



**MATCH Your Protection:
Fearless, Aware, &
Protected**

The Comprehensive Guide to Owning Your Sexual Health

**MATCH YOUR PROTECTION:
FEARLESS, AWARE,
& PROTECTED**

The Comprehensive Guide to
Owning Your Sexual Health

STAY INFORMED. STAY PROTECTED. STAY FEARLESS.

**CREATED BY
Christopher Zacharie
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The graphic features a vertical gradient background from teal to yellow to pink. It includes the title "MATCH YOUR PROTECTION: FEARLESS, AWARE, & PROTECTED" in bold black text. Below the title is the subtitle "The Comprehensive Guide to Owning Your Sexual Health". Three icons are displayed: a teal raised fist, a yellow head profile with sound waves, and a pink crossed safety harness. At the bottom, it says "STAY INFORMED. STAY PROTECTED. STAY FEARLESS." and "CREATED BY Christopher Zacharie © THE HARNESS PROJECT LLC" with a small shield icon on the right.

Welcome to MATCH Your Protection: Fearless, Aware, & Protected

- **A sex-positive, harm-reduction curriculum by The Harness Project**
- **Based on the ebook by Christopher Zacharie**
- **saFER sex: layered, realistic, flexible, and empowering**
- **5 Modules | 13 Lessons | Multiple delivery formats**
- **All materials licensed educational content – contact info@theharnessproject.org**
- **www.theharnessproject.org/educators-hub**

Our Space: Group Agreements

WE COMMIT TO...

- **Everyone's experience is valid**
- **Respect diverse identities & practices**
- **Confidentiality: what's shared stays here**
- **Step up, step back**
- **Use 'I' statements**

WE ALSO AGREE...

- **Assume good intent; address impact**
- **It's OK to pass**
- **Questions are welcome — no judgment**
- **Phones on silent**
- **One mic at a time**

Curriculum Overview: 5 Modules, 13 Lessons

- **MODULE 1: Mindset of Protection (Lessons 1-2) – Self-respect & communication**
- **MODULE 2: Sexual Barriers – Tools for Freedom (Lessons 3-5) – Condoms, oral barriers, lube & toys**
- **MODULE 3: Medical Shields (Lessons 6-10) – PrEP, PEP, Doxy-PEP, ART, Vaccines, Testing**
- **MODULE 4: Real Talk – Navigating Gray Areas (Lessons 11-12) – Kinks, harm reduction**
- **MODULE 5: Your Perfect MATCH (Lesson 13) – Personalized saFER sex plan**

Module 1 The Mindset of Protection: From Fear to Freedom

The Three Pillars of Empowerment

- Fearless: Agency Over Anxiety**
Approaching sexual health with confidence and self-respect rather than shame or fear.
- Aware: Literacy Over Ignorance**
Replacing confusion with accurate biomedical knowledge about your body and choices.
- Protected: Action Over Luck**
Building a personalized, layered prevention plan tailored specifically to your unique life.

Reframing the Narrative

- From "Safe" to "saFER" Sex**
Moving from unrealistic "zero-risk" perfection to a realistic practice of layered protection.
- Self-Love is the Motivation**
We protect ourselves because we are valuable, not because we are afraid.
- The Erotic Art of Communication**
Reframing "The Talk" from a mood-killer into a trust-building pleasure enhancer.

The Shift: Old vs. New Mindset

Old Mindset (Fear)	New Mindset (Freedom)
Protection is a burden/restriction	Protection is a tool for freedom
Avoiding "The Talk" to save the mood	Communication as a power move
Safety based on clinical rules	Safety based on self-respect

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Module 2 Sexual Barriers: Your Physical Toolkit for Freedom

Transitions from protection to empowerment. Understand the mechanics, oral barriers, and lubrication science for enhanced pleasure and safety.

THE BARRIER ESSENTIALS

- The Perfect Condom Fit**
Check expiration, pinch reservoir tip, and never use teeth to open.
- Oral Play & DIY Barriers**
Use dental dams; create one by cutting a condom or glove.
- Internal Condoms: User Control**
Insertable up to 8 hours before sex; nitrile material is safe for latex allergies.

LUBE & TOY SCIENCE

- The Golden Rule: No Oil + Latex**
- Lube Selection Guide**
 - Water-Based**: All condoms, toys, and long sessions. Compatibility: Universally safe, needs frequent reapplication.
 - Silicone-Based**: Best for latex, degrades only for polyurethane/latex.
 - Oil-Based**: Best for external massage. Compatibility: Controls latex, only for polyurethane/latex.
- Internal Condoms: User Control**
Insertable up to 8 hours before sex; nitrile material is safe for latex allergies.
- More Lube = More Safety**
Lube reduces friction and micro-tears, significantly lowering breakage risk.
- Protect and Clean Your Toys**
Use condoms on shared toys and clean non-porous materials with mild soap or boiling.

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Module 3 Medical Shields: Science as Your Wingman

Medicine has fundamentally changed sexual health. These "Medical Shields" are pills and shots that act as biological wingmen to prevent HIV and STIs, emphasizing science-backed protection as a tool for empowerment and freedom.

THE HIV PREVENTION TIMELINE

- PrEP: The Daily (or Periodic) Guard**
A pill or shot for HIV-negative people that is over 99% effective when used consistently.
- PEP: The 72-Hour Emergency Brake**
Emergency medication taken after potential exposure; it must be started within a critical 72-hour window.
- U=U: Undetectable = Untransmittable**
People living with HIV on consistent treatment with an undetectable viral load have zero risk of transmission.

MODERN TOOLS & DEFENSE

- Doxy-PEP: The STI Safety Net**
A single 200mg dose of doxycycline taken after sex to reduce bacterial STI risk by 60-80%. Effective against Syphilis and Chlamydia.
- Vaccines: The Pre-Game Power-Up**
Long-lasting shields against HPV, Hepatitis B, and Mpox that build a foundation of immunity.

TOOLKIT COMPARISON

	PrEP	PEP	Doxy-PEP
Protects Against	HIV	HIV	Bacterial STIs
When to Take	Before potential exposure	After potential exposure	After potential exposure
Key Fact	99%+ effective when taken as prescribed.	Emergency use only; must start within 72 hours.	Effective against Syphilis and Chlamydia.

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Module 4 Real Talk: Navigating the Gray Areas of Sexual Health

CONTEXT: Safer Sex Principles
Shifting Focus from Rigid Rules to Self-Compassion & Planning.
Real life doesn't always follow a clinical playbook. Prioritize effective strategies over shame.

CONSENT & KINK (The Art of Exploration)
The FRIES Consent Framework: Freely given, Reversible, Informed, Specific, Enthusiastic.

