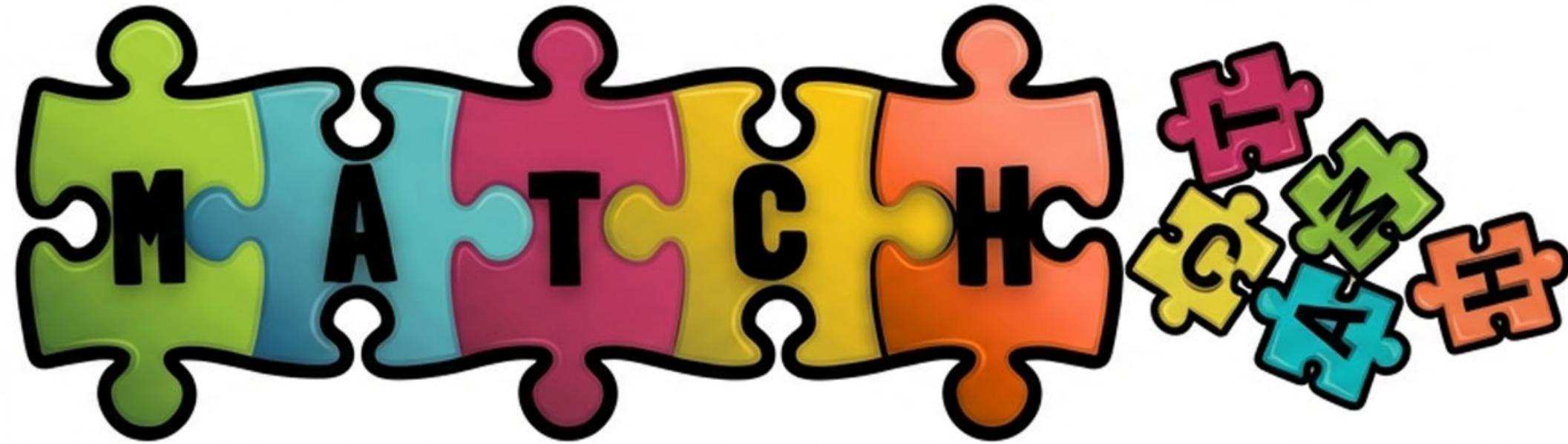


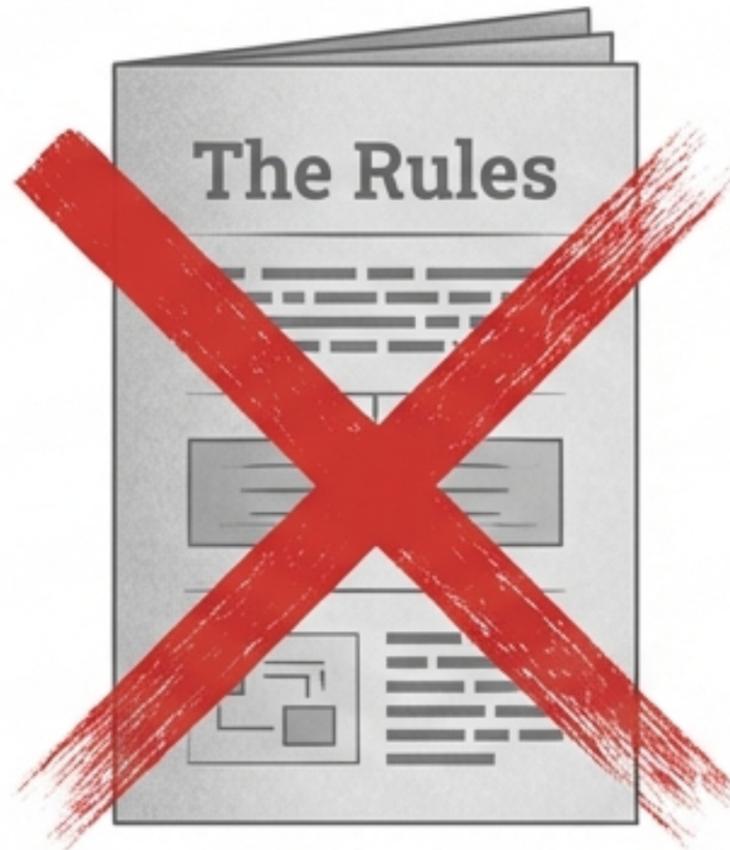
# Your Perfect MATCH



## Designing Your Personal SafER Sex Plan

**A Fearless, Aware, and Protected Workshop-in-a-Deck**

# Real Life Isn't a Pamphlet.



*Restrictive & Unrealistic*

## The Problem:

“Safe Sex” implies zero risk—an impossible standard relying on 100% **perfect behavior**. Real life involves **spontaneity**, missed doses, and complex desires.



