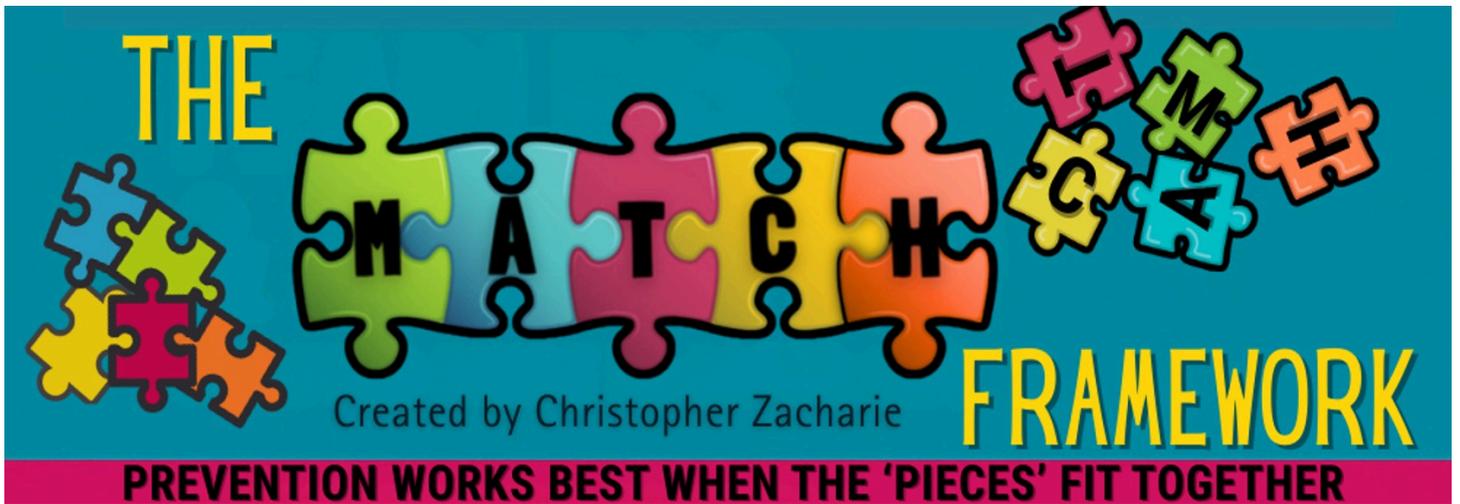




Evidence-Based, Trauma-Informed Sexual Health Education



FACILITATOR'S ACTIVITY GUIDE

Module 5: Your Perfect 

Optimizing the MATCH Framework:

From Static Inventory to Dynamic Logic

Broken Puzzle Scenarios • The Plan Stress Test • Emergency Move Drill

PART 1 — The Strategic Pivot: MATCH as a Living Logic Flow

Traditional safety plans are treated as a 'noun' — a static inventory, a checklist in a drawer. The HARNESS Project reframes the MATCH Framework as a 'verb': a dynamic logic flow that moves with the user.

CORE ETHOS OF HARM REDUCTION

Absolute perfection in sexual safety is rare; dynamic redundancy is vital. Shifting from a static checklist to a living logic flow ensures that a single point of failure does not result in a total loss of protection.

The Layered Shield: Combination Prevention

Just as a safety net is woven from multiple ropes, Safer Sex is most effective when strategies are layered. By combining Medication (PrEP), Activity (lower-risk choices), and Testing (knowing status), participants build a Mindset of Protection.

M — MEDICATION PrEP / PEP / Doxy-PEP/ Vaccines	A — AWARENESS Lower-Risk Choices	T — TESTING Know Your Status
C — COMMUNICATION Power Statements	H — HABITS Consistent Routine	COMBINATION = Mindset of Protection

PART 2 — Broken Puzzle Scenarios: MATCH Redundancy Logic

This activity moves participants beyond theoretical planning and into active problem-solving. By teaching 'If-Then' redundancy, facilitators empower users to maintain their agency even in high-stakes, high-friction moments.

