

CAPE Youth Edition:

Confident, Aware, Protected, Empowered

Student Activity Packet

This packet contains all your worksheets, activity sheets, card sorts, and reflection journals for today's CAPE session. Your facilitator will guide you through each section. Some pages are yours to keep — treat them with respect and privacy.

MY TRACK

■ ■ Green Track — Grades 4–8
Name (optional):

WHAT'S INSIDE YOUR PACKET

DOCUMENT	MODULE / LESSON	TRACK	TYPE
Ground Rules Agreement	All Modules	■ & ■	Agreement
My Health Promise Worksheet	Module 1 · L1	■ & ■	Worksheet
Communication Script Builder	Module 1 · L1–2	■ & ■	Worksheet
Role-Play Scenario Cards	Module 1 · L2	■ & ■	Activity cards
Relationship Sort Cards	Module 2 · L3	■ & ■	Card sort
My Boundary Shield Worksheet	Module 2 · L3	■ & ■	Worksheet
Real-Life Scenario Challenge Cards	Module 2 · L3	■ & ■	Scenario cards
Consent Café Boundary Menu	Module 2 · L4	■ & ■	Worksheet
FRIES Detective Scenario Sheets	Module 2 · L4	■ & ■	Activity sheets
Consent Café Role-Play Cards	Module 2 · L4	■ & ■	Role-play cards
3-Second Rule Challenge Cards	Module 2 · L5	■ & ■	Activity cards
My Digital Shield Pledge	Module 2 · L5	■ & ■	Commitment card
Trusted Adults Wallet Card	Module 2 · L5	■ & ■	Wallet card
Gear Check Checklist	Module 3 · L6	■ Only	Checklist card
'What Would You Do?' Scenario Cards	Module 3 · L6	■ Only	Scenario cards
My Health Team List	Module 3 · L6–7	■ Only	Wallet card
Vaccine Tracker Worksheet	Module 3 · L7	■ Only	Worksheet
'Science as Backup' Scenario Cards	Module 3 · L7	■ Only	Scenario cards
MATCH Decision Cards (Green Track)	Module 4 · L8	■ Only	Activity cards
MATCH Decision Cards (Blue Track)	Module 4 · L8	■ Only	Activity cards

My Personal MATCH Plan	Module 4 · L8	■ & ■	Worksheet
MATCH Compass Pocket Card	Module 4 · L8	■ & ■	Reference card
Weekly CAPE Check-In Journal	Module 4 · L8	■ & ■	Journal / tracker
30-Day Leadership Challenge Tracker	Module 4 · L9	■ & ■	Tracker
My CAPE Legacy Letter	Module 4 · L9	■ & ■	Reflection / writing
CAPE Commitment Card	Module 4 · L9	■ & ■	Commitment card

Community Ground Rules

Our shared agreement for making this a brave, honest, and respectful space.

-
- | | |
|------------------------------|---|
| ■ Confidentiality | What's shared here, stays here. Personal stories do not leave this room. |
| ■ Respect | We speak from our own experience. We do not speak for or over others. |
| ■ Right to Pass | You always have the right to skip a question or activity without explanation. |
| ■ No Judgment Zone | There are no wrong questions. All identities and experiences are welcome here. |
| ■ Step Up / Step Back | If you talk a lot, make space. If you're quiet, try sharing — even just once. |
| ■ Brave Space | We aim for honesty, even when it feels uncomfortable. Growth happens at the edge. |
| ■ Phones | Silence your device. This space deserves your full presence. |
| ■ Self-Care | Check in with yourself. Step out if you need a moment. Tissues are available. |
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Is there anything you'd like to add to make this space feel safe for you today?

My Health Promise

A commitment to yourself — not a rule someone else made for you.

Complete each section honestly. This is your promise to yourself. You will not be asked to share it unless you choose to.

My body belongs to me, and I will protect it by:

One way I will 'Choose My Pace' this month:

One healthy habit I want to build or keep:

One person I trust enough to talk to about my health:

Something I want to learn more about to take better care of myself:

KEY TAKEAWAY: "Protecting your health is the most powerful thing you can do for yourself."

Communication Script Builder

Fill in the blanks to build your own boundary-setting scripts. Practice them until they feel natural.