## The Solution: “SafER Sex.”

Moving from perfection to protection. It's about layering strategies so if one layer fails, another has your back.



## The Goal:

We don't aim for perfect. We aim for **covered**.



*Dynamic & Real*

# The Fearless Protocol Mindset



## Fearless

Replacing shame with self-advocacy. Respect yourself first; every other tool is just backup.



## Aware

Knowing your status, your partner's status, and the specific risks of different activities.



## Protected

Having a personalized plan that adapts to your lifestyle.

***Safety is not the absence of risk; it is the presence of a plan.***

# Meet Your MATCH



- **M** = Medications (Biological Shield)
- **A** = Awareness (Knowledge Shield)
- **T** = Tools (Physical Shield)
- **C** = Communication (Social Shield)
- **H** = Habits (Behavioral Shield)

***Prevention works best when the pieces fit together.***



## M = Medications

Medications am I using or considering?

- PrEP for HIV prevention
- PEP for emergency HIV prevention
- Doxy-PEP for bacterial STI prevention
- ART (if living with HIV)
- Hormonal birth control
- Emergency contraception

My medication plan:

\_\_\_\_\_

Barriers to accessing medications:

\_\_\_\_\_

# M is for Medications

**The Biological Shield: Armor You Take.**

Modern science has given us 'invisible shields'—pills and shots that protect us from the inside out.

- PrEP (Pre-Exposure Prophylaxis)
- PEP (Post-Exposure Prophylaxis)
- Doxy-PEP (Bacterial STI Prevention)
- ART (Treatment as Prevention)
- Vaccines (HPV, Hep B, Mpox)

# Choosing Your PrEP Strategy



## Daily Ritual

Oral pill (Truvada/Descovy).  
Best for consistent daily habits.



## Every-Other-Month

Injectable (Apretude).  
Best for those who struggle with pills but can make clinic visits.



## Twice-a-Year

Injectable (Lenacapavir).  
New 6-month option for long-term freedom.



## On-Demand (2-1-1)

Event-driven dosing.  
Best for infrequent, planned encounters. (Consult provider).

# The Emergency Room: PEP & Doxy-PEP

Did a condom break? ACT FAST.



## PEP (For HIV)

Must start within 72 hours.  
A 28-day course of meds.  
A 28-day course of meds.  
Stops HIV from taking hold.

## Doxy-PEP (For Bacterial STIs)

200mg Doxycycline  
taken after sex.  
Reduces Syphilis  
& Chlamydia risk by ~70%.

Note: Doxy-PEP is less effective against Gonorrhea due to resistance.

# The Science that Rewrites the Story



**Undetectable = Untransmittable**

A person living with HIV who is on effective treatment (ART) and has an undetectable viral load **CANNOT** sexually transmit the virus to a partner.



**Zero Risk.** If you or your partner are living with HIV, treatment IS prevention.

# A is for Awareness

The Testing Calendar.



For those on PrEP, or with multiple partners/anonymous play.

For those with new partners or consistent but non-monogamous play.

For those in lower-risk or monogamous dynamics.