FACILITATOR SETUP (5 min)

- Introduce the concept: 'A plan that only works under perfect conditions is not a plan — it is a wish.'
- Explain the Broken Puzzle metaphor: each scenario represents a missing puzzle piece in their safety strategy.mmm mmm
- Distribute the MATCH Redundancy Logic reference card (table below).

MATCH Redundancy Logic Reference Table

THE FRICTION	THE IF-THEN LOGIC FLOW	EMPOWERMENT OUTCOME
<p>Condom Breaks (Activity/Habit Failure)</p>	<p>IF a barrier fails → THEN initiate EMERGENCY MOVE #1: The 72-Hour Window. Seek PEP immediately. Effectiveness is highest within 2 hours; drops significantly after 24.</p>	<p>RESTORES THE SHIELD: Provides a biological backup when physical barriers fail.</p>
<p>Partner is HIV+ but Undetectable (Testing/Awareness)</p>	<p>IF a partner is on consistent treatment and undetectable → THEN the risk of transmission is zero (U=U).</p>	<p>IGNITES AGENCY: Removes fear and stigma, allowing for fearless connection.</p>
<p>Forgot a PrEP Dose (Medication/Habit Failure)</p>	<p>IF you miss a dose → THEN initiate EMERGENCY MOVE #2: PrEP Catch-up. Take the pill as soon as you remember. Do NOT double the dose.</p>	<p>MAINTAINS THE ARMOR: Ensures the protection in the bloodstream remains active.</p>
<p>Potential Bacterial STI Exposure (Activity Gap)</p>	<p>IF condomless sex occurs or a barrier fails → THEN use Doxy-PEP (200mg) within 72 hours.</p>	<p>RESTORES THE SHIELD: Reduces risk of syphilis and chlamydia by ~70%.</p>

Emergency Protocol Decision Trees

Post these visually in the room or distribute as handouts. Walk participants through each tree verbally before the stress test.

EMERGENCY PROTOCOL 1

Potential HIV Exposure

TRIGGER: Condom breaks or sex occurs without a barrier with a partner of unknown or positive status.

ACTION 1: Do not panic. Assess the 72-hour window immediately.

ACTION 2: EMERGENCY MOVE #1 — Locate the nearest Emergency Room or Sexual Health Clinic immediately. Effectiveness is time-critical (ideally < 2 hours).

ACTION 3: Start the 28-day PEP course.

ACTION 4: Complete the full course and schedule follow-up Testing.

EMERGENCY PROTOCOL 2

Bacterial STI Risk Mitigation

TRIGGER: Sexual activity where fluid exchange was unplanned or barriers were not used.

ACTION 1: Access Doxy-PEP (200mg) within the 72-hour window.

ACTION 2: Take the single dose as soon as possible.

ACTION 3: Monitor for symptoms and schedule a full STI screening as part of regular Habits.

EMERGENCY PROTOCOL 3

Communication & Awareness Breakdown

TRIGGER: You have been drinking and a partner is being pushy about barriers.

ACTION 1: Recognize the lowered Awareness. Pivot to EMERGENCY MOVE #3: The Hard Pause.

ACTION 2: Utilize a Power Statement: "I relax more easily when I know we are protected."

ACTION 3: If the partner refuses, exit the situation. Your Habit of self-respect is the primary shield.

PART 3 — The Plan Stress Test Workshop

The Stress Test transitions participants from passive learners to active practitioners. A plan written in comfort must be tested under pressure. Frame this as calibrating a safety system.

FACILITATOR'S SIMULATION KIT

Prepare in Advance

My Personal Safer Sex Plan Worksheet — Participant's baseline MATCH strategy (see Part 4 of this guide).

Surprise Constraint Cards (printed & shuffled) — Randomly distributed mid-activity (see cards below).

Constraint Cards — Print & Cut

Distribute one card per participant at random midway through the drafting phase.

