

CAPE Operational Playbook: The Blue Track

A Facilitator's Master Blueprint for
the 7-Hour High School Curriculum

Target: Grades 9-12
Duration: Full-Day (6-7 Hours)
Focus: Comprehensive Sexual Health,
Leadership, & Harm Reduction



[P] PROTECTED (Outer Layer):
Having the tools, team, and plans
that keep you safe.

[E] EMPOWERED (Outer Layer):
Leading your life with healthy
habits every single day.



[C] CONFIDENT (Inner Base):
Knowing your worth and
trusting your instincts.

[A] AWARE (Inner Base):
Reading your surroundings
and your internal radar.

Facilitator Notes: The Mindset Shift
We reframe sexual health from restriction to
freedom. Protection begins in the mind before
it ever shows up in action.



Handling Disclosures

Listen

Validate

Assess Risk

Connect to Trusted Adult/Resources

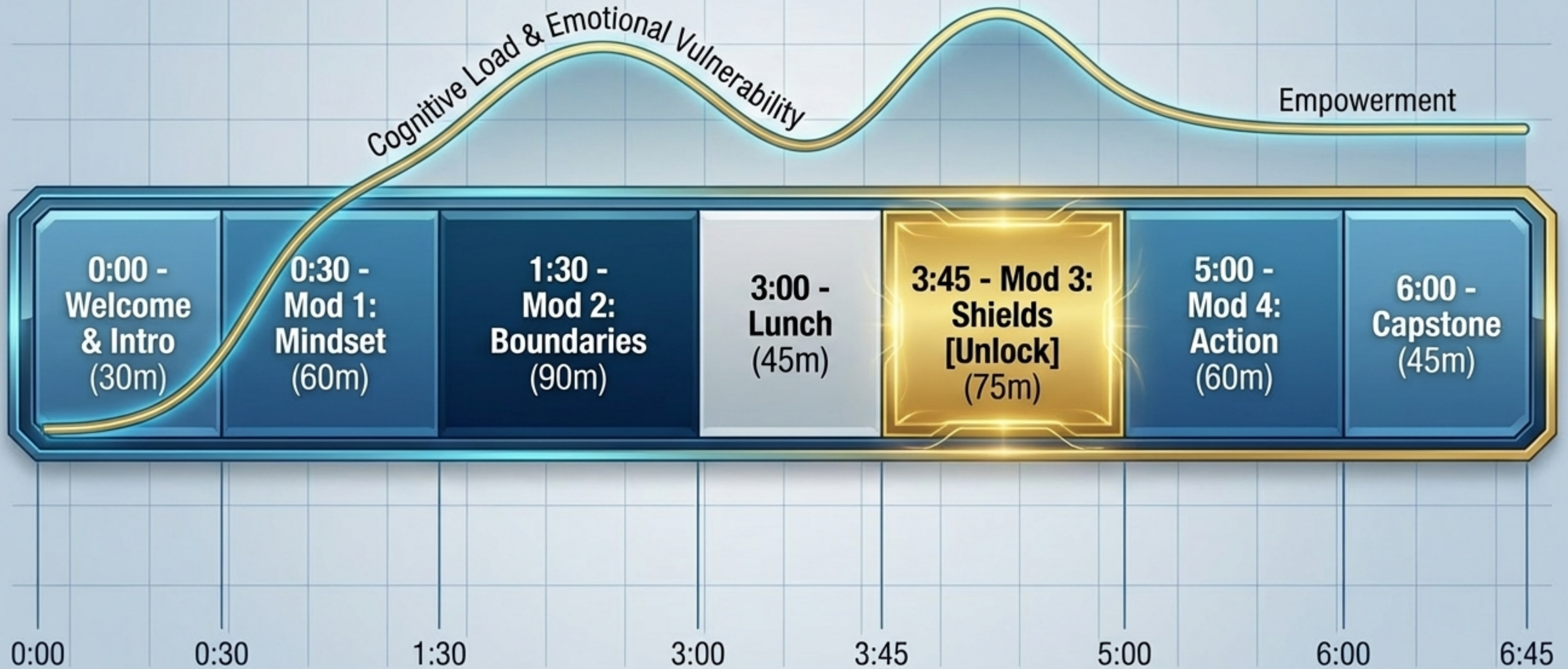
Language Matters: Use "saFER sex" instead of "safe sex" to reflect harm reduction - no activity is risk-free, but all activity can be made safer.