**Action:** Open your calendar app right now and book your next date.

# T is for Tools

## The Physical Shield



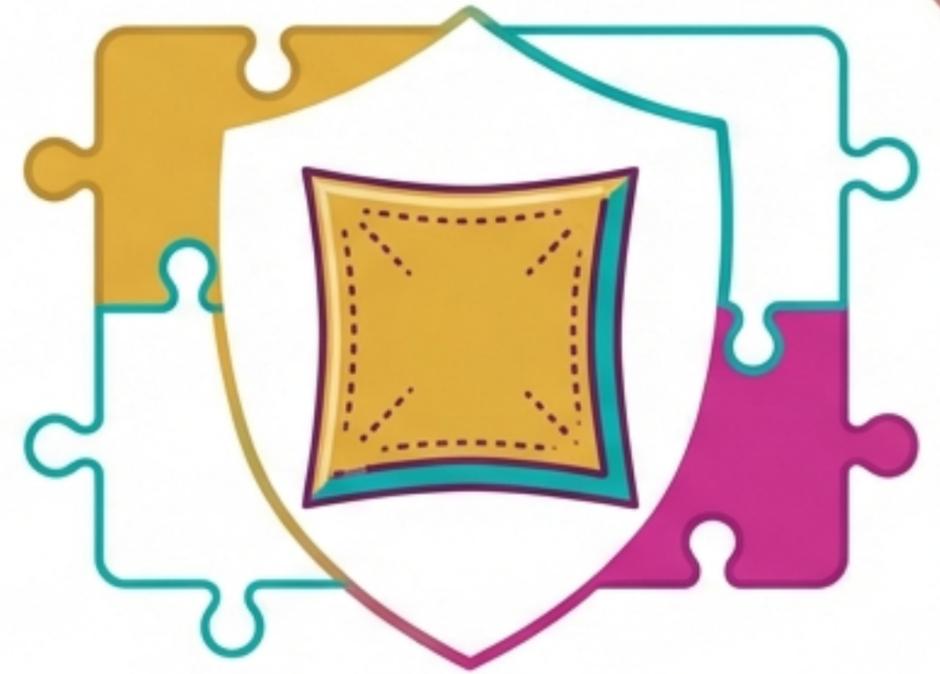
### External Condoms

98% effective with perfect use. Pinch the tip!



### Internal Condoms

Nitrile (latex-free). Can be inserted hours before play.



### Dental Dams

For oral play.

**Hack:** Cut a condom or glove lengthwise to create a DIY sheet.

**Action:** Ensure you have these tools available and know how to use them correctly.

# The Chemistry of Safety: Lube Guide



**GOLDEN RULE: OIL BREAKS LATEX.**



## Water-Based

Universal safe.  
Works with all toys  
and condoms.



## Silicone-Based

Waterproof, long-  
lasting. DO NOT use  
with silicone toys.



## Oil-Based

Massage only.  
**DESTROYS** latex barriers.  
Only use with  
Nitrile/Polyurethane.