Setting a Limit in a Group Chat

Someone in my group chat is sharing something that makes me uncomfortable. I would say: 'I'm stepping away from this conversation for a bit because _____. When things feel different, I'll _____.'

Saying No to Something You Don't Want to Do

'I hear that you want me to _____, but I'm not comfortable with that because _____. What I'd rather do is _____.'

Telling a Trusted Adult Something Hard

'I need to talk to you about something. I trust you because _____. What happened is _____. I need your help with _____.'

Setting a Physical Boundary Early

'Before we hang out, I just want to say — I'm not in a place where I want to _____. I'm comfortable with _____. Is that okay with you?'

Handling Peer Pressure

'I know you might think this is _____, but I've decided to _____. It matters to me because _____. I hope you can respect that.'

MY COMMITMENT: One conversation I will have this week using one of these scripts:

Body-Respect Reflection Journal

Take 10–15 minutes for yourself. Write honestly. You will not be asked to share unless you choose to.

When I think about respecting my own body, what comes to mind first?

There are no right answers here — just your truth.

Something I already do that shows respect for my health and body:

A message I received growing up about my body or health that I want to question or rewrite:

(From family, media, social media, peers, or anywhere else)

If my body could send me a message right now, what would it say?

Think about sleep, stress, energy, safety, connection.

One way I will treat my body with more respect starting today:

Make it specific and achievable — something only you can do.

A promise I want to make to my future self about my health:

KEY TAKEAWAY: "Protecting your health is the most powerful thing you can do for yourself."

Role-Play Scenario Cards — Using Your Voice

Work in pairs or groups of three. One person reads the scenario aloud, one practices the response, one observes and gives feedback. Rotate roles.

>✂ Cut out the cards. Your facilitator will assign or let you choose a scenario. Use the Communication Scripts from your Script Builder — or create your own.

Scenario A: The Group Chat Pressure

Your friend group chat is sharing rumors about a classmate. People keep tagging you and asking what you think. You don't want to participate but you also don't want to be the odd one out. PRACTICE: Use your boundary script to step away without drama.

Facilitator hint: Try: 'I'm stepping away from this conversation — not trying to be difficult, I just don't want any part of it.'

Scenario B: The Pushy 'Friend'

An older student keeps asking you to hang out one-on-one, even though you've said you're busy a few times. They text again tonight: 'Come on, just this once. It's not a big deal.' PRACTICE: Hold your limit with warmth and without over-explaining.

Facilitator hint: Try: 'I appreciate you asking, but I'm not going to be able to make it. I'll reach out when I'm free.'

Scenario C: The Secret-Keeping Ask

A friend tells you something serious about their home situation and asks you to swear you won't tell any adult — ever. You're worried about them. PRACTICE: Show care without agreeing to keep a secret that might hurt them.

Facilitator hint: Try: 'I care about you too much to promise that. If I think you're in danger, I have to tell someone — but I'll tell you first.'

Scenario D: The Mirror Practice

There's no partner for this one — it's just you and a mirror (or your phone camera). PRACTICE: Choose the boundary script you feel least confident with from your Script Builder. Say it out loud three times. Notice what changes — your voice, your posture, your confidence. Write down what you noticed:

Facilitator hint: Reminder: Scripts feel awkward before they feel natural. That awkward feeling is your confidence growing.

Scenario E: The Nosy Questions

Someone at school keeps asking personal questions about your relationship, your body, or your weekend plans in a way that feels intrusive. They say, 'I'm just curious — why are you being so secretive?' PRACTICE: Redirect without getting defensive.

Facilitator hint: Try: 'I just prefer to keep some things private. It's not about you — that's just how I'm built.'

Scenario F: Telling a Trusted Adult

Something happened that made you uncomfortable, but you're not sure if it's 'serious enough' to tell anyone. You have one trusted adult in mind — but starting the conversation feels hard. PRACTICE: Use your Communication Script to begin the conversation.

Facilitator hint: Try: 'I need to talk to you about something. I'm not sure how serious it is, but it's been bothering me and I trust you.'

OBSERVER NOTES — What did you notice? What felt natural? What felt hard?

Relationship Sort Cards — Green Light or Red Flag?

