay safe online?
- **CONSENT WITH FRIENDS:** Give and ask for consent when YOU HANG WITH FRIENDS.
- **CONSENT AND YOU:** You are free to make decisions and disagree.

Body Consent

- Do you like hugs? Are there times you don't like hugs?
- Ask someone to high five, if they don't want to, listen to them. Try asking someone else!

Feelings and Consent

- Take a few deep breaths. How do you feel?
- What do you need when you are upset?

Online Consent

- How do you know if someone is telling the truth online?
- Take a selfie with someone. Ask for consent before you share online!

Consent with Friends

- Ask a friend, "Do you want to pretend to be an animal with me?" If they say yes, pick an animal and have fun!"
- What are things you like in a friend?

Consent and You

- What is an unpopular opinion that you have?
- Think of a time when you disagreed with someone. What happened?

Healthy Sexuality Project

- [Institute website](#)
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