# C is for Communication

## The F.R.I.E.S. Consent Model

**F**reely Given (No pressure)

**R**eversible (Can change mind anytime)

**I**nformed (Knowing risks/status)

**E**nthusiastic (Active participation)

**S**pecific (Consent for one act is not consent for all)

**“The sexiest tool you have is your voice.”**



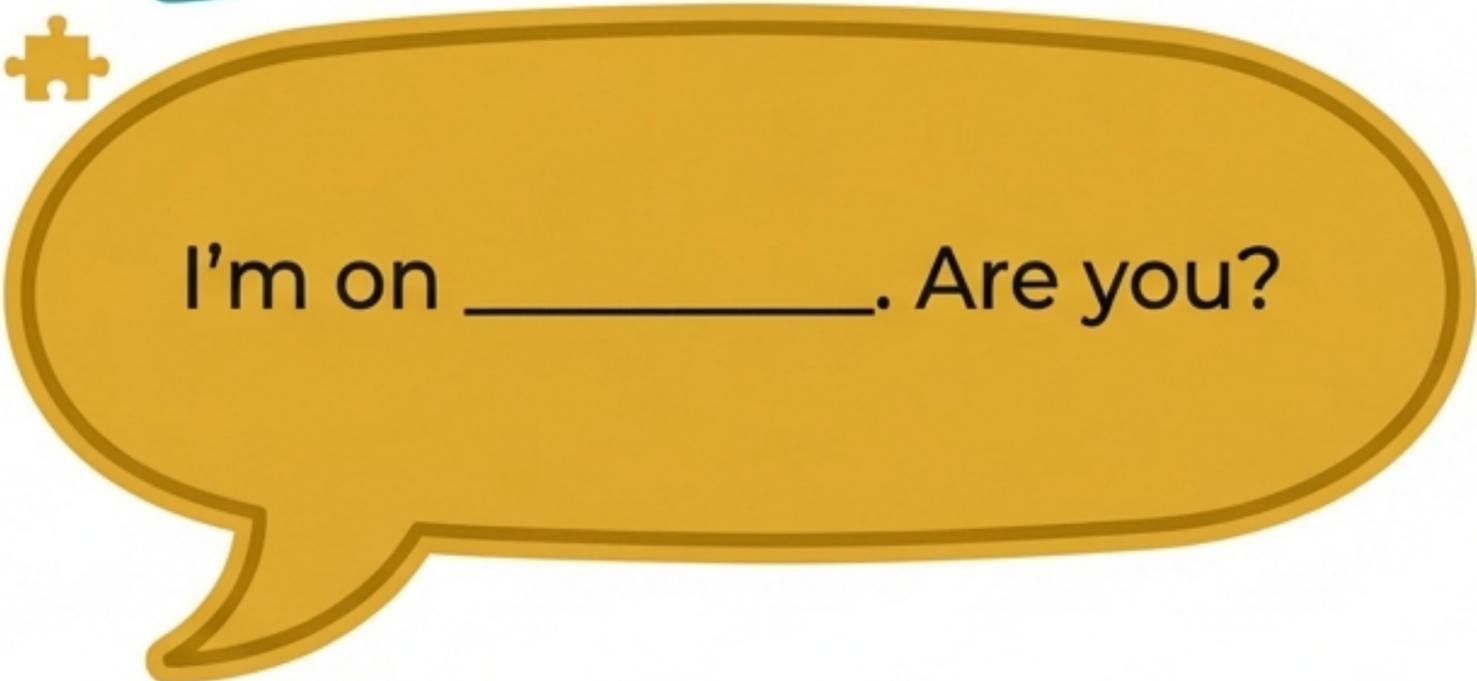
# Conversation Practice: Fill-in-the-Blanks



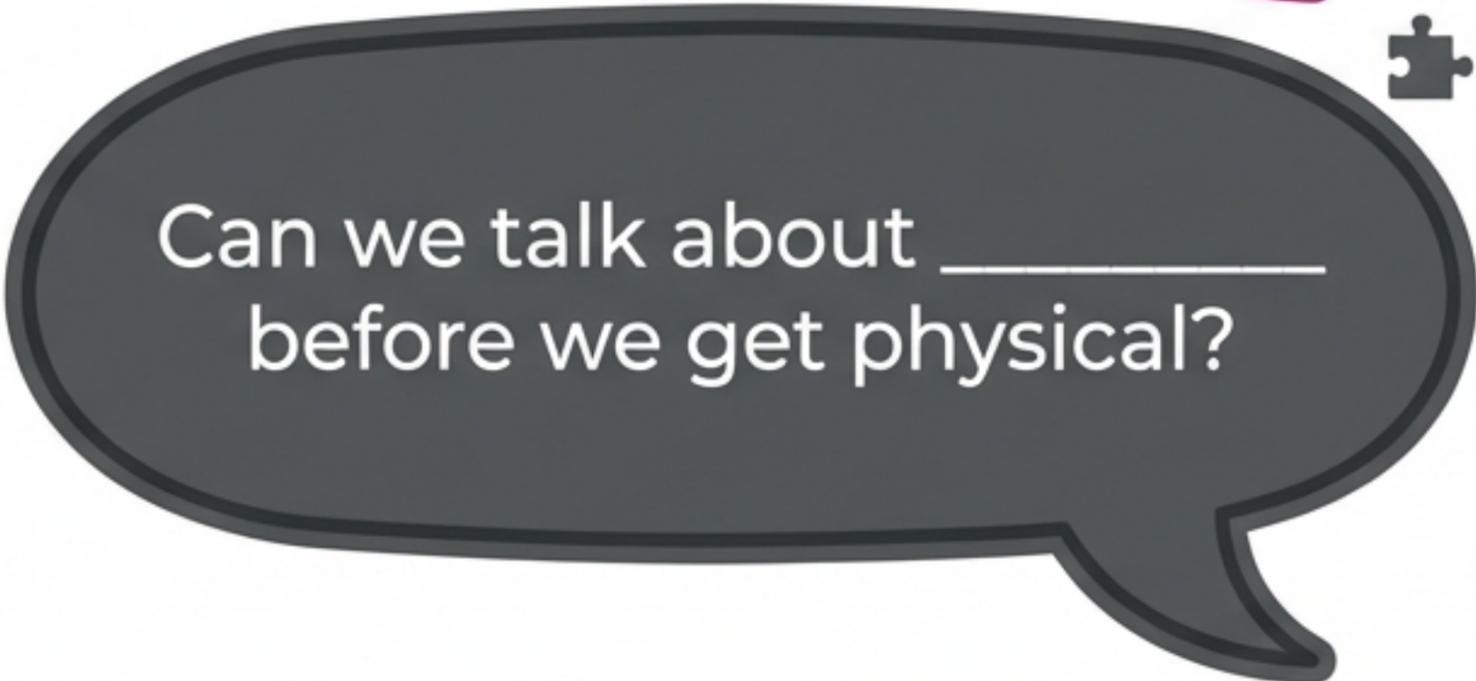
I feel most confident  
when \_\_\_\_\_.