>✂ Cut out each card. Sort them into two groups on the table: Green Light Zone (healthy) or Red Flag (warning sign). Discuss your reasoning.

They cheer you on when you succeed.	They get angry when you spend time with friends.
They respect your 'no' without guilt-tripping.	They check your phone without permission.
They listen when you're upset without making it about them.	They tell you what to wear or how to look.
They introduce you to their friends and include you.	They threaten to share private info if you disagree.
They apologize sincerely when they're wrong.	They pressure you to do things you've said no to before.
They encourage your goals, even when they're busy.	They make you feel guilty for needing space.

What surprised you about the sort? Is there one Red Flag you've seen or experienced?

My Boundary Shield

Your shield has three layers. Fill in each one. The shield only works if you know what's inside it.

PHYSICAL BOUNDARIES

What I am comfortable with:

What I am NOT comfortable with:

EMOTIONAL BOUNDARIES

What feels safe and good:

What I will not allow to continue:

DIGITAL BOUNDARIES

What I will share / post:

What I will NEVER share or post:

Real-Life Scenario Challenge Cards

Work with a partner or small group. Read each scenario. Discuss: What would you do? Which CAPE letter guides you? Is there a Green Light or a Red Flag here?

✂ Cut out the cards and use them in your group discussion. There are no single right answers — the goal is to think it through together.

Story 1: The New Friend

Jordan started a new school. Someone immediately wants to be their best friend — texts them all day, wants to hang out every weekend, and gets upset when Jordan spends time with anyone else. Jordan likes the attention but also feels a little suffocated. Green Light or Red Flag? What should Jordan do?

Discuss: Which boundary applies here? What CAPE letter guides the next move?

Story 2: The Group Project

Aaliyah's group project partner keeps taking credit for her ideas in front of the teacher. When she tries to bring it up privately, they say she's 'being too sensitive.' Aaliyah starts dreading every class they share. Green Light or Red Flag? What would you say to Aaliyah?

Discuss: What boundary is being crossed? What communication script could she use?

Story 3: The Party Invitation

Marcus gets invited to a party by someone he barely knows. He's told there won't be any adults there and that he shouldn't tell his parents where he's going. He kind of wants to go but something feels off. Green Light or Red Flag? What does his built-in radar (A) say?

Discuss: What Tools & Trusted Support (T) should Marcus activate before making a decision?

Story 4: The DM Situation

Riley gets a DM from someone who says they're a talent scout for a modeling agency. They compliment Riley's photos and ask for more — 'just casual, nothing weird.' They say it's a big opportunity but Riley should keep it private for now. Green Light or Red Flag? What are the warning signs here?

Discuss: Which CAPE letters are most important right now? What should Riley do immediately?

Story 5: The Healthy One

Sam's older sibling checks in every week to ask how school is going. They never make Sam feel judged, always celebrate small wins, and when Sam made a mistake, they helped without making it a big deal. Sam trusts them completely. Green Light or Red Flag? What makes this relationship healthy?

Discuss: What does this look like in your own life? Who is YOUR Sam's sibling?

Story 6: The Changing Friendship

Alex's best friend has been different lately — distant, secretive, and sometimes mean. Alex doesn't know what happened. When Alex asks, the friend says everything is fine but then ignores them for days. Green Light or Red Flag — or something in between? What should Alex do?

Discuss: When does a friendship need a boundary conversation? What would that sound like?

Which scenario hit closest to home for you? What did you learn from the group discussion?

The Consent Café — My Boundary Menu

This is YOUR menu. You decide what you serve — and what you don't. You can always change your order.

FRIES CONSENT MODEL	WHAT IT MEANS
F — Freely Given	No pressure, manipulation, or fear. Yes means yes only when it's truly a choice.
R — Reversible	Anyone can change their mind at any time — even mid-activity. That is always okay.
I — Informed	Everyone involved knows what they're agreeing to. No surprises.
E — Enthusiastic	A real yes sounds and feels excited, not reluctant or pressured.
S — Specific	Yes to one thing is not yes to everything. Each choice is its own decision.

MY BOUNDARY MENU

APPETIZERS — Things I'm generally comfortable with in a relationship

(e.g., holding hands, text conversations, spending time together, group hangouts)

MAIN COURSES — Things that need a clear, specific conversation first

(e.g., kissing, physical closeness, sharing personal information, meeting family)

THINGS I DO NOT SERVE — Hard limits. Non-negotiable. Always.

