

HARNESS Workshops



FREE CURRICULUM PREVIEW



MATCH Lesson Plans




HARNESS

FACILITATOR'S DASHBOARD




MATCH Facilitator's Performance Dashboard Cohort: Fall 2024 - Section B (Tech Ventures) | Date Range: Sept 1 - Oct 15, 2024 | User

Overall Cohort Completion Green

78%
+15% vs previous

Avg. Student Progress Yellow

6.2 modules/8

Avg. Quiz/Simulation Score Gauge

85%

Engagement Score Rating

4.2/5.0
Rating: +0.3

Cohort Module Progress

Module 1: Introduction	100%
Module 2: Problem Discovery	100%
Module 3: Solution Canvas	100%
Module 4: Business Model Canvas	100%
Module 4: Business Final Canvas	100%
Module 4: Problem Canvas	100%
Module 2: Problem Discovery	100%
Module 4: Solution Canvas	100%
Module 2: Problem Discovery	100%
Module 3: Complete Discovery	100%
Module 2: Business Miscovery	100%
Module 1: Introduction	100%

Student Progress Heatmap

Filter by: Status | Filterable by: Risk Level

Rows	M1	M2	M3	M4	M5
Alice Chen	Completed	In Progress	Not Started	Not Started	Not Started
Ben Carter	Completed	In Progress	Not Started	Not Started	Not Started
Chloe Davis	Completed	In Progress	Not Started	Not Started	Not Started
Daniel Kim	Completed	In Progress	Not Started	Not Started	Not Started

Participant Engagement Trend

Completed Sessions (Line) | Total Logins (Area)

Widget D: Required Facilitator Actions

- Review "Problem Discovery" submissions (5 Pending, Expired)
- Schedule "Live Demo" Session for Team Beta (By Oct 18)
- Follow-up with At-Risk Students (Daniel Kim, Chloe Davis)
- Check "Business Model Canvas" forum posts (1 New)

Widget E: Student Performance & Details Table

Student Name	Module Completion %	Avg. Score	Assignments Submitted	Last Active	Group	Risk Level	Actions
Student Name	92.5	4/5	4/5	Oct 15, 2024	Group	Badge	View Details
Ben Carter	92.6	4/5	4/5	Oct 15, 2024	Group	Badge	View Details
Chloe Davis	92.5	4/5	4/5	Oct 15, 2024	Group B	Badge	View Details

Widget F: Live Session Dynamics (Group Activity)

Team Name	Current Phase	Members	Instructor Rating	Session Feedback
Alpha	Current Phase	4/5	4.5/5	Link
Beta	Current Phase	4/5	4.5/5	Link
Beta	Phase	4/5	4.5/5	Link



Medications

PrEP · PEP · ART · Doxy-PEP · Vaccines

Lesson 1

Medication Myth-Busting

Total: 45 min



OBJECTIVE

Participants can name at least three prevention or treatment medications and explain what each one does in plain language.

TIMING GUIDE

0–5 min

Welcome & framing: medications as empowerment

5–25 min

Card sort: True / False / It Depends (20 statements)

25–35 min

Debrief 'It Depends' cards as full group

35–45 min

30-second PrEP elevator pitch (pairs, then share out)

ACTION

Card sort: Groups sort 20 statements about PrEP / PEP / ART / vaccines into True / False / It Depends. Debrief each 'It Depends' as a full group. Follow with a 30-second elevator pitch: each participant explains PrEP to someone who has never heard of it.

DEBRIEF QUESTIONS

- ❓ Who in your life has probably never heard of PrEP?
- ❓ What would you say to them in 30 seconds?
- ❓ Normalize that most people don't know -- that's why this module exists.

SUPPLY CHECKLIST

- 20-statement card sort sets (1 per group of 4–5)
- True / False / It Depends sorting mats or labels
- Timer for 30-second pitch round
- Optional: PrEP info cards / local pharmacy resource sheet



FACILITATOR SPARK

Frame medications as empowerment, not evidence of high-risk behavior. Normalize PrEP the same way you'd normalize blood pressure medication. Address U=U directly -- it transforms stigma around HIV status.



