

# The MATCH Framework

## Your Personalized saFER Sex Plan

MATCH Your Protection: Fearless, Aware, & Protected | The Harness Project | [www.theharnessproject.org](http://www.theharnessproject.org)

The MATCH framework is the heart of Module 5 — Lesson 13. It provides a flexible, non-prescriptive structure for building a saFER sex plan that actually fits your life. No two MATCH plans look the same, and that's exactly the point.

### M

## MEDICATIONS

*The biomedical layer of your plan. Which prescription tools are you currently using or considering?*

- PrEP (Pre-Exposure Prophylaxis): Daily oral pill or injectable — for HIV-negative people at ongoing risk
- PEP (Post-Exposure Prophylaxis): Emergency medication within 72 hours of potential exposure
- Doxy-PEP: Antibiotic within 72 hours for bacterial STI prevention (discuss candidacy with provider)
- ART (Antiretroviral Therapy): For people living with HIV — achieving U=U status
- Vaccines: HPV, Hepatitis A & B, Mpox — protect against specific infections
- Questions to ask yourself: Am I on PrEP? Should I be? When did I last review my options with a provider?

### A

## AWARENESS

*The knowledge and testing layer. Knowing your status — and your partners' — is foundational.*

- Regular HIV testing: Every 3 months on PrEP; at least annually for others
- Full STI panel: Gonorrhea, chlamydia, syphilis, herpes — per your risk level
- Know your U=U status if you are living with HIV
- Partner communication: How do you learn about your partners' status? What do you share?
- Home testing options: MyLabBox, Everlywell, and others — accessible and private
- Questions to ask yourself: When was my last test? Am I testing at the right frequency for my life?

### T

## TOOLS

*The physical barrier layer. The tangible objects you use to reduce transmission risk.*

- External condoms: Highly effective when used correctly and consistently
- Internal condoms: More control for many users; compatible with all lubricants
- Dental dams: For oral-vaginal and oral-anal contact; easy DIY from a condom

- • Nitrile/latex gloves: For digital penetration; non-latex options for allergies
- • Lubricant: Water-based (universal); silicone-based (long-lasting, not for silicone toys)
- • Body-safe toys: Silicone, ABS plastic, glass — clean between uses; cover with condom when sharing
- • Questions to ask yourself: Do I have barriers available when I need them? Am I using them consistently?

## C

### COMMUNICATION

*The relational layer. How you talk about sex, health, and protection — before, during, and after.*

- • Scripts: Having ready conversation starters reduces awkwardness (see Lesson 2)
- • Consent as ongoing: Not a one-time checkbox — check in throughout an encounter
- • Discussing testing: 'I get tested every [X] months — when was yours?'
- • Introducing barriers: Normalize barrier use as sexy and caring, not suspicious
- • Fluid bonding negotiation: If/when you decide to stop using barriers — make it a conscious, mutual decision
- • Questions to ask yourself: How comfortable am I starting this conversation? What do I want to get better at?

## H

### HABITS

*The routine and sustainability layer. How you maintain your plan over time.*

- • Regular testing schedule: Put it in your calendar — quarterly, semi-annually, or per your risk level
- • Medication adherence: Daily pills, injection appointments, vaccine boosters — set reminders
- • Restock barriers: Keep condoms, lube, and dental dams on hand — running out is a common slip
- • Check-ins with partners: Regular conversations about comfort, health, and needs
- • Self-compassion when plans slip: Harm reduction is not perfection — it's progress
- • Questions to ask yourself: What habits am I building? What do I need to make my plan sustainable?

## SAMPLE MATCH PLANS

### PLAN A — Single, Dating, Higher Risk

**M:** Daily oral PrEP + HPV vaccine complete + Hep B booster scheduled

**A:** HIV test + full STI panel every 3 months; ask new partners about their last test

**T:** External condoms (multiple types on hand) + water-based lube

**C:** Use the line: 'I get tested every 3 months — when was yours?' before new encounters

**H:** Restock condoms monthly; PrEP appointment every 90 days; testing is in my calendar

---

### PLAN B — Partnered, Exploring Non-Monogamy

**M:** PrEP for both partners + Doxy-PEP discussed with provider for group encounters

**A:** Joint STI testing every 3 months; open communication about all partners' status

**T:** Internal condoms + dental dams + toys have dedicated condoms for sharing

**C:** Weekly check-in with primary partner; scripts ready for new partners in group settings

**H:** Full panel after each new partner encounter; lube always stocked; review plan quarterly

---

### PLAN C — Living with HIV, Serodiscordant Partnership

**M:** ART — maintaining undetectable status; partner on PrEP; both up to date on vaccines

**A:** Viral load monitoring every 6 months; partner HIV tests quarterly to confirm status

**T:** Condoms for additional STI protection (not HIV, given U=U); water-based lube

**C:** Open conversation about U=U with partner; discussed fluid bonding timeline collaboratively

**H:** ART adherence app + reminders; joint STI testing appointments; emotional check-ins monthly

---

### PLAN D — Low Frequency Sexual Activity, Lower Ongoing Risk

**M:** Not currently on PrEP; HPV complete; Hep A/B complete; Mpox vaccine series done

**A:** HIV test + basic STI panel annually; update frequency if partners or activity changes

**T:** External condoms for all penetrative contact; have dental dams available

**C:** Status-neutral conversation with any new partner; willing to ask and answer about testing

**H:** Annual testing in my phone calendar; condoms in wallet/bag; plan review after any major change

---

*Remember: A MATCH plan is not a test. It is a tool. Revisit it. Revise it. Let it grow with you.*

For educational purposes only. Not medical advice. © 2026 Christopher Zacharie | The Harness Project | [www.theharnessproject.org](http://www.theharnessproject.org)