(e.g., pressure of any kind, anything involving photos, anything I have to keep secret)

CUSTOMER SATISFACTION GUARANTEE: "I have the right to change my order at any time — without guilt, without explanation, without losing the relationship if it's healthy." What does this mean to me in my own life?

FRIES Detective — Scenario Sheets

Read each scenario. Use the FRIES model to decide: Is consent present? If not, which FRIES element is missing?

Scenario 1: The Group Decision

Maya's friends all decide they want to post a group photo online. Maya isn't sure she wants to be in it, but everyone is excited and she doesn't want to seem difficult. She doesn't say anything and lets them post it.

Is consent present? ■ Yes ■ No ■ It's complicated

Which FRIES element is missing (if any)? _____

What should Maya do? What would you do in her place?

Scenario 2: The Changing Mind

Jordan and a friend decide to share a personal secret with each other. Halfway through, Jordan gets uncomfortable and says, 'Actually, I don't want to share that.' Their friend says, 'You already started — you have to finish.'

Is consent being respected? ■ Yes ■ No ■ It's complicated

Which FRIES element is being violated? _____

What is the right response from Jordan's friend?

Scenario 3: The Pressure Text

Alex receives a text from someone they're dating that says: 'If you really liked me, you'd send me a picture. Everyone does it.' Alex feels nervous but doesn't want to lose the relationship.

Is consent present if Alex sends the photo? ■ Yes ■ No ■ It's complicated

Which FRIES element is missing? _____

What is Alex's strongest move here?

Scenario 4: The Enthusiastic Yes

Sam asks a friend if they want to go to a basketball game together. The friend lights up and says, 'I've been waiting for someone to ask me — YES!' They both show up and have a great time.

Is consent present? ■ Yes ■ No ■ It's complicated

What makes this a healthy example? _____

What does 'enthusiastic' consent look and feel like in everyday life?

Scenario 5: Informed Consent

Riley agrees to keep a secret for a classmate. Later, they find out the secret involves something that could hurt the classmate. Riley never knew this when they agreed.

Was consent given? ■ Yes ■ No ■ It's complicated

Which FRIES element was missing? _____

What should Riley do now?

The 3-Second Rule Challenge

Before posting, sending, or sharing anything — pause for 3 seconds and ask yourself:

3 SEC	■ Do I TRUST this person with my legacy?
3 SEC	■ Would I be okay if a teacher, parent, or future employer saw this?
3 SEC	■ Could this be taken out of context or shared without my permission?
3 SEC	■ Am I posting this for me — or for someone else's approval?
3 SEC	■ Would I want this to still exist in 5 years?

3-SECOND RULE PRACTICE SCENARIOS

✂ Cut and use with a partner. Apply the 3-Second Rule to each situation.

<div style="background-color: #e6f2ff; padding: 5px;">The Screenshot Request</div> <div style="background-color: #fff9c4; padding: 5px;">A classmate sends you a funny photo of a mutual friend acting silly at a party and asks you to share it in the group chat.</div> <div style="background-color: #e6ffe6; padding: 5px;">My 3-second decision: ■ Send/Post ■ Pause ■ Don't send</div>	<div style="background-color: #e6f2ff; padding: 5px;">The Location Share</div> <div style="background-color: #fff9c4; padding: 5px;">Someone you just started talking to asks you to share your location 'so we can meet up sometime.'</div> <div style="background-color: #e6ffe6; padding: 5px;">My 3-second decision: ■ Send/Post ■ Pause ■ Don't send</div>
<div style="background-color: #e6f2ff; padding: 5px;">The Personal Post</div> <div style="background-color: #fff9c4; padding: 5px;">You're going through a hard time and want to post about it publicly on social media.</div> <div style="background-color: #e6ffe6; padding: 5px;">My 3-second decision: ■ Send/Post ■ Pause ■ Don't send</div>	<div style="background-color: #e6f2ff; padding: 5px;">The Chain Message</div> <div style="background-color: #fff9c4; padding: 5px;">You receive a message that says, 'Forward this to 10 people or something bad will happen to you.' It includes personal info about someone.</div> <div style="background-color: #e6ffe6; padding: 5px;">My 3-second decision: ■ Send/Post ■ Pause ■ Don't send</div>
<div style="background-color: #e6f2ff; padding: 5px;">The Late-Night Text</div> <div style="background-color: #fff9c4; padding: 5px;">It's 11pm and someone you like sends you 'send me a pic' with no other context.</div> <div style="background-color: #e6ffe6; padding: 5px;">My 3-second decision: ■ Send/Post ■ Pause ■ Don't send</div>	<div style="background-color: #e6f2ff; padding: 5px;">The Group Secret</div> <div style="background-color: #fff9c4; padding: 5px;">Someone adds you to a private chat where people are talking about a classmate behind their back. You're asked to contribute.</div> <div style="background-color: #e6ffe6; padding: 5px;">My 3-second decision: ■ Send/Post ■ Pause ■ Don't send</div>