Awareness

Testing · Status · Partner Conversations

Lesson 2

Local Testing Map

Total: 45 min



OBJECTIVE

Participants can identify at least two local testing options and articulate one barrier they could realistically remove.

TIMING GUIDE

0-5 min

Open: 'You can't act on information you don't have'

5-25 min

Groups research and map 3 local testing sites

25-35 min

Each group shares their top find -- compare across groups

35-45 min

Debrief: barriers, written reflection, voluntary share

ACTION

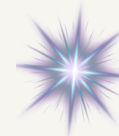
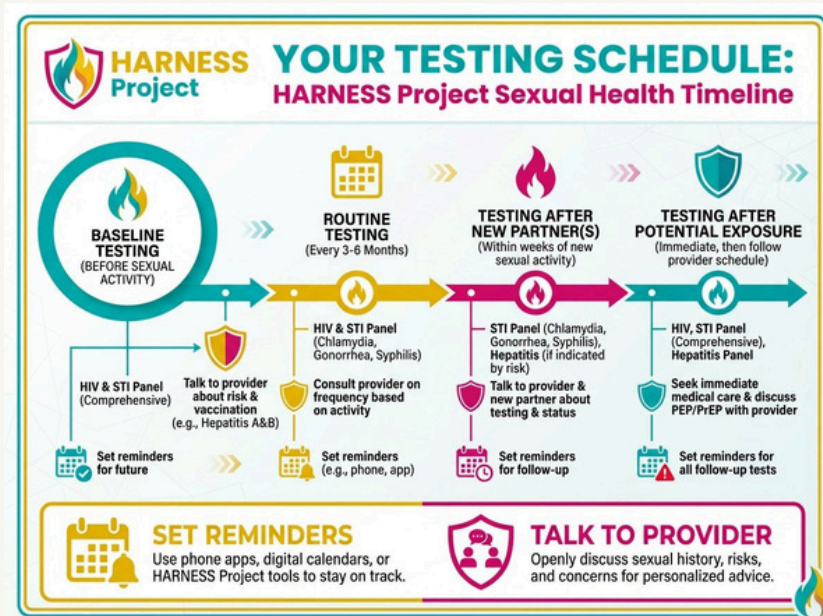
Groups research and map 3 local testing sites, capturing: name, cost (including free options), hours, whether they offer at-home kits, and walk-in vs. appointment availability. Each group shares their top find. Compare findings across all groups.

DEBRIEF QUESTIONS

- ❓ What's one thing that would make testing feel more normal or easier for you?
- ❓ What's one barrier you could actually remove?
- ❓ Write responses privately, then share one voluntarily.

SUPPLY CHECKLIST

- Phones or laptops for site research (or pre-printed local resource list)
- Testing Site Research worksheet (name / cost / hours / at-home / walk-in)
- Pens / markers
- Optional: Houston local resources reference sheet



FACILITATOR SPARK

Reframe testing: 'Not knowing doesn't protect you -- it removes your choices.' Many participants avoid testing out of fear. Name this directly and non-judgmentally. Avoid any language that shames any status.



Tools

Condoms · Barriers · Lube



OBJECTIVE

Participants can correctly identify and describe proper use for at least two barrier methods, and can explain when and why to use lube.

TIMING GUIDE

0–5 min

Intro: The toolkit exists. The question is whether you use it.

5–13 min

Station 1 -- Barrier ID matching game (8 min)

13–21 min

Station 2 -- Correct vs. Incorrect use card sort (8 min)

21–29 min

Station 3 -- Lube Compatibility Quiz (8 min)

29–45 min

Full-group debrief and free supply access info

ACTION

Three rotating stations, 8 minutes each. **Station 1:** Barrier ID -- match each tool to its description and use case. **Station 2:** Correct vs. Incorrect -- card sort identifying errors in condom use scenarios. **Station 3:** Lube Compatibility Quiz -- water-based vs. silicone-based: which product with which barrier?