STRATEGIES FOR HIGHER-RISK PLAY

ACTIVITY	PRIMARY RISK	SAFER SEX STRATEGIES
Anal Play	Tears, Irritation, Injury	Lubricate well, use PrEP/PEP, and clear away
Internal Play	Internal Injury	Trained safely, use clear "stop" signals
Blood Play	Pathogens	High risk; never share needles, use single-use, sterile gear

HARM REDUCTION (Progress Over Perfection)

- The "Good Enough" Standard**: Prevention isn't about perfection; any step toward safety is a victory.
- Shifting the Risk Continuum**: Move higher-risk activities toward "safer" by adding layers like PEP or barriers.
- Compassion Over Shame**: Shame leads to secrecy; self-compassion creates space for honest reflection and better planning.

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Module 5 Own Your Power: The MATCH Framework for SaFER Sex

The Mindset of Protection

- Fearless, Aware, and Protected**: Shift from anxiety to confidence by combining accurate knowledge with a personalized action plan.
- "SaFER" Sex Over "Safe" Sex**: Protection is about realistic, flexible layers of safety that adapt to your specific life and relationships.
- Communication as an Erotic Art**: Openly discussing boundaries and testing isn't a mood-killer; it builds the trust necessary for intimacy.

The MATCH Framework

- M & A (Medical Shields & Awareness)**: Utilize "Medical Shields" like PrEP and Doxy-PEP while maintaining awareness of your current status. PrEP (Pill/Shot): Prevents HIV before exposure. 99% (with perfect use). U=U (ART): Treatment makes HIV undetectable. 100% (transmission prevention).
- T & C (Tools & Communication)**: Combine physical barriers (condoms, dams) and communication. External Condoms: Providing barriers for STI/prevention. 98% (with perfect use).
- H (Habits)**: Build sustainable routines, including regular testing every 3-6 months and consistent self-care rituals.

Stay Informed. Stay Protected. Stay Fearless.

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MODULE 1

Mindset of Protection



Building self-respect, confidence, and communication as the first layers of protection

Lesson 1: Own Your Health – Learning Objectives & Key Content

LEARNING OBJECTIVES

- Reframe safer sex as an act of self-love and freedom
- Identify personal values around health and self-respect
- Understand that protection begins before any tool or partner



Sexual Health is Freedom, Not Restriction.

This guide reframes sexual health by providing the tools for personalized “safer sex” plans. Our approach is built on core principles:

- Sex-positive & non-judgmental: Honoring diverse backgrounds and experiences.
- Empowering informed choices: Supporting your decisions without dictating behavior.
- Rooted in harm reduction: Practical strategies for real life, not just abstinence.

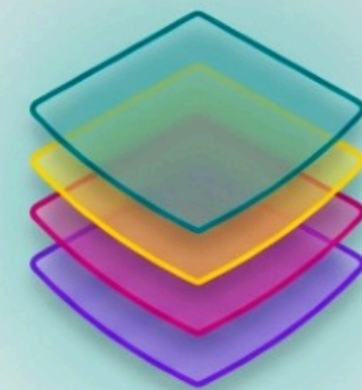
KEY CONTENT

- Self-care, self-love, and safer sex as layers
- Reflection questions from the book
- The 'why' behind your choices matters
- Your body, your autonomy, your plan

“This isn’t about dictating behavior—it’s about empowering choices.”

– Christopher Zacharie

The Layered Protection Model



A modern approach recognizes that no single tool is 100% perfect. By layering multiple strategies—mindset, physical barriers, medical science, and harm reduction—we build a resilient, personalized safety net.

Moving From Fear to Freedom

The Old Way



Fear-Based



Focuses on restriction, shame, and “don’t”



Views protection as a burden or mood-killer

The HARNESS Way



Empowerment-Based



Focuses on agency, pleasure, and “how”



Views protection as an act of self-respect

Protection isn't about restriction; it's about freedom.



Why We Say “SafER” Sex

SafER

It's not perfection-it's layers of protection.



Realistic

Acknowledges life is messy; people make choices.



Flexible

Adapts to different situations, relationships, and comfort levels.



Empowering

Focuses on what you CAN do, not rigid rules.



Layered

Every barrier, conversation, and choice adds strength to the safety net.

Takeaway: Perfection is unrealistic. Reducing risk is within your control.



The First Layer: Own Your Health



“Respect yourself first; every other tool is just backup.”

Foundation: Self-Care

Getting tested and knowing your status creates confidence.

Motivation: Self-Love

You protect yourself out of respect, not paranoia.

Practice: SafER Sex

A dynamic, evolving habit that adapts to your life.

Reflection: What would change if you saw protection not as a restriction, but as an act of self-respect?

Lesson 1: Own Your Health — Activities

45–60 MIN

Individual Reflection + Pair Share

1. **Icebreaker: 'Two Truths and a Lie' about health habits (10 min)**
2. **Individual Reflection: Journal responses to book reflection questions (15 min)**
3. **Pair Share: Discuss 'What would change if you saw saFER sex as self-respect?' (20 min)**
4. **Group Debrief: Facilitator highlights common themes (15 min)**

KEY TAKEAWAY

Lesson 1 – Own Your Health

"Protection begins with you – before any tool or partner."



safER sex isn't about restriction. It's about freedom — the freedom to explore your pleasure while honoring your health and the health of your partners.

— MATCH Your Protection: Fearless, Aware, & Protected

Lesson 2: The Erotic Art of Communication – Objectives & Content

LEARNING OBJECTIVES

- Overcome barriers to discussing sexual health
- Practice natural, confidence–building conversation starters
- Understand the connection between communication and intimacy

KEY CONTENT

- Why we avoid 'the talk'
- Scripts that open doors
- The power of active listening
- Ongoing, evolving consent





The Erotic Art of Communication

Silence is risk. Conversation is protection.

“Hey, before we get too into this, I want to make sure we’re both safe. Have you been tested recently?”

“Condoms turn me on because they mean I can relax and just enjoy.”

“I’m curious about trying [Activity]. What’s your comfort level with that?”

Remember: Consent isn’t a one-time “Yes.”
It’s a continuous “Is this still good?”

Consent is a Conversation, Not a Checkbox

The Loop

Consent is continuous. Check in often:

- Is this still good for you?
- Do you want to slow down?
- Want to switch things up?

Hearing “No” is a success—it means communication is working.

All sexual activities must be mutually consensual. Any change in comfort levels or health status must be shared promptly.