MY TRUSTED ADULTS — Wallet Card

Write in 3–5 trusted adults, counselors, or contacts you can go to for help. Cut and keep.

Consent Café Role-Play Practice Cards

Practice giving consent, receiving it, and changing your mind — in everyday, non-sexual situations first. Rotate roles after each card.

These scenarios use everyday situations (not sexual) to build the muscle of giving and withdrawing consent clearly and without guilt. Once the skill is natural here, it transfers everywhere.

✂ Cut out the cards. Work in pairs. Role A gives or withdraws consent. Role B receives it — practice responding with respect.

Card 1: Sharing a Secret

Role A: A friend asks if they can share something personal with you. You agree. Halfway through, you realize you're not in the right headspace for this today. PRACTICE: Withdraw consent mid-conversation kindly. Try: 'I want to hear this — can we talk about it tomorrow? I don't think I can give it the attention it deserves right now.' Role B: Practice receiving this gracefully — without guilt-tripping.

Card 2: The Photo Request

Role A: A group of friends wants to post a photo from today that includes you. You're not sure you want it posted. PRACTICE: Give consent with a condition — or withdraw it clearly. Try: 'You can post it, but can you not tag me?' OR 'Actually, I'd rather not be in that one — can you use a different photo?' Role B: Practice accepting either answer without making it awkward.

Card 3: Changing Your Mind

Role A: You agreed to go to a party last week. Now it's the day of and you don't want to go. PRACTICE: Change your mind clearly and without over-apologizing. Try: 'I know I said yes, and I'm sorry for the late notice — but I've decided not to come tonight. I hope you have a great time.' Role B: Practice acknowledging the change without guilt-tripping or pushing back.

Card 4: Asking First

Role A: You want to hug a friend you haven't seen in a while. In the past you'd just do it — but today you decide to ask. PRACTICE: Ask before physical contact. Try: 'I'm so glad to see you — can I give you a hug?' Role B: Practice both saying yes enthusiastically AND saying 'Actually, I'm not really a hugger — but it's so good to see you too!' with warmth. Role A: practice receiving the 'no' with grace.

Card 5: The Peer Pressure Reversal

Role A: Your friend group is pressuring you to participate in something you've already said you don't want to do. Someone says, 'Come on — you already said maybe!' PRACTICE: Hold your boundary even after a 'maybe.' Try: 'I know I said maybe — I've thought about it and it's a no for me. I hope that's okay.' Role B: Practice first playing the pressuring friend, then switch — practice responding with respect when someone holds their boundary.

Card 6: The Uninformed Yes

Role A: You agreed to help a friend move this weekend. You just found out it's a 10-hour job across town — much more than you thought. PRACTICE: Renegotiate consent when the terms have changed. Try: 'I said yes thinking it would be a couple of hours. Can we talk about what I can actually commit to?' Role B: Practice hearing this without taking it personally.

MY TRUSTED ADULTS

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Name: _____ Phone: _____
4. Name: _____ Phone: _____
5. Name: _____ Phone: _____

■ If I'm in danger: Call 911

■ Safe2Help / Crisis Text Line: Text HOME to 741741

■ My school counselor: _____

My Digital Shield Pledge: 'Before I post, I pause. My legacy is mine to protect.'

MODULE 3 · LESSON 6 · PARTICIPANT HANDOUT

Gear Check Checklist — Frontline Protection

Being prepared is not planning to have sex — it is planning to be safe. Keep this card.