DEBRIEF QUESTIONS

- ❓ What's one thing about the toolkit you didn't know before today?
- ❓ Who else in your life needs to know this?
- ❓ Optional: Where can you access free supplies near you?

SUPPLY CHECKLIST

- Barrier ID matching cards (tool name <-> description / use case)
- Correct vs. Incorrect condom use scenario cards
- Lube Compatibility Quiz cards (water / silicone / oil-based)
- Physical samples if permitted: external condom, internal condom, dental dam
- Station rotation timer
- Free supply access reference (clinics, Planned Parenthood, online)



FACILITATOR SPARK

Be matter-of-fact. Your comfort sets the ceiling for theirs. Don't apologize for the content. Normalize internal condoms -- many participants have never seen one. Some will laugh. Let it land, then proceed.



OBJECTIVE

Participants can initiate and respond to a consent conversation using their own words, and can identify at least one coercive pattern.

TIMING GUIDE

0–5 min

Framing: Consent is a conversation, not a contract

5–10 min

Facilitator models a sample script before pairs begin

10–30 min

Pairs practice 4 scenarios: asking, agreeing, declining, revoking

30–38 min

Each participant writes their personal go-to phrase (index card)

38–45 min

Full group: voluntary share + debrief on coercion patterns

ACTION

Pairs practice four consent scenarios: asking, agreeing, declining, revoking. Switch roles after each scenario. Each participant writes their personal go-to phrase on an index card to keep. Full group shares one phrase voluntarily.

DEBRIEF QUESTIONS

- How did it feel to say no in the practice?
- What made it easier or harder?
- How'd it feel to have an order changed or declined?
- Connect to real dynamics outside the room.

SUPPLY CHECKLIST

- Scenario cards: 4 scenarios (asking / agreeing / declining / revoking)
- Index cards (1 per participant) for go-to phrase
- Pens
- Optional: coercion pattern reference card

“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?”

FACILITATOR SPARK

Scripts are not inauthentic -- athletes practice plays, musicians practice scales. Teach giving AND receiving consent. Role play can feel awkward. Lean into it. The awkwardness is the practice point.



Habits

Planning · Supply Stocking · Harm Reduction

Lesson 5

My MATCH Plan

Total: 45 min



OBJECTIVE

Each participant creates a personal, specific 30-day habit plan with one concrete action per MATCH letter.

TIMING GUIDE

0–10 min

Walk all 5 MATCH letters aloud as integration recap

10–30 min

Individual: complete personal MATCH card (one action per letter)

30–38 min

Optional accountability pairing and contact exchange

38–45 min

Full-group debrief: easiest / hardest letters, close together

ACTION

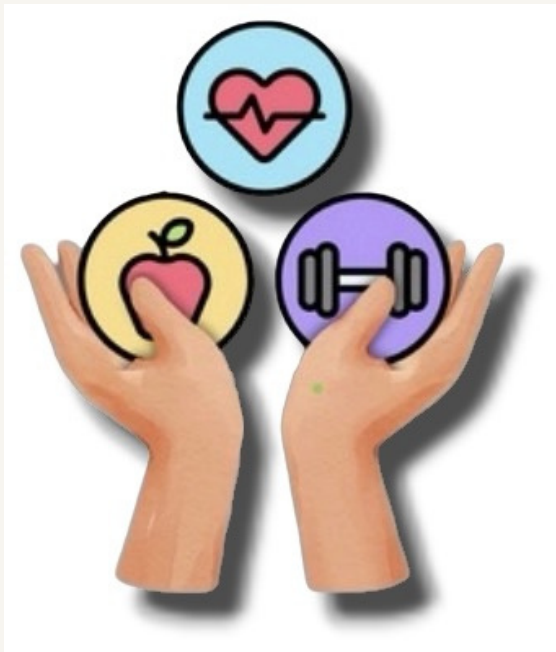
Individual work: complete a personal MATCH card with one specific, realistic action for each letter (M=Medications, A=Awareness, T=Tools, C=Communication, H=Habits) within the next 30 days. Optional accountability pairing: share your plan with one other person and exchange contact info for a 30-day check-in.