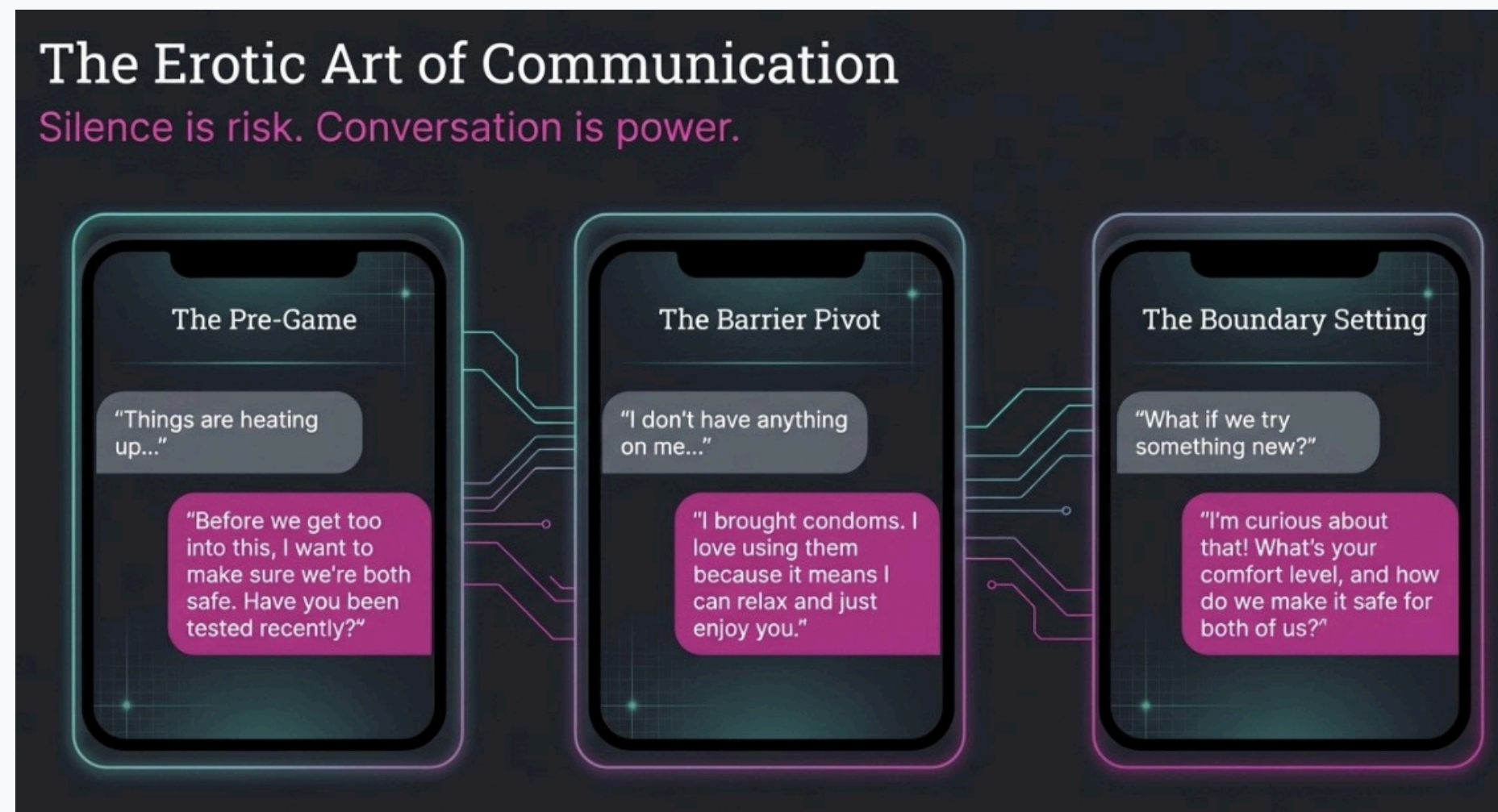


Lesson 2: The Erotic Art of Communication – Activities

60-75 MIN

Role-Play Triads + Commitment

1. **Group Discussion: Common fears about bringing up protection (15 min)**
2. **Role-Play Triads: One speaks, one listens, one observes – using book scripts (30 min)**
3. **Debrief: What felt powerful? What felt awkward? What surprised you? (20 min)**
4. **Commitment: Write one conversation you'll have this week (10 min)**



KEY TAKEAWAY

Lesson 2 – The Erotic Art of Communication

"Talking about protection builds trust – and can be erotic."

MODULE 2

Sexual Barriers: Tools for Freedom



Practical, creative use of physical barriers to keep pleasure high and risk low

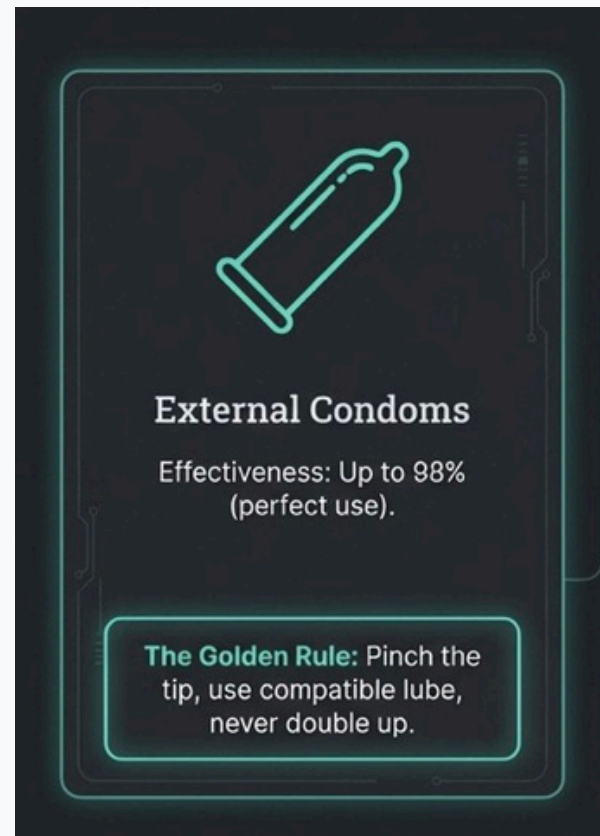
Module 2: Lessons 3–5 Overview

- **Lesson 3 – Condoms: The Frontline: External & internal condoms, correct use, common mistakes**
- **Lesson 4 – Beyond the Condom: saFER Oral Pleasure: Dental dams, gloves, DIY alternatives, rimming**
- **Lesson 5 – Lube & Toys: Compatibility, enhancing sensation, toy cleaning & safety**
- **All lessons include: Hands-on practice & Pleasure Mapping activity**
- **Core message: Barriers are tools for freedom – creative use keeps pleasure alive**