■ Know where to get condoms confidentially	School health office, local clinic, pharmacy — no prescription needed
■ Understand correct use	Check expiry date · Open carefully · Leave space at the tip · Use every time
■ Know your lube basics	Water-based lube is safe with all barriers · Oil-based lube is not
■ Have a negotiation script ready	'I really care about both of us staying healthy — let's use protection'
■ Know your Health Team	You have at least one trusted adult or provider you can call — see Lesson 7
■ Know your testing options	Many clinics offer free, confidential STI testing for teens — no insurance required

'WHAT WOULD YOU DO?' — NEGOTIATION SCENARIO CARDS

✂ Cut and practice with a partner. Use assertive, non-shaming language.

Scenario 1

You're with someone you care about. Things are getting serious and you want to use protection. They haven't brought it up. What do you say?

Facilitator hint: Try: 'I really care about both of us — can we use a condom?'

Scenario 2

Your partner says, 'I don't like how it feels.' You still want to use protection. What is your response?

Facilitator hint: Try: 'I hear you. I feel safer and more present when we're protected. Can we try together?'

Scenario 3

You're at a friend's house and you don't have a condom. Your partner is okay with skipping it. You're not sure. What do you decide?

Facilitator hint: Your safety always comes first. It's okay to wait or stop.

Scenario 4

You've just had a sexual encounter without protection and you're worried. You don't know who to talk to. What are your next steps?

Facilitator hint: Identify one trusted adult or call a clinic. You are not alone in this.

Scenario 5

A partner says, 'I've been tested — I'm clean.' You know that doesn't tell you everything. How do you respond?

Facilitator hint: Try: 'That's great — can we both use protection anyway? It helps me feel comfortable.'

MODULE 3 · LESSON 7 · PARTICIPANT HANDOUT

Vaccine Tracker — My Medical Shield

Vaccines are set-it-and-forget-it protection. Fill in your status and share with a parent or guardian if needed.

HPV Vaccine (Gardasil 9)	Protects against HPV strains that cause most cervical cancers and genital warts	Schedule: 2–3 doses; recommended ages 11–12, up to age 26	■ Done ■ Partial ■ Not yet ■ Don't know
Hepatitis B Vaccine	Protects against Hepatitis B, a liver infection spread through blood and sexual contact	Schedule: 3-dose series; check if you received it at birth or in childhood	■ Done ■ Partial ■ Not yet ■ Don't know
Hepatitis A Vaccine	Protects against Hepatitis A, spread through food, water, and some sexual activities	Schedule: 2-dose series; often missed — check your records	■ Done ■ Partial ■ Not yet ■ Don't know
Mpox (JYNNEOS) Vaccine	Protects against Mpox, spread through close skin-to-skin contact	Schedule: 2 doses; ask your provider about eligibility	■ Done ■ Partial ■ Not yet ■ Don't know
Meningitis Vaccine	Protects against meningococcal disease, recommended for all adolescents	Schedule: Usually given at age 11–12, booster at 16	■ Done ■ Partial ■ Not yet ■ Don't know

MY HEALTH TEAM LIST — Wallet Card

Add at least one healthcare provider or clinic. Keep this card with your Trusted Adults card.

<p>MY HEALTH TEAM</p> <p>1. Name: _____ Phone: _____</p> <p>2. Name: _____ Phone: _____</p> <p>3. Name: _____ Phone: _____</p> <p>4. Name: _____ Phone: _____</p>	<p>CLINIC / PROVIDER RESOURCES</p> <p>Planned Parenthood: plannedparenthood.org</p> <p>Find a clinic: HHS.gov/opa/title-x-family-planning</p> <p>Teen-friendly clinics may offer confidential visits</p> <p>The doctor's job is to help — not to judge.</p>
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My Personal MATCH Compass Plan

Fill in your own strategy for each letter. This is your personal decision GPS.