DEBRIEF QUESTIONS

- ❓ Which letter felt easiest to commit to? Which felt hardest?
- ❓ What would make the hardest one more realistic right now?
- ❓ Close by walking all five letters aloud as a group.

SUPPLY CHECKLIST

- My MATCH Plan card (1 per participant -- blank action rows for M/A/T/C/H)
- Pens
- Optional: 30-day calendar insert
- Optional: supply stocking checklist (condoms, lube, dental dams, PrEP info)



FACILITATOR SPARK

This is the integration session. Celebrate small commitments -- 'I will restock condoms this week' is a real plan. Harm reduction is not endorsement. Any step toward lower risk is a real step.



Habits

The Blindside · When Plans Meet Reality



OBJECTIVE

Participants experience an unannounced disruption that mirrors how real-life challenges arrive — without warning, without preparation, and without a script.

TIMING GUIDE

Setup

Participants have set down their completed MATCH Plans

Advance

Advance to Slide 2 — say nothing until it's visible

Pause

Let the room read it. Hold the silence.

Script

"Wait. You're not done. A plan that only works under perfect conditions is not a plan. It is a wish."

Distribute

Hand out Safer Sex Plan worksheets. Do not explain what comes next.

ACTION

Wait until participants have set down or submitted their MATCH Plans. Advance to Slide 2. Say nothing until the slide is fully visible. Let the room read it and react before you speak. Then deliver the script: 'A plan that only works under perfect conditions is not a plan. It is a wish. We're about to find out what your plan is made of.' Distribute the Safer Sex Plan worksheets. Do not explain what comes next.

DEBRIEF QUESTIONS

- 1 No debrief for this phase. Move directly into Broken Puzzle Scenarios.
- 1 The silence after Slide 2 lands is intentional — hold it.
- 1 Watch faces. Note who reaches for their plan immediately. That data informs your debrief later.

SUPPLY CHECKLIST

- Safer Sex Plan worksheets (1 per participant — Workshop Pack, Page 6)
- Pens
- Slide 2 cued and ready to advance on your signal
- [PREP] MATCH Plans collected or set face-down before this moment



FACILITATOR SPARK

Do NOT preview the Extended Session at any point during standard Module H. The blindside is the pedagogy. The surprise is not a gimmick — it is the simulation. Real life does not announce its disruptions.



OBJECTIVE

Participants apply If-Then redundancy logic to four real-world friction scenarios without being told their plan will be tested. They surface which MATCH letter they instinctively reach for under pressure.

TIMING GUIDE

0-5 min

SETUP: distribute Redundancy Logic reference card

5-13 min

DRAFT: participants complete SaFER Sex Plan Worksheet

13-14 min

DISRUPT: distribute Constraint Cards face-down, flip on signal

14-22 min

ADAPT: participants revise plans for their constraint

22-27 min

DEBRIEF: which letter held up? which revealed a gap?