Lesson 3: Condoms — External & Internal

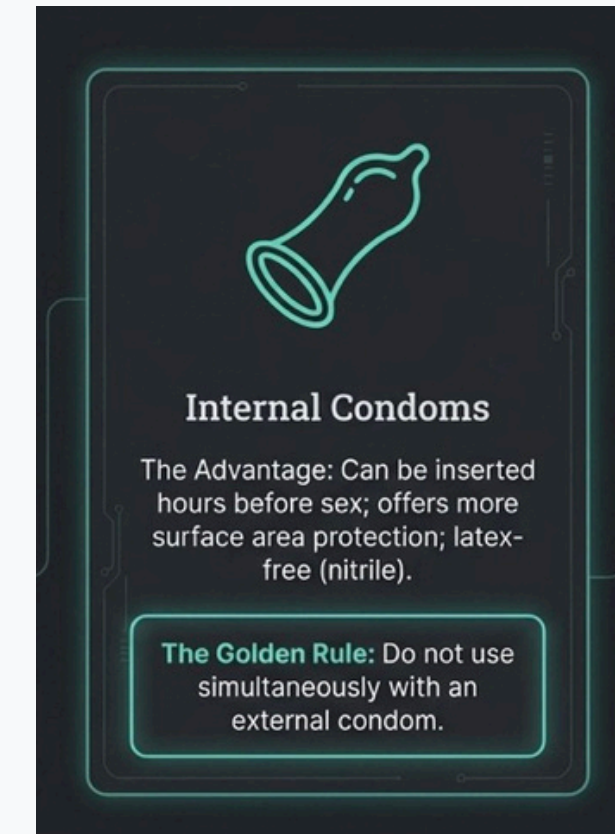
EXTERNAL CONDOM

- Check expiry date & packaging
- Use correct size for fit & comfort
- Pinch the tip to remove air
- Roll down fully — no inside-out
- Use with lubricant (water or silicone)
- Remove promptly after use
- Never 'double-bag' — increases friction



INTERNAL CONDOM

- Insert before any genital contact
- Use the correct ring placement
- Can be inserted up to 8 hours before
- Compatible with all lubricants (incl. oil)
- Can be used with a penis (as external)
- More control & sensation for many users
- Available at most clinics & pharmacies

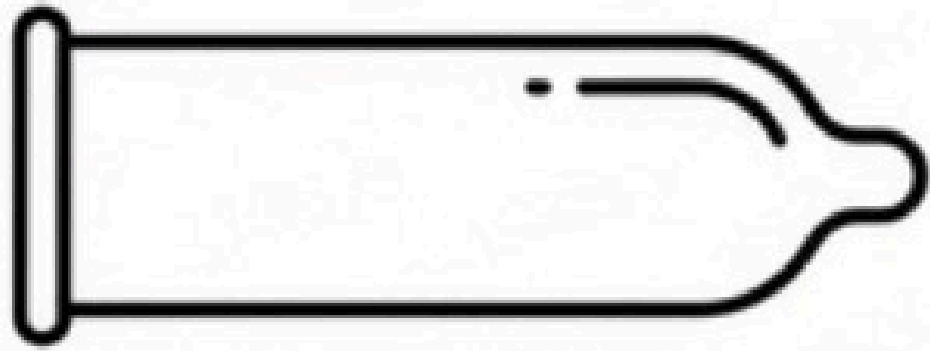




The Classics: Barriers as Freedom Tools

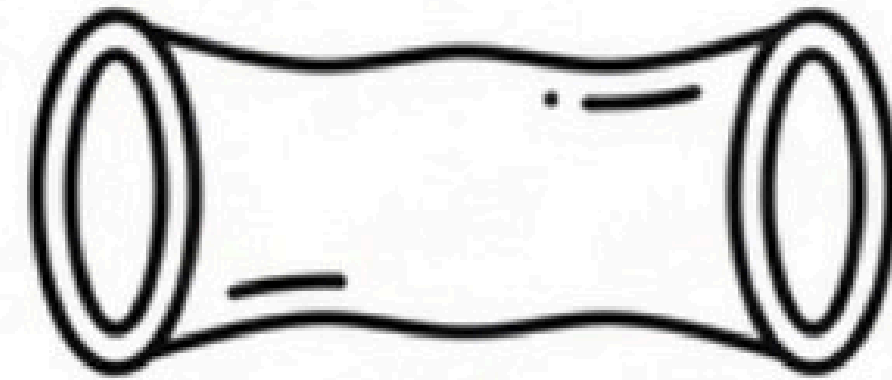
Reframing barriers as tools that allow you to relax.

External (Male) Condoms



- ✓ **The Frontline Shield:** 98% effective with perfect use.
- ⚠ **Critical Rule:** Never use oil-based lubes (Vaseline, baby oil) with latex—they break down the barrier.

Internal (Female) Condoms



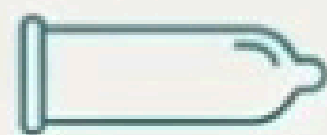
- 👁 **The Hidden Power:** Can be inserted hours before sex.
- ✓ **Material:** Nitrile (safe for latex allergies).
- ⚠ **Myth Buster:** Never double up! Using internal + external together causes friction and breakage.

Pro Tip: Barriers allow you to relax. Peace of mind is sexy.

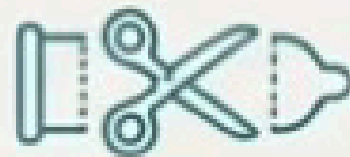
Lesson 4: Beyond the Condom — saFER Oral Pleasure

- **Dental dams:** Latex or polyurethane sheets for vulva/anus oral contact
- **DIY dental dam:** Cut a non-lubricated condom lengthwise — unfold and use
- **Gloves:** Nitrile/latex for digital penetration; non-latex options for allergies
- **Key reminder:** Use only **ONE** side of any barrier — never flip
- **Flavored condoms** designed specifically for oral sex on penises
- **Rimming safety:** Dental dams reduce risk of STIs, parasites, and bacteria
- **Communication is key** — normalize barrier use as sexy & caring

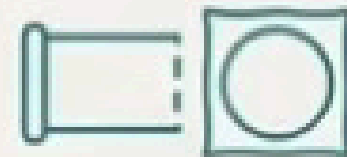
DIY Dental Dam from a Condom



1. Unroll condom.



2. Snip tip and base.



3. Cut down one side.



Oral & Manual Barriers

The Advantage: Protects against fluid exchange during oral and manual play. Turns risky fun into saFER fun.

Pro-Tip: Cut a condom or glove into a square to make a DIY dam in an emergency.