M MY MEDICAL CHOICES & CHECK-UPS Health Armor	What does taking care of my medical health look like for me right now? (annual check-ups, vaccines I need, knowing my own health baseline) <hr/> <hr/> <hr/>
A AWARENESS OF SELF & SURROUNDINGS Built-In Radar	How do I stay aware of what's happening around me — and inside me? (trusting my gut, reading the room, noticing when something feels off) <hr/> <hr/> <hr/>
T TOOLS & TRUSTED SUPPORT Safety Kit	What tools and supports do I have ready? (charged phone, ride plan, safety buddy, trusted adult on speed dial) <hr/> <hr/> <hr/>
C CLEAR COMMUNICATION & CONSENT Strongest Voice	How do I communicate my boundaries clearly? (boundary scripts I've practiced, FRIES, what I will and won't do) <hr/> <hr/> <hr/>
H HEALTHY HABITS & CHOICES Daily Superpower	What healthy habits am I building day by day? (sleep, food, movement, choosing my pace, protecting my digital legacy) <hr/> <hr/> <hr/>

KEY TAKEAWAY: "Your MATCH Compass works in any situation — it goes wherever you go." Which letter of my Compass is my strongest right now? Which one needs more work?

After the role-play: Which card was hardest to act out — giving consent, receiving a 'no,' or changing your mind? What made it hard?

MODULE 3 · LESSON 6–7 · PARTICIPANT HANDOUT

My Health Team List

Build your personal roster of trusted healthcare adults and resources. Fill this in during Lessons 6 and 7. Keep it with your Trusted Adults card.

MY PERSONAL HEALTH TEAM

You deserve healthcare that respects your privacy and meets you where you are. These are the people and places you can go to.

Primary Care Provider / Pediatrician

The doctor or provider I see for general health:

Name / Place: _____

Phone: _____ Hours: _____

Address / Website: _____

Notes (confidential? sliding scale? accepts my insurance?): _____

School Nurse or Health Office

At my school, I can go to:

Name / Place: _____

Phone: _____ Hours: _____

Address / Website: _____

Notes (confidential? sliding scale? accepts my insurance?): _____

Local Sexual Health or Teen Clinic

A clinic near me that offers confidential services:

Name / Place: _____

Phone: _____ Hours: _____

Address / Website: _____

Notes (confidential? sliding scale? accepts my insurance?): _____

Trusted Adult Who Can Help with Health

A family member, counselor, or mentor I can talk to:

Name / Place: _____

Phone: _____ Hours: _____

Address / Website: _____

Notes (confidential? sliding scale? accepts my insurance?): _____

MATCH Decision Cards

> Cut out your track's cards. Read the situation on each card. Fill in which MATCH letter(s) apply and what action you would take.

MIDDLE SCHOOL (Grades 4–8)

<p>■ You're at a sleepover and something feels off. An older person there keeps trying to get you alone.</p>	<p>■ Your friend group is pressuring you to share a private photo of a classmate in a group chat.</p>	<p>Which MATCH letter(s) apply? What action would you take?</p>
<p>■ You're at a party and your ride home cancels. You don't feel safe asking the people there for a ride.</p>	<p>■ Someone online who you've never met keeps messaging you and asking where you go to school.</p>	<p>Which MATCH letter(s) apply? What action would you take?</p>
<p>■ Your friend seems really upset after hanging out with an older person. You're worried but don't want to pry.</p>	<p>■ You're offered something at a party that you're not sure about. Everyone else seems to be doing it.</p>	<p>Which MATCH letter(s) apply? What action would you take?</p>

HIGH SCHOOL ONLY (Grades 9–12)

<p>■ A partner is pressuring you to skip using protection. You've already said yes to being together — but not to this.</p>	<p>■ You find out your partner has not been tested in over a year. You've been together for 3 months.</p>	<p>Which MATCH letter(s) apply? What action would you take?</p>
<p>■ You were in a sexual situation and the condom broke. It's been about 2 hours. You're panicking.</p>	<p>■ A partner tells you they're on PrEP and that means you don't need to use condoms.</p>	<p>Which MATCH letter(s) apply? What action would you take?</p>
<p>■ Your friends are telling you that everyone has unprotected sex — using protection means you don't trust your partner.</p>	<p>■ You haven't been tested in a year and you've had more than one partner.</p>	<p>Which MATCH letter(s) apply? What action would you take?</p>

MATCH Compass — Pocket Reference Card

✂ Cut out and keep. Laminate if possible. This card goes with you everywhere.