The Track Distinction Matrix

	Green Track	Blue Track
Audience	Grades 4-8	Grades 9-12
Duration	3-4 hours	6-7 hours
Module Scope	Modules 1, 2, 4	Modules 1, 2, 3, 4
The Unlock	Module 3 Locked	Module 3 Unlocked: Frontline Gear, Medical Shields, Vaccines, PrEP/PEP
Scenario Intensity	Navigating sleepovers, digital boundaries	Pushy partners, broken condoms, complex relationship dynamics

Takeaway: The Blue Track expands the foundation of self-respect into actionable, medical, and physical harm reduction.

The Day Tracker Dashboard



Module 1 Toolkit: Building Your CAPE Mindset

**Health Promise
& Body-Respect
Journal**

Internalizing self-worth as a prerequisite to safety.

**Communication
Script Builder**

Equipping students with literal words to enforce their boundaries.

**Role-Play
Scenario Cards**

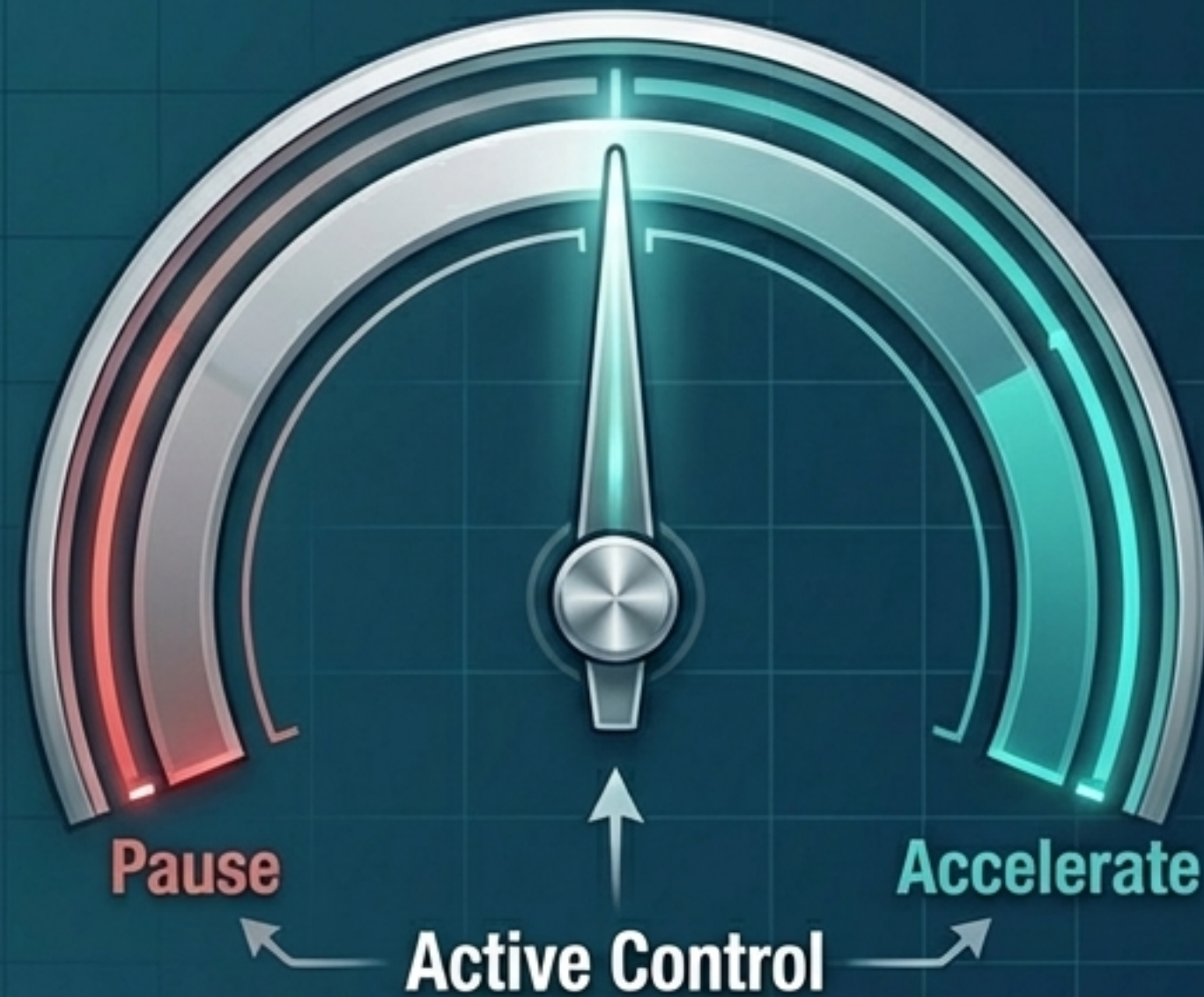
Real-time practice of assertive communication under simulated friction.