Beyond Penetration: SafER Oral Pleasure

STIs can be transmitted orally. Here are your tools.

How to Make a DIY Dam



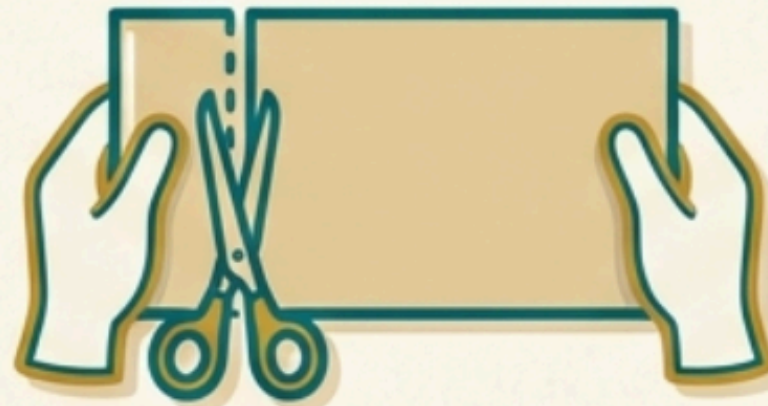
1. Take a standard external condom.



2. Cut off the tip.



3. Cut off the bottom ring.



4. Cut down the length and unroll into a rectangle.

The Tools

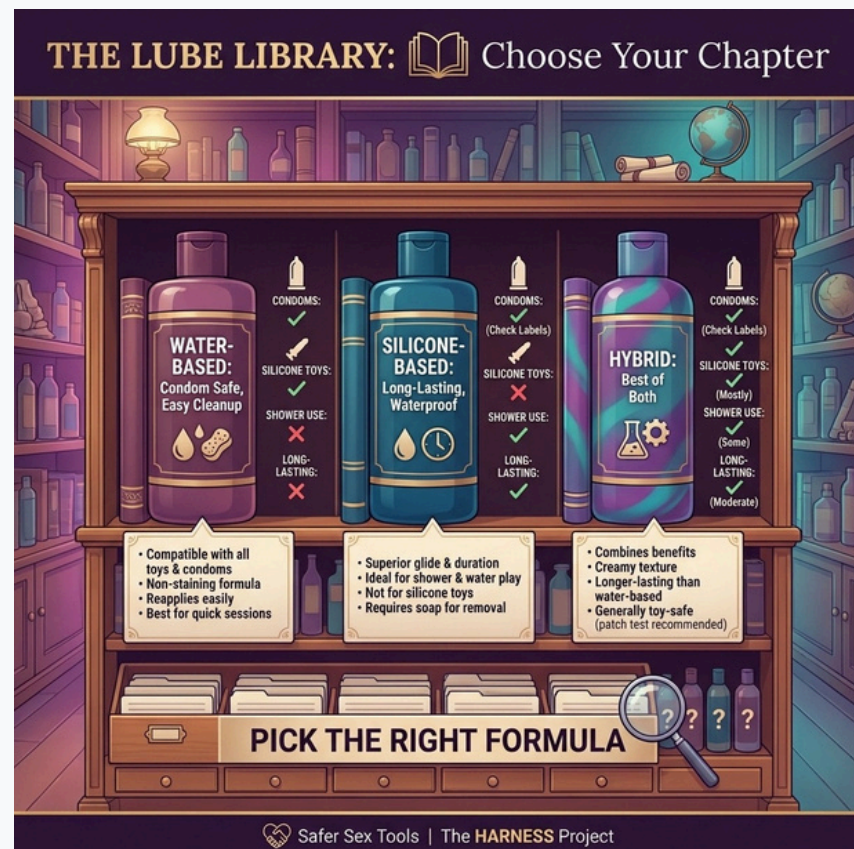
- **Dental Dams:** Latex/polyurethane sheets.
- **Gloves/Finger Cots:** Protection for manual stimulation.

Pro Tip: Lube the side touching the body to increase sensation.

Lesson 5: Lube & Toys – Compatibility & Safety

LUBRICANTS

- **Water-based:** Compatible with ALL toys & condoms
- **Silicone-based:** Long-lasting; avoid with silicone toys
- **Oil-based:** Degrades latex; OK with nitrile/polyurethane
- **Natural oils (coconut):** NOT safe with latex condoms
- **Saliva is NOT a lubricant** – increases friction & risk



TOYS

- **Body-safe materials:** Silicone, ABS plastic, glass, stainless steel
- **Avoid:** Jelly rubber, PVC, mystery 'soft' materials
- **Cleaning:** Soap & water; boiling; toy cleaner spray
- **Non-porous = easier to sterilize; porous = cover with condom**
- **Shared toys:** Use condom & change between partners

Lube & Toys: Pleasure Is Protection

Lube reduces friction, preventing micro-tears and condom breakage.

The Golden Rule of Compatibility

Water-Based



Safe with everything (Latex, Nitrile, Silicone toys). Go-to choice.

Silicone-Based



Safe with Latex/Nitrile. NEVER use with Silicone toys (it melts them).

Oil-Based



DESTROYS LATEX CONDOMS. Only safe with Polyurethane condoms or bare skin.



Toy Safety: Porous materials hold bacteria. Stick to non-porous (silicone, glass, metal). Clean between partners or use a new condom on the toy.

KEY TAKEAWAY

Module 2 — Sexual Barriers

"Barriers are tools for freedom — creative use keeps pleasure alive."

MODULE 3

Medical Shields



Pills and shots that protect — modern biomedical prevention tools

Vaccines are a “set-it-and-forget-it” layer of protection.
They work in the background to protect you, complementing other tools like condoms, PrEP, and regular testing.

Your Immunity Shield: Key Vaccines Available Now

HPV (Gardasil 9)

What It Protects Against:
~90% of HPV-related cancers (cervical, anal, oral) + genital warts

Who Should Get It? (Simple Version):
Sexually active folks up to age 26.
Ages 27–49: Talk to your doctor if you have new/multiple partners.

How Many Shots?
Usually 1–3 (new evidence shows 1 dose is often effective).

Key Takeaway:
Cancer prevention in a few quick shots. A huge win for peace of mind.

Hepatitis B (HepB)

What It Protects Against:
Serious liver infection spread by sex or blood

Who Should Get It?
Adults 19–54 (strongly recommended).
60+: If you have multiple partners, are high-risk, or want protection.

How Many Shots?
2–4 shots (depends on brand).

Key Takeaway:
A lifelong liver shield. Many adults aren't immune, so get tested and vaccinated.