I'd like us to use \_\_\_\_\_  
because it helps me feel safe.



I'm on \_\_\_\_\_. Are you?



Can we talk about \_\_\_\_\_  
before we get physical?

# The SafER Sex Agreement

“Boundaries aren’t walls; they are the guidelines that let us play freely.”

## Agreed Discussion Topics

- STI Testing History & Schedules
- Contraception Methods
- Boundaries & Limits
- Emergency Protocols

# H = Habits

What daily and weekly habits support my sexual health?

# H is for Habits

Harm Reduction in Action.



## The Gray Areas

Substance Use? Set boundaries *before* you start. Carry barriers even if you don't plan to use them.



## Spontaneity

Missed a condom? Do you have a plan for PEP the next morning?

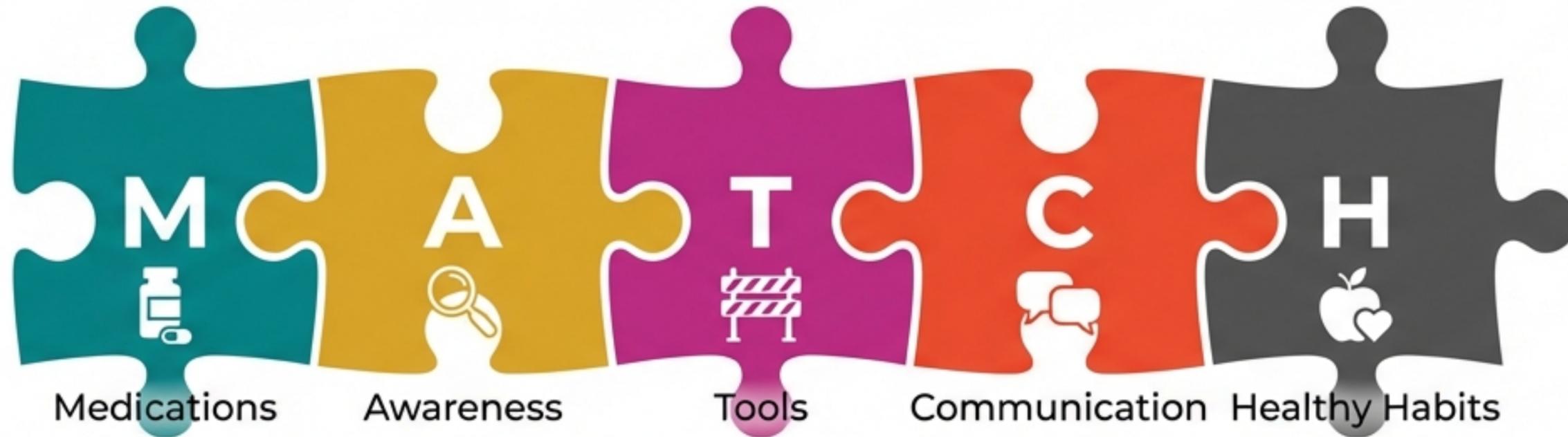
Rule: A small step is better than no step.