The Core Message: Your health is the foundation of everything you want to do in life. Respect starts with you.

Mental Model: The Choosing Your Pace Spectrum

~~The Old Frame~~

Abstinence as a restriction, a rule, or a lack of options.



The CAPE Frame

Choosing Your Pace as the ultimate power move. It is a leadership choice and the only 100% effective way to prevent premature emotional stress, pregnancy, and STIs.

Script Prompt: Every young person deserves to know that waiting is not weakness; it is an active, respected leadership decision.

Module 2 Toolkit: Healthy Connections & Boundaries

Activities Arsenal

- ✓ - Relationship Sort Cards
- ✓ - Consent Café
- ✓ - FRIES Detective
- ✓ - Real-Life Scenario Challenge

The Boundary Shields



Physical Boundaries: What feels safe vs. what I will not allow



Emotional Boundaries: How I expect to be spoken to



Digital Boundaries: What I will NEVER share or post

The Digital Reality Check: Once you send something, you lose control of it forever. That is not a scare tactic – it is just physics.

The Relationship Diagnostic Matrix

Green Lights (Healthy Dynamics)

- Respects a 'No' without making you feel guilty.
- Encourages your friendships outside the relationship.
- Communicates openly about boundaries and pace.

Red Flags (Unhealthy Dynamics)

- Pressures you to bypass your established boundary shields.
- Demands access to your digital devices/passwords.
- Uses isolation or guilt as tools for compliance.

Takeaway: Spotting healthy vs. unhealthy relationships powers the A (Awareness) and C (Communication) in the student's personal compass.

Mental Model: The **FRIES** Consent Model

[F]

Freely Given

No pressure,
no manipulation,
no intoxication.

[R]

Reversible

You can change
your mind at any
time, even
after saying yes.



[E]

Enthusiastic

It's a "Heck Yes!"
or it's a no.
Silence is not
consent.

[S]

Specific

Saying yes to one
thing does not
mean saying yes
to everything.

[I]

Informed

You know exactly
what you are
agreeing to.

Facilitator Note:

Parental Objections? Remind stakeholders that FRIES applies to everyday scenarios: sharing secrets, photos, hugs, or plans. It is a universal respect skill.

Module 3 Toolkit: Protection Shields (Blue Track Unlock)



Frontline Gear Demos:
Condoms, dams, lube

Practical knowledge of barrier methods to reduce transmission.



Medical Shields Tracker:
Vaccines, Testing, PrEP/PEP

Reframing medical interventions as proactive armor, not reactive fear.



Health Team Building:
Identifying trusted clinics/adults

Ensuring students never have to navigate a health crisis alone.

High Stakes Warning: Watch for students who recognize their own situations in broken-barrier scenarios. Normalize it, stay present, and have local resource cards ready.

Module 4 Toolkit: Your CAPE in Action

Step 1: The Blueprint



Introducing the MATCH Compass as a decision GPS.

Step 2: The Stress Test



Blue Track Decision Cards. Complex, real-world friction scenarios like a pushy partner or broken condom.

Step 3: Personalization



Students build their custom "My Personal MATCH Plan" worksheet.

Takeaway: Your MATCH Compass doesn't require perfect conditions. It works when things break down. That is the whole point.

The Synthesis: The MATCH Decision GPS

Powered by
Modules 1 & 2
(Mindset &
Boundaries)


 **[H]** Healthy Habits & Choices

 **[C]** Clear Communication & Consent

Powered by
Module 3
(Health Armor
& Safety Kits)

 **[M]** Medical Choices & Check-Ups

 **[C]** Medical Trusted & Check-Ups

 **[A]** Awareness of Self & Surroundings

 **[T]** Tools & Trusted Support

The Capstone: Extending the Impact



The CAPE Legacy Letter

Students write a letter to their future selves affirming their personal power and the promises they are making.

Facilitator tip: Collect, seal, and mail these 6-12 months later for massive impact.



30-Day Leadership Challenge

Students commit to daily CAPE actions (pausing before posting, checking the MATCH compass).

Progress over perfection - even one checkmark a day counts.

Closing Circle: "I wear my CAPE because..." (Voluntary sharing).

“Every student deserves to know that their health, their voice, and their future are worth protecting. Put on your CAPE – and help your students put on theirs.”



The HARNESS Project | Fearless, Aware, and Protected.
Your operational briefing is complete. You are ready to hold the space.