Mpox (Jynneos)

What It Protects Against:
Mpox (monkeypox), which spreads through close skin contact including sex

Who Should Get It?
Higher-risk groups: MSM, trans/nonbinary folks, people with multiple partners, or a recent STI.

How Many Shots?
2 shots, 30 days apart.

Key Takeaway:
A confidence booster for your social networks. Get it if outbreaks occur or your risk profile fits.

Lesson 6: PrEP – Prevention in a Pill

WHAT IT IS

- **Pre-Exposure Prophylaxis – taken BEFORE potential exposure**
- **Daily oral pill (Truvada, Descovy) or injectable (CAB-LA every 2 months)**
- **97%+ effective when taken as prescribed**
- **Protects HIV-negative people at ongoing risk**
- **Start: 7 days protection for receptive anal; 21 days for vaginal/front hole**

ACCESS & USE

- **Who qualifies: Sexual activity without consistent condom use; STI in past 6 months; HIV+ partner**
- **Access: Primary care, sexual health clinics, telehealth**
- **May be covered by insurance or patient assistance programs**
- **Does NOT protect against other STIs – combine with barriers**
- **Regular HIV tests every 3 months required**

PrEP: Prevention in a Pill (or Shot)

Definition:

Pre-Exposure Prophylaxis.
Armor you take before sex.

Effectiveness:

>99% effective at
preventing HIV via sex
when taken as prescribed.

Who is it for?

HIV-negative people
at risk.



The Options:

- Daily Pills
(Truvada, Descovy)
- Long-acting
Injectable
(Apretude, every
2 months)
- Emerging:
Lenacapavir
(Twice-yearly shot)



Crucial: PrEP protects against HIV only. It does not prevent other STIs or pregnancy.

Lesson 7: PEP – The 72-Hour Window

WHAT IT IS

- **Post-Exposure Prophylaxis – taken AFTER potential exposure**
- **Must start within 72 hours – sooner is better**
- **28-day course of antiretroviral medications**
- **Highly effective when started early & completed fully**
- **Not a substitute for consistent prevention**

ACCESS & USE

- **Available at ERs, urgent care, sexual health clinics**
- **Free or low-cost programs available**
- **Side effects: nausea, fatigue – usually manageable**
- **After PEP: Discuss transitioning to PrEP if ongoing risk**
- **Hotline: 1-888-448-4911 (National PEP/PrEP Hotline)**

PEP: The Emergency Brake



Post-Exposure Prophylaxis.
Medication taken *after* a potential exposure to stop HIV from taking hold.



When to use

- Condom broke
- Missed PrEP doses
- Sexual assault
- Unprotected sex with partner of unknown status



Where: ERs, Urgent Care, Sexual Health Clinics.

Lesson 8: Doxy-PEP – A New Tool in Your Toolkit

- **Doxycycline Post-Exposure Prophylaxis: antibiotic taken after condomless sex**
- **Take 200mg within 72 hours of potential STI exposure**
- **Reduces risk of chlamydia by ~87%, gonorrhea by ~55%, syphilis by ~80%**
- **Currently studied primarily in gay, bi, and MSM populations – evidence growing**
- **Does NOT protect against HIV, herpes, or all STIs**
- **Not for everyone – discuss with provider: antibiotic stewardship concerns, allergy risks**
- **Access: Prescription required; becoming more widely available in sexual health settings**

Doxy-PEP: A Shield Against Bacteria

Antibiotics taken within 72 hours *after* condomless sex.

Syphilis



~70-87%
risk reduction

Chlamydia



~70-88%
risk reduction

Gonorrhea



Variable/Lower
efficacy

Limitations

- Does NOT prevent HIV, HPV, or Herpes.
- Resistance Risk: Recommended primarily for high-risk populations.

Lesson 9: ART – Undetectable = Untransmittable (U=U)

WHAT U=U MEANS

- **ART (Antiretroviral Therapy) suppresses HIV viral load to undetectable levels**
- **People with HIV taking ART as prescribed CAN have undetectable viral load**
- **U=U: ZERO risk of sexually transmitting HIV when undetectable**
- **This is not a treatment – it is a PREVENTION principle**

WHY IT MATTERS

- **ELIMINATE HIV stigma: HIV-positive \neq infectious**
- **Status-neutral language in all conversations**
- **Supports testing, disclosure, and treatment engagement**
- **ART also drastically improves long-term health outcomes for people with HIV**
- **Every person deserves full, fulfilling sexual health care**



The Science of Certainty: U=U

For Partners
Removes fear of
transmission.



For Society
Breaks the chain
of infection.



Undetectable = Untransmittable

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



Status-Neutral

Whether negative (using PrEP) or positive (using ART), medication keeps everyone safe.

MYTH vs. FACT

MYTH

PrEP is only for gay men.

If someone is on ART, they must still disclose their status before sex.

PEP is a 'morning-after pill' for HIV.

Doxy-PEP will cause antibiotic resistance.

FACT

PrEP is for anyone at ongoing risk of HIV – all genders, orientations, relationship types.

U=U means zero transmission risk. Legal & ethical landscapes vary – know your local laws.

PEP is a 28-day treatment, not a one-time pill. It's an emergency measure, not routine prevention.

Research is ongoing. Current evidence shows it's safe when used appropriately. Discuss with your provider.

Lesson 10: Vaccines & Testing – Immunity Unlocked

VACCINES

- **HPV Vaccine:** Prevents most cervical, anal, throat cancers; best before exposure; available up to age 45
- **Hepatitis A:** Recommended for MSM, travelers, people who use drugs
- **Hepatitis B:** 3-dose series; often covered in childhood vaccination
- **Mpox (Monkeypox):** 2-dose JYNNEOS vaccine; important for at-risk communities
- **Flu & COVID:** Annual updates; important for immunocompromised individuals

TESTING AS EMPOWERMENT

- **HIV:** Every 3 months if on PrEP or higher risk; at least annually for others
- **Full STI Panel:** Gonorrhea, chlamydia, syphilis, herpes – per risk level
- **Testing empowers you – knowing your status is an act of self-respect**
- **Home testing kits available (e.g., MyLabBox, Everlywell)**
- **Normalizing testing:** Make it part of your routine, like dental check-ups



Immunity Unlocked: The Vaccine Shield

Build your immunity today so tomorrow's adventures stay fearless.



HPV

Gardasil 9. Prevents ~90% of HPV-related cancers and warts. Recommended up to age 26 (and up to 45 for some).



Hepatitis B

Lifelong liver shield. Recommended for all sexually active adults.



Mpox

Jynneos. Two shots, 28 days apart. Critical for high-risk networks.

