



HARNESS CURRICULUM

Comprehensive Sexual Health Education

Beyond the Pamphlet

Delivering Fearless, Aware, and Protected Sexual Health Education

Welcome healthcare professionals and educators. Our goal today: Learn how to transform a comprehensive 13-lesson curriculum into highly engaging, adaptable workshops.



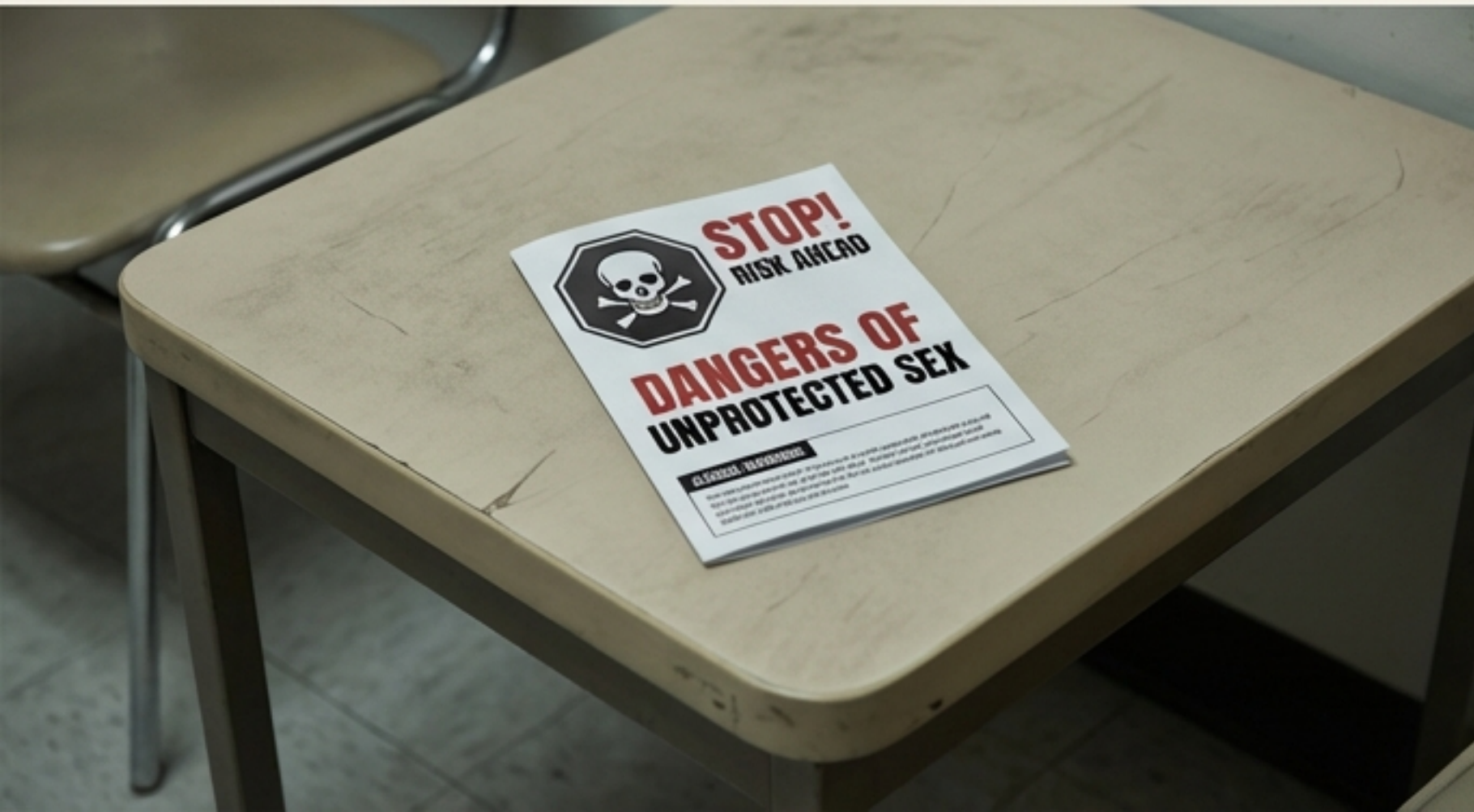
Why Fear Tactics and 'Just Say No' Are Failing

The Paradigm Shift:

- From restriction to empowerment
- From fear to freedom

Traditional education relies on anxiety and generic pamphlets. Patients tune out when they feel judged or receive one-size-fits-all clinical advice.

Icebreaker: What two words do your patients think of when they hear "safer sex"?
Awkward? Scary? Let's change it to **Pleasure** and **Safety**.