Executing the Stress Test (20–25 min)

1

DRAFT (8 min)

1. Participants complete their 'My Personal Safer Sex Plan' using the MATCH framework worksheet.
2. Facilitator circulates — do not give answers yet. Let participants commit to their plan first.

2

DISRUPT (1 min)

1. Midway through, facilitator hands each participant one random Constraint Card, face-down.
2. All cards are flipped simultaneously on the facilitator's signal.

3

ADAPT (8 min)

1. Participants immediately adjust their MATCH plan to account for the constraint.
2. 'Late-Night Emergency' card holders must identify the nearest 24-hour ER.
3. 'Buzz' card holders must identify which Medication or Habit shield acts as their fail-safe.
4. Facilitator circulates — encourage participants to think aloud.

4

DEBRIEF (8 min)

1. Full group discussion. Analyze how the Layering of Combination Prevention saved (or exposed gaps in) each plan.
2. Celebrate adaptations — reinforce that adjusting is the goal, not achieving perfection.

Analytical Debriefing Questions

Q1 If you have no lube and have been drinking, which letter of MATCH becomes your primary shield, and why?

Facilitator note: Guide toward Medication (PrEP as internal protection) and Communication (Power Statement). Highlight that the Mindset of Protection shifts internally when external tools are unavailable.

Q2 During the 'Late-Night' scenario, did you realize your plan relied on a pharmacy? How does knowing the 72-hour window change your next move?

Facilitator note: Many plans assume 24-hour pharmacy access. This question surfaces that Emergency Rooms dispense PEP. The 72-hour window reframes panic as a logistics problem with a solution.

Q3 How does having a Medical Shield like PrEP or U=U change your level of panic when a condom is unavailable?

Facilitator note: This question reveals the psychological power of layering. Participants on PrEP experience the broken-condom scenario differently. Normalize the role of medication as an active layer — not a last resort.

PART 4 — My Personal SaFER Sex Plan (Participant Worksheet)

Name (optional): _____

Date: _____

Complete each section with your current strategy. Be honest — this plan is for you. After the Stress Test, review and revise with what you learned.

M

What medications or clinical tools are part of your plan? (PrEP, PEP, Doxy-PEP, STI treatment, regular health visits)

MEDS

A

What activity choices lower your risk? (Type of sex, use of barriers, sober decision-making, checking in with a partner)

ACTIVITY

T

How and how often do you test? (HIV, STI panels, frequency, knowing your partner's status, U=U awareness)

TESTING

C

How do you communicate about safety with partners? (Power Statements, conversations before sex, setting boundaries under pressure)

COMM.

H

What consistent routines protect you? (Pill-taking schedule, carrying barriers, checking expiry dates, sober planning, self-respect as shield)

HABITS

AFTER YOUR STRESS TEST — What did you learn?

Which letter of MATCH held up under pressure? Which letter revealed a gap?

PART 5 — Module Integration & Timing Map

These activities are performance enhancements for Module 5: Your Perfect MATCH. Use the timing map below to schedule them into either workshop format.

ACTIVITY	7-HOUR WORKSHOP	4-HOUR WORKSHOP	STRATEGIC FUNCTION
	FULL DAY	HALF DAY	
Broken Puzzle Scenarios	6:00 – 6:20 PM	2:30 – 2:50 PM	Teaches If-Then logic of Combination Prevention; identifies Emergency Moves
The Plan Stress Test	6:20 – 6:40 PM	2:50 – 3:15 PM	Builds resilience; tests the viability of habits under real-world pressure
Emergency Move Drill	Module 5 Closing	Module 5 Closing	Ensures PEP & Doxy-PEP windows are memorized as reflexive actions

CALL TO ACTION FOR FACILITATORS

Move beyond the checklist. Embrace the 'Real Talk' of failure points.

Your goal is to help participants build a plan that is as messy, resilient, and beautiful as their real lives.

Lead with Logic. Empower with Layers.