Science Watch

Emerging Science: Meningitis B vaccine (Bexsero) shows promise for offering some cross-protection against Gonorrhea (~30-40%).

KEY TAKEAWAY

Module 3 — Medical Shields

"Science gives us powerful shields — combine them with barriers and communication."

MODULE 4

Real Talk: Navigating the Gray Areas



Applying safER sex to diverse pleasures and real-life messiness

Lesson 11: Pleasures, Kinks, and Fetishes

- **All consensual adult sexual practices can be made saFER with the right layers**
- **BDSM: Negotiation, safewords, aftercare, equipment cleaning between partners**
- **Group sex: Individual barrier use, discuss status & testing, designated roles help logistics**
- **Fluid bonding: A conscious, negotiated decision – not a default or accident**
- **Fetish involving objects/materials: Cleaning, storage, latex allergy awareness**
- **Kink & BDSM communities often model excellent consent & communication practices**
- **Harm reduction: No activity is 'too risky' to make saFER – layers apply everywhere**

Pleasure, Kink, and Fetish

SafER sex principles apply to *all* sexual expression.



RACK

Risk-Aware
Consensual Kink



Safety Planning



Safe Words (During)



Red Light:
"Stop."



Yellow Light:
"Slow down."



Green Light:
"Go."



Continuum of Risk – Activity Instructions

- **ACTIVITY:** Small groups receive cards with different sexual activities
- **Step 1:** Place each activity on the risk continuum board (Lower Risk \longleftrightarrow Higher Risk)
- **Step 2:** Add a Post-it with at least one harm reduction strategy for each activity
- **Step 3:** Discuss as a group – was placement easy or contested? Why?
- **Facilitator note:** There are no 'wrong' answers – the goal is critical thinking, not judgment
- **Key insight:** Risk is not fixed – context, layers, and communication shift it
- **End with:** 'No activity is inherently unsafe – layers make everything saFER'



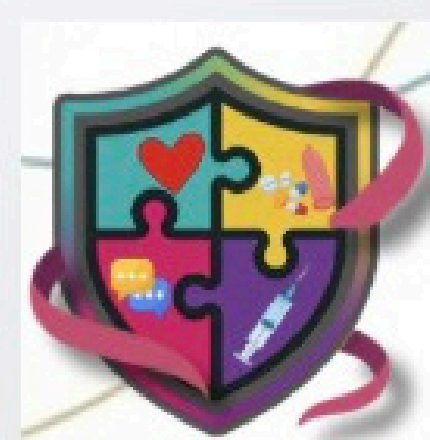
Lesson 12: Harm Reduction in Action – Scenarios

SCENARIO

- **'The condom broke mid–sex – what do I do now?'**
- **'I had sex without a condom last night and I'm scared.'**
- **'My partner doesn't want to use condoms – how do I handle this?'**
- **'I was drinking and I'm not sure what happened.'**

HARM REDUCTION RESPONSE

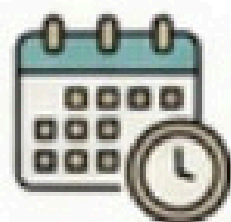
- **Consider PEP (if < 72 hrs), STI testing**
- **Contact provider or urgent care, PEP window, testing timeline**
- **Communication scripts, PrEP discussion, consent reframing**
- **Supportive resources, consent education, testing**



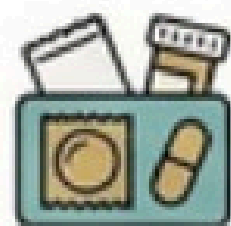
Navigating Gray Areas: Harm Reduction

Meeting you where you are. A small step is better than no step.

Substances & Safety



Pre-Game Plan: Set limits in advance.



Preparation: Carry condoms/PrEP so you aren't caught unprepared.

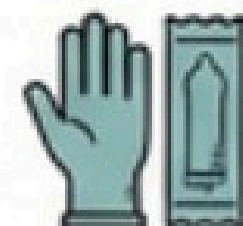


Safety Net: Use the buddy system.

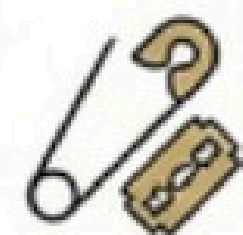
Kink & Play Protocols



Anal Play: Silicone lube is best; go slow.



Fisting: Extreme hygiene (trim nails) & sterile lube.



Blood Play: **High Risk.** Never share blades; single-use gear only.



“Mistakes happen. Compassion creates safety; shame creates risk.”

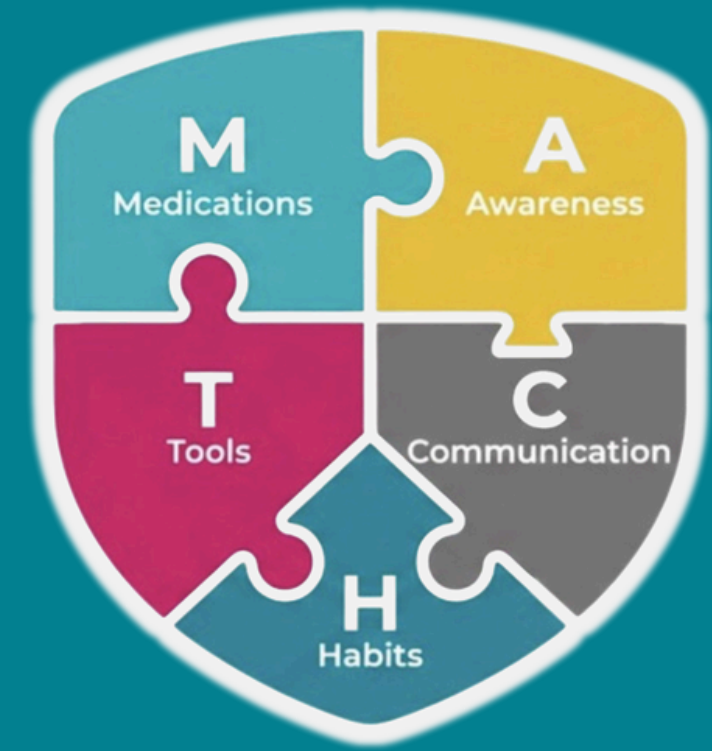
KEY TAKEAWAY

Module 4 – Real Talk

"No activity is inherently unsafe – layers make everything saFER."