M MY MEDICAL CHOICES Health Armor	Check-ups + vaccines + knowing your baseline
A AWARENESS Built-In Radar	Trust your gut · Read the room · Notice early
T TOOLS & SUPPORT Safety Kit	Phone charged · Ride plan · Trusted adult ready
C COMMUNICATION Strongest Voice	FRIES · Boundary scripts · Say it clearly
H HEALTHY HABITS Daily Superpower	Sleep · Choices · Pace · Digital legacy

CAPE stands for: Confident · Aware · Protected · Empowered www.theharnessproject.org | © 2026 The Harness Project LLC

WEEKLY CAPE CHECK-IN JOURNAL — 7-Day Tracker

Monday	Tuesday
Used my MATCH Compass today: <input type="checkbox"/> Yes <input type="checkbox"/> Sort of <input type="checkbox"/> Not today	Used my MATCH Compass today: <input type="checkbox"/> Yes <input type="checkbox"/> Sort of <input type="checkbox"/> Not today
One CAPE action I took: _____	One CAPE action I took: _____
Wednesday	Thursday
Used my MATCH Compass today: <input type="checkbox"/> Yes <input type="checkbox"/> Sort of <input type="checkbox"/> Not today	Used my MATCH Compass today: <input type="checkbox"/> Yes <input type="checkbox"/> Sort of <input type="checkbox"/> Not today
One CAPE action I took: _____	One CAPE action I took: _____
Friday	Saturday
Used my MATCH Compass today: <input type="checkbox"/> Yes <input type="checkbox"/> Sort of <input type="checkbox"/> Not today	Used my MATCH Compass today: <input type="checkbox"/> Yes <input type="checkbox"/> Sort of <input type="checkbox"/> Not today
One CAPE action I took: _____	One CAPE action I took: _____
Sunday	
Used my MATCH Compass today: <input type="checkbox"/> Yes <input type="checkbox"/> Sort of <input type="checkbox"/> Not today	
One CAPE action I took: _____	

End-of-Week Reflection: Which CAPE letter showed up the most this week? What was your biggest win?

30-Day CAPE Leadership Challenge

Track your CAPE habits for 30 days. Every check is a win. Progress over perfection.

Each day, check off at least ONE CAPE action you took. Write a word or phrase next to your check if you want to remember it.

Day 1	Day 2	Day 3	Day 4	Day 5	■ _____
Day 6	Day 7	Day 8	Day 9	Day 10	■ _____
Day 11	Day 12	Day 13	Day 14	Day 15	■ _____
Day 16	Day 17	Day 18	Day 19	Day 20	■ _____
Day 21	Day 22	Day 23	Day 24	Day 25	■ _____
Day 26	Day 27	Day 28	Day 29	Day 30	■ _____

After 30 days: What changed? What got easier? What do you want to keep doing?

My CAPE Legacy Letter

Write a letter to your future self. Seal it in an envelope and open it one year from today.

Dear Future Me,

Right now, I am learning that:

The promises I am making to myself today are:

The thing I am most proud of about myself right now is:

What it means to me to live with my CAPE on:

One year from now, I hope I am:

I wear my CAPE because:

With love and commitment,

(Your signature)

Date: _____

CLOSING CIRCLE

I wear my CAPE because:

MY CAPE COMMITMENT

One thing I will do THIS WEEK:

One habit I will build THIS MONTH:

One person I will share my CAPE commitments with:

Thank you for showing up for yourself today. Your health, your voice, and your future matter. The Harness Project LLC · www.theharnessproject.org
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Pharmacy I Use

Where I can access medications and ask questions confidentially:

Name / Place: _____

Phone: _____ Hours: _____

Address / Website: _____

Notes (confidential? sliding scale? accepts my insurance?): _____

NATIONAL RESOURCES — Always Available

Planned Parenthood: plannedparenthood.org / 1-800-230-PLAN

Find a Title X Clinic (free/low-cost): HHS.gov/opa/title-x-family-planning

Crisis Text Line: Text HOME to 741741

Trevor Project (LGBTQ+ youth): TheTrevorProject.org / 1-866-488-7386

Safe2Help / School counselor referral line: check with your school district

STI / HIV Info: CDC.gov/std or gettested.cdc.gov