The Paradigm Shift to Fearless, Aware, and Protected

Fearless

Approaching sexual health with confidence, self-love, and self-respect, not anxiety.

Aware

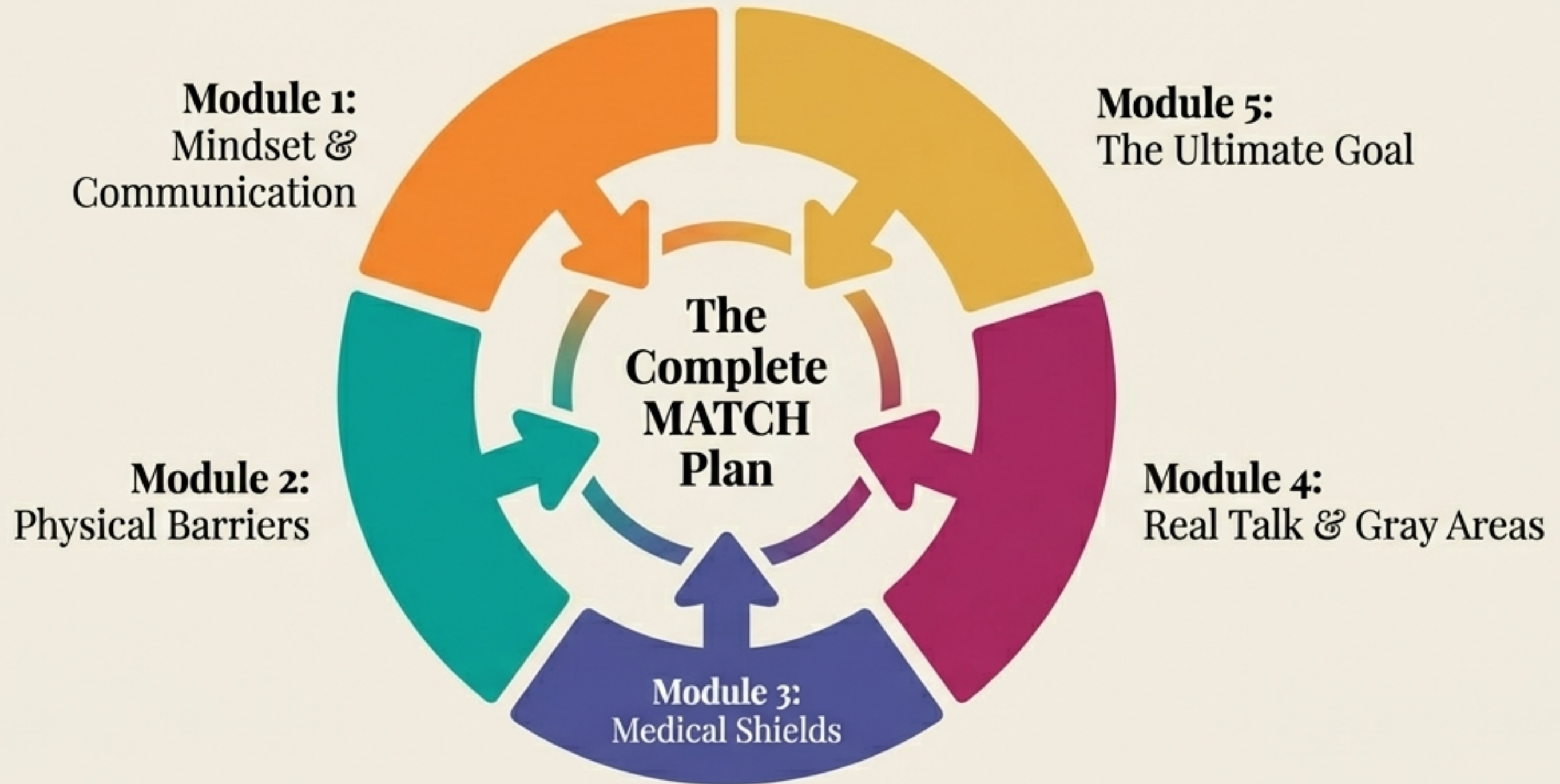
Accessing accurate, modern science and understanding personal risks without stigma.

Protected

Building a layered, personalized defense using combination prevention.

5 Modules, 13 Lessons, Infinite Adaptability

Designed to be modular: teach in quick segments or as a comprehensive masterclass.
Moves sequentially from mindset, to physical tools, to medical science, to real-world application.