MODULE 5

Your Perfect MATCH



Synthesizing knowledge into a personalized, actionable saFER sex plan

THE MATCH FRAMEWORK

Your Personal safer Sex Plan

M

MEDICATIONS

PrEP, PEP, Doxy-PEP,
ART, Vaccines

A

AWARENESS

Testing, knowing your
status, partner status

T

TOOLS

Condoms, dental dams,
gloves, lube, toys

C

COMMUNICATION

Scripts, consent,
ongoing conversations

H

HABITS

Regular testing, check-
ins, routine care

Build Your Perfect MATCH



M = Medications A = Awareness T = Tools
C = Communication H = Habits

Prevention isn't one-size-fits-all. It's a puzzle you solve for yourself.



Medications & Awareness

M - Medications

- Am I a candidate for PrEP?
- Do I have a plan for PEP (emergency)?
- Am I up to date on HPV/Mpox vaccines?



A - Awareness

- When was my last full STI panel?
- Do I know my partner's status?
- Do I know the window periods for testing?





Tools & Communication

T - Tools



- Do I have condoms/dams accessible (not expired)?
- Do I have water/silicone lube?
- Are my toys made of body-safe materials?



C - Communication





- Do I have 3 'go-to' phrases to start a safety talk?
- Do I feel comfortable asking for what I need?
- Do I practice enthusiastic consent?





Habits

H - Habits

- Testing Routine:** Is it in my calendar (every 3/6/12 months)? 
- Daily Rhythm:** Do I take my PrEP at the same time? 
- Hygiene:** Do I clean toys immediately after use? 
- Self-Care:** What is my ritual after sex to reconnect with myself? 

Plan now, so protection feels natural later.

Lesson 13: Piecing Together Your Personal saFER Sex Plan

60-90 MIN

Guided MATCH Worksheet + Closing Circle

- 1. Guided MATCH Worksheet: Individual completion with facilitator prompts for each letter (20 min)**
- 2. Pair Share: Voluntarily share one element of your plan with a partner (15 min)**
- 3. Commitment to Action: Write one concrete step for the next week, and one for the next month (15 min)**
- 4. Resource Review: Local & national access points for each MATCH element (10 min)**
- 5. Closing Circle: Each participant completes the sentence – 'I feel more fearless because...' (10 min)**

Sample MATCH Plans — Diverse Scenarios

SCENARIO A

- **PLAN A — SINGLE, DATING:**
- **M: PrEP + annual flu shot**
- **A: HIV & full STI test every 3 months**
- **T: External condoms, water-based lube**
- **C: Ask status & testing timeline early**
- **H: Restock condoms monthly; test after new partners**

SCENARIO B

- **PLAN B — PARTNERED, EXPLORING:**
- **M: Doxy-PEP after group encounters**
- **A: Discuss fluid bonding boundaries openly**
- **T: Internal condoms + dental dams + toys with condoms**
- **C: Weekly check-in with partner on comfort levels**
- **H: Quarterly full panel; ongoing HPV + Hep vaccination**

Key Resources for Participants

- **PrEP/PEP Access:** getyourprep.com | preplocator.org | National Hotline **1-888-448-4911**
- **HIV Testing:** gettested.cdc.gov | hivtest.org
- **Doxy-PEP info:** Talk to your sexual health provider or visit a local clinic
- **Vaccine info:** cdc.gov/vaccines | HPV, Hep A/B, Mpox schedules
- **STI Info:** cdc.gov/std | Planned Parenthood planparenthood.org
- **Local (Houston):** Legacy Community Health | Avenue 360 | Montrose Center | Houston Health Dept.
- **Educators Hub:** www.theharnessproject.org/educators-hub



Fearless Belongs to You

PERFECTION
isn't required—
preparation is.



FEAR has no
place here—
knowledge does.

PLEASURE and
protection are partners.

**Go ahead. Live your life. Pursue your desires.
Stay Informed. Stay Protected. Stay Fearless.**

Workshop Delivery Models

90 MIN

The Essentials 90 min Session– Intro sessions, lunch-and-learns, community events

4 HRS

Core Concepts Half-Day Workshop – Support groups, college programs, deeper dives

7-8 HRS

Deep Dive Full-Day Workshop – Peer educators, clinics, retreats, comprehensive training

Online

Virtual Adaptations – See Facilitator Guide for breakout room protocols

Full-Day Workshop Agenda (7–8 Hours) Deep Dive

30 min

Welcome, Icebreaker, Group Agreements

90 min

Module 1 – Mindset of Protection (Lessons 1–2)

120 min

Module 2 – Sexual Barriers with Hands-On Demos (Lessons 3–5)

60 min

Lunch Break

150 min

Module 3 – Medical Shields: PrEP/PEP/Doxy-PEP/ART/Vaccines (Lessons 6–10)

15 min

Break

90 min

Module 4 – Real Talk: Gray Areas (Lessons 11–12)

90 min

Module 5 – Personal MATCH Plan (Lesson 13)

Educators Hub — www.theharnessproject.org/educators-hub

- **00–Quick–Start: Quick Start Kit, READ ME FIRST, Certification Overview**
- **01–Curriculum–and–Lesson–Plans: Full 13–lesson curriculum PDF**
- **02–Facilitator–Resources: Detailed Guide, MATCH Framework, Supply Checklist, Virtual Guide**
- **03–Participant–Materials: 40–page fillable Workbook + Handouts Pack**
- **04–Presentation–Slides: 92–slide Main Deck + 40–slide Training Deck (PDF & editable)**
- **05–Facilitator–Training–and–Certification: Training Module, Workbook, Certification Process**
- **06–Additional–Resources: Houston resources, Key Quotes Pack**
- **Licensed educational content — access via www.theharnessproject.org/educators-hub**

Facilitator Mindset – Core Principles

YOU BRING...

- ♦ **Empathy first – meet participants where they are**
- ♦ **Non-judgmental – all consensual practices are valid**
- ♦ **Empowerment not prescription – their plan, their choice**
- ♦ **Confidentiality – honor what's shared in the room**

YOU PRACTICE...

- ♦ **Active listening – silence can be powerful**
- ♦ **Cultural humility – you don't know what you don't know**
- ♦ **Status-neutral language – always**
- ♦ **Self-care – debrief after sensitive sessions**

Handling Sensitive Topics & Disclosures

- **Disclosures:** Thank the person, validate their courage, avoid probing questions
- **Trauma responses:** Slow down, invite gentle breathing, offer to step out
- **Stigma/hostility:** Name it without shaming – 'That can be a common feeling...'
- **HIV/kink stigma:** Lean into U=U, harm reduction data, and non-judgmental framing
- **Time management:** Gently redirect with 'Let's park that and return at break...'
- **Your own discomfort:** Model vulnerability – 'That's a great question; let's explore it together'
- **Mandatory reporting:** Know your local obligations before facilitating



Fearless Belongs to You.

A personalized plan. Layered protection. Empowered choice.