ACTION

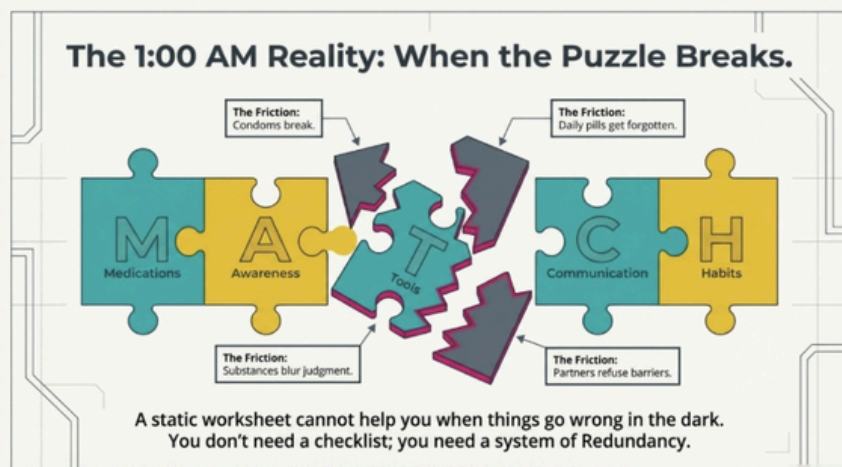
Distribute Redundancy Logic reference card (Workshop Pack, Page 2). **DRAFT** (8 min): Participants complete their SaFER Sex Plan. Circulate — do not give answers. **DISRUPT** (1 min): distribute Constraint Cards face-down; flip ALL simultaneously on signal. **ADAPT** (8 min): participants revise plans. Encourage thinking aloud. Observe which MATCH letters they reach for — this data informs your debrief. **Four friction scenarios:** Condom Breaks · Partner HIV+ Undetectable · Forgot PrEP Dose · Potential Bacterial STI Exposure.

DEBRIEF QUESTIONS

- 1 ? What was your constraint? Which MATCH letter did you reach for first?
- 2 ? Which letter held up under pressure? Which one revealed a gap?
- 3 ? Do NOT name the Mindset of Protection yet — let the group surface it themselves.

SUPPLY CHECKLIST

- MATCH Redundancy Logic reference card (Workshop Pack, Page 2) — 1 per participant
- Constraint Cards: printed, cut & shuffled (Workshop Pack, Page 4) — 1 per participant
- SaFER Sex Plan worksheet (Workshop Pack, Page 6) — already distributed
- Timer for phase transitions
- Pens



FACILITATOR SPARK

Circulate during the Adapt phase but do not rescue. Let participants sit in the friction — that discomfort is the learning. Your job is to observe, not resolve. Which letter do they reach for first?



OBJECTIVE

Participants discover on their own that a plan written in comfort must survive real-world pressure — and that layering MATCH tools is what creates resilience when one layer fails.

TIMING GUIDE

Phase 1 — DRAFT (8 min)

Participants write personal Safer Sex Plan

Phase 2 — DISRUPT (1 min)

Constraint Card flipped simultaneously on signal

Phase 3 — ADAPT (8 min)

Revise plan to account for constraint

Phase 4 — DEBRIEF (8 min)

Full group analysis: layers, gaps, adaptations

ACTION

Run all four phases with strict timing. **Phase 3:** 'Late-Night Emergency' card holders identify nearest 24-hr ER. 'Buzz' card holders name which Medication or Habit shield is their fail-safe. **Phase 4** debrief questions — Q1: No lube + drinking; which MATCH letter is your primary shield? Q2: Did your plan rely on a pharmacy? How does the 72-hr window change your move? Q3: How does PrEP or U=U change your panic level when a condom is unavailable? Celebrate adaptations. Reinforce that adjusting is the goal, not perfection.

DEBRIEF QUESTIONS

- 🔍 Q1: No lube + drinking — which letter of MATCH is your primary shield?
- 🔍 Q2: Did your plan rely on a pharmacy? How does the 72-hour window change your move?
- 🔍 Q3: How does PrEP or U=U change your panic when a condom is unavailable?

SUPPLY CHECKLIST

- Constraint Cards already distributed (from Broken Puzzle phase)
- Safer Sex Plan worksheet already in use
- Timer (8 / 1 / 8 / 8 min phases)
- Nearest 24-hour ER address pre-written on board
- Analytical Debrief Question Cards (Workshop Pack, Page 5) — facilitator only

Stress Test 01: The Broken Barrier

Scenario Alpha: Navigating the Missing Tool

The Fearless Pivot:
The 'T' (Tools) layer has failed. The participant must demonstrate muscle memory by pivoting to 'C' (Communication) and 'H' (Habits)—verbally shifting boundaries to either course, or relying on prior PrEP adherence, without panicking or shutting down.