Protection Starts Before the Clothes Come Off

Module 1: Rewiring Mindsets

- Reframe safER sex as an act of self-love, not paranoia.
 - Silence doesn't protect anyone.
- Teach The Erotic Art of Communication to overcome fears of rejection.

Hey, before we get too into this, I want to make sure we're both safe...

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

Facilitator Tip: Role-play these scripts live in the room. Experiencing the momentary awkwardness and subsequent relief is key to the curriculum.



The Classics Still Work (When Used Right)

Module 2: Transforming physical barriers from necessary evils to pleasure tools.

- Demystify external/internal condoms, dental dams, and gloves.
- 98% effective with perfect use.
- Taught through interactive DIY dental dam and lube stations.



The Lube Matchmaker Matrix

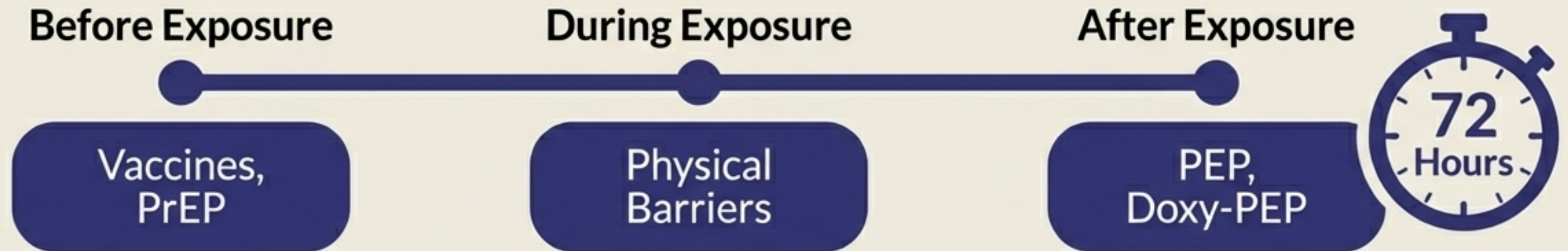
Water-Based	Safe for all barriers and all toys.
Silicone-Based	Great for barriers, NEVER use with silicone toys.
Oil-Based	The Golden Rule: NEVER mix with latex. It breaks the system down in seconds.



Prevention in a Pill and a Shot

Module 3: Translating complex medical interventions into clear, empowering options.

- **PrEP:** 99% effective shield. Options include daily pills and 2-to-6-month injections.
- **PEP:** The 72-hour emergency brake post-exposure.
- **Doxy-PEP:** The newest tool for bacterial STIs (87% effective for syphilis).



U = U

Undetectable = Untransmittable. This is indisputable scientific fact, not theory.

Meeting Patients in the Gray Areas

Module 4: Real life doesn't follow a clinical pamphlet.

- Navigating kinks, fetishes, and diverse sexual practices safely and without judgment.
- Applying harm reduction principles.

Case Study: A condom breaks on a Friday night. Do we respond with judgment, or do we respond with pragmatic harm reduction?



Piecing Together the Personal MATCH Plan

Module 5: The Ultimate Goal. A personalized, living document that evolves with the patient.



- **M - Medications**
(PrEP, PEP, vaccines)
- **A - Awareness**
(testing, knowing status)
- **T - Tools**
(condoms, lube, barriers)
- **C - Communication**
(scripts, consent)
- **H - Habits**
(stocking supplies, planning)

One Curriculum Adapted for Three Formats

As educators, you face varied time constraints. The HARNCESS curriculum scales up or down without losing its core empowering message.

The Essentials

90 Minutes

Ideal for:
Lunch & Learns,
Intro sessions

Core Concepts

3-4 Hours

Ideal for:
Professional
development, college
seminars

Deep Dive

6-7 Hours

Ideal for:
Peer educator training,
Masterclass certification

The Essentials for High-Impact 90-Minute Sessions

- **Ideal for:** Lunch & Learns, community events.
- **Focus:** High-level overview of all 5 modules.
- **Key Activities:** 'Two words' icebreaker, quick barrier demo, high-level PrEP/U=U intro, and creating a mini-MATCH plan.



Core Concepts for Deepening the Practice

- **Duration:** 3-4 Hours
- **Ideal for:** Professional development, college seminars, LGBTQ+ community centers.
- **Focus:** Deeper exploration, scenario discussions, and hands-on application.