# Habits of Self-Care



- 1. **Post-Play Check-in:** How am I feeling? Did I respect my own boundaries?
- 2. **Processing Mistakes:** If a risk occurred, replace shame with action (Testing/PEP).
- 3. **Daily Power Statement:** “I protect myself because I’m worth it.”

# Assembling Your Shield



## Example Profiles

The Bio-Hacker:  
PrEP + Doxy-PEP + 3-month testing.

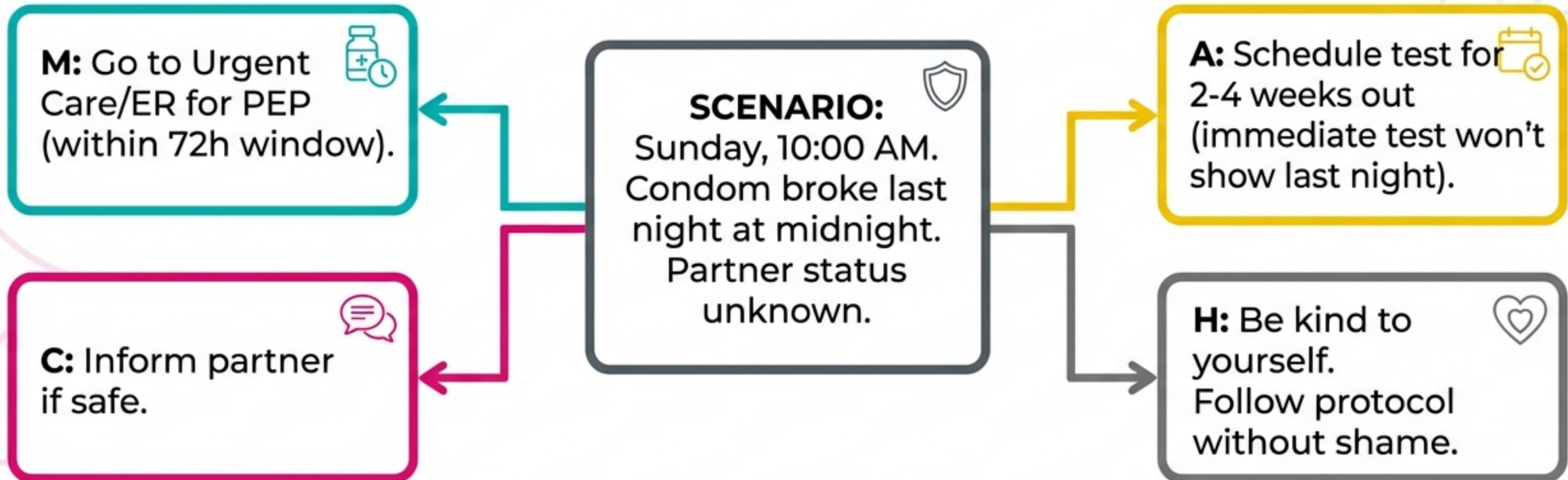
## Example Profiles

The Classic:  
Condoms + Lube + Monogamy.

Identify which piece of the puzzle is your strongest,  
and which is missing.

# Scenario Stress Test

## The Broken Barrier



# Your Personal MATCH Worksheet

**M:** My Medication Plan: \_\_\_\_\_

**A:** Next Test Date: \_\_\_\_\_

**T:** My Go-To Tools: \_\_\_\_\_

**C:** One Script I Will Practice: \_\_\_\_\_

**H:** One Habit I Will Build: \_\_\_\_\_

# Your Resource Directory

-  **PrEP & PEP Locator:** [preplocator.org](http://preplocator.org)
-  **Free Testing Sites:** [gettested.cdc.gov](http://gettested.cdc.gov)
-  **PEP Hotline:** 1-800-448-0440
-  **Ready, Set, PrEP:** [readyssetprep.hiv.gov](http://readyssetprep.hiv.gov)  
(Cost assistance)



**Save these links. Don't search for them when you're panicked.**

# **Fearless. Aware. Protected.**



**I claim my power. I own my health.  
I am fearless.**

The HARNESS Project | [HarnessGalveston.org](https://HarnessGalveston.org)