Flowchart Details:

- Question Node:** Partner Status Known & Undetectable?
 - Yes:** Action Box: Stop, replace barrier to prevent bacterial STIs. Monitor for 2-4 weeks. (Risk Low)
 - No:** Action Box: Initiate PrEP Protocol immediately.
 - Access 24/7 ER
 - Request Dory-PrEP simultaneously
 - Schedule 4-week follow-up test
- Trigger Node:** Condom breaks during sex (if Failure)
- Question Node:** Partner Status Unknown / Positive (Not U=U)
- Action:** Action beats panic. Follow the protocol.

Smartphone Text: You are at a party. Things are heating up. You have no condoms or lube, and you've been drinking. Adjust your plan right now.

Puzzle Graphic: M, A, H, C letters on puzzle pieces.

FACILITATOR SPARK

The simultaneous Constraint Card flip is the most important moment — do not stagger it. The shared disruption creates the shared debrief. Do not advance the Emergency Drill until Q3 has landed with the group.



OBJECTIVE

Participants memorize the 72-hour window for PEP and Doxy-PEP as a reflexive action. Every participant leaves with the nearest 24-hour ER address written on their plan. The Mindset of Protection is named – after they have already lived it.

TIMING GUIDE

Drill open

Post or distribute Emergency Protocol Decision Trees (Workshop Pack, Page 3)

Walk verbally

Talk through each protocol before participants apply them

Protocol 1

HIV Exposure: PEP within 72 hrs (ideally < 2 hrs). ERs dispense PEP.

Protocol 2

Bacterial STI: Doxy-PEP 200mg within 72 hrs. One dose.

Protocol 3

Pushy partner: Power Statement. If refused, exit. Self-respect is the shield.

Write-in

Each participant writes nearest 24-hr ER on their SafER Sex Plan

Reveal

Advance to Slide 6 only after debrief. Name the Mindset of Protection.

ACTION

Walk each protocol **VERBALLY** before distributing decision trees – the verbal walkthrough is what makes the 72-hour window sticky. After the drill debrief, advance to Slide 6. Script: 'You just did something most people never do: you tested your plan under pressure. That instinct – to reach for the next layer when one fails – has a name. It is called the Mindset of Protection.' Walk the 5-layer MATCH stack. Ask: which letter did you reach for first on your card? What is your weakest layer right now?

DEBRIEF QUESTIONS

- 1 Which protocol felt most relevant to your real life? What did you not know before today?
- 2 Script (Reveal): 'That instinct – to reach for the next layer – has a name.'
- 3 Ask: 'Which letter did you reach for first? What is your weakest layer right now?'

SUPPLY CHECKLIST

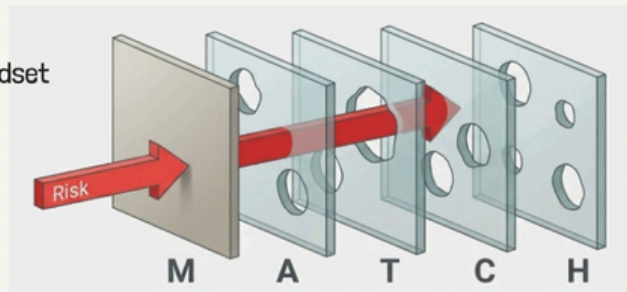
- Emergency Protocol Decision Trees (Workshop Pack, Page 3) – post on wall OR 1 per participant
- Nearest 24-hour ER address already on board
- SafER Sex Plan worksheet (participants write ER address before leaving)
- Slide 6 cued: Mindset of Protection reveal



Transform Theory into Agency

- ✓ Ditch the rigid checklists. Embrace dynamic, messy scenarios.
- ✓ Reward adaptation over perfection.
- ✓ Normalize emergency fallbacks and permanently remove the shame from imperfection.

HARNESS POWER. HONOR PLEASURE. PROTECT WITH PRIDE.



FACILITATOR SPARK

This is the only moment in the entire Extended Session where the Mindset of Protection is named explicitly. Everything before this slide was discovery. This slide is the reveal. Let the naming land before you close.