Communication Scripts



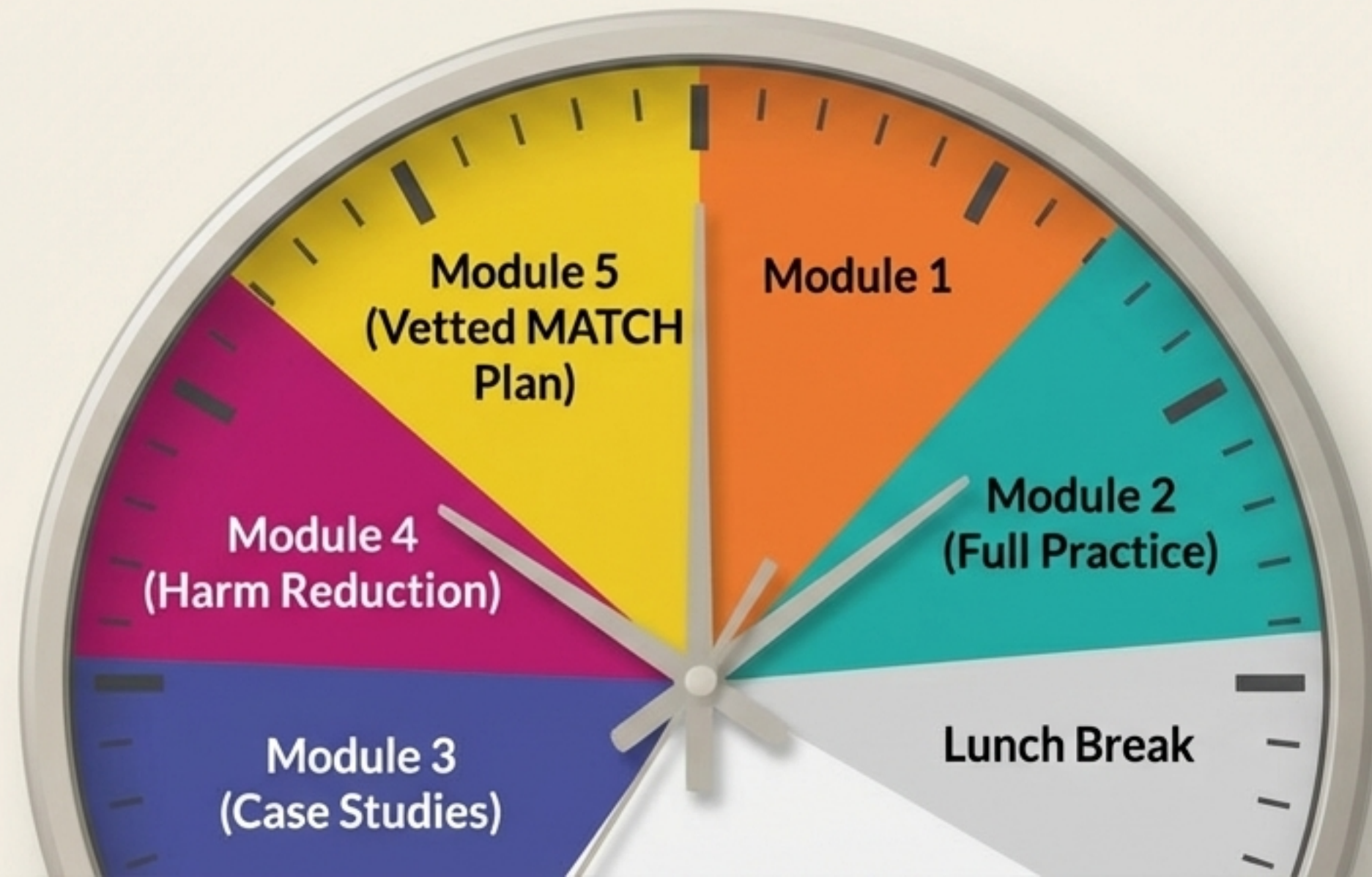
DIY Dental Dam Creation



Lube Stations

The Deep Dive Masterclass Certification

- **Duration:** 6-7 Hours
- **Ideal for:** Peer educator training, deep-dive retreats, comprehensive certification.
- **Focus:** Mastery of all 13 chapters.



Equipping Your Facilitator's Toolkit

What You Need to Bring This to Life:

- **Physical:** Anatomical models, external/internal barriers, water/silicone/oil lube samples, safety scissors.
- **Digital:** Slides, local resource directories, PEP hotlines.
- **Emotional:** Empathy, a non-judgmental tone, and sex-positivity. You are creating a brave space.





Stay Informed. Stay Protected. Stay Fearless.

Transform Education and Empower Your Community

You are not just teaching facts; you are creating brave spaces and dismantling stigma. Whether you have 90 minutes or 7 hours, you have the tools to change lives.

Next Step: Choose a format and pilot the HARNES Project in your organization this quarter.