



SEXUAL BARRIERS

Use Protection to Reduce Infection
Safer Sex Practices

Options: Abstinence, PrEP, PEP, ART, Doxy-PEP, Talk About It, Harm Reduction, Exploring Fetishes, Getting Tested and Treated
Tools: External Condoms, Internal Condoms, Dental Dams, Lube, Toys, Gloves/Finger Cots

The Empowered Toolkit: Sexual Barriers as Tools for Freedom

Module 2 Expansion: From 'Safe Sex' to Fearless Protection

A Fearless, Aware, and Protected Workshop-in-a-Deck

The HARNESS Project | Fearless, Aware, and Protected

The Philosophy Shift: From Restriction to Liberation

Safe Sex

- Rooted in **Fear** 
- Focus on **Rules** 
- Implies **Restriction** ('No') 
- Goal: **Avoidance** 

Safer Sex

-  • Rooted in **Freedom**
-  • Focus on **Choices**
-  • Implies **Agency** ('Yes')
-  • Goal: **Risk Reduction & Pleasure** 

Barriers are filters, not walls.
They keep risks out and let pleasure in.

Peace of Mind is an Aphrodisiac

Anxiety is the ultimate mood killer. When you remove the worry of STIs or unintended pregnancy, you clear the mental space for uninhibited pleasure.



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

Protection isn't about being paranoid; it's about being prepared.

The Frontline: External Condoms & Material Science

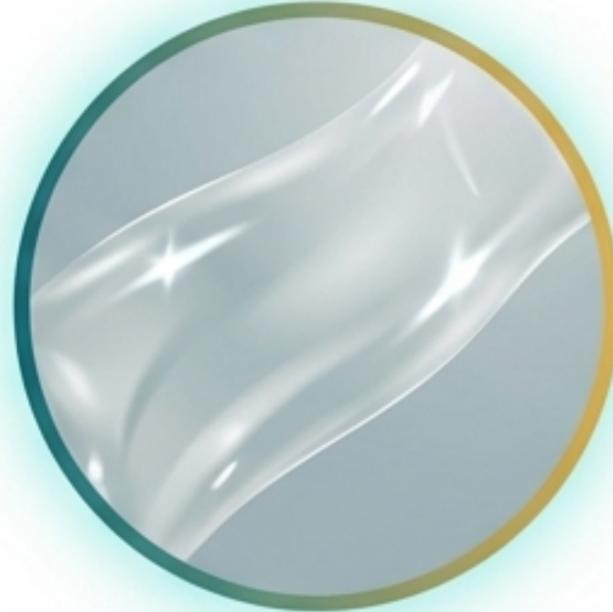
98% effective with perfect use | 87% effective with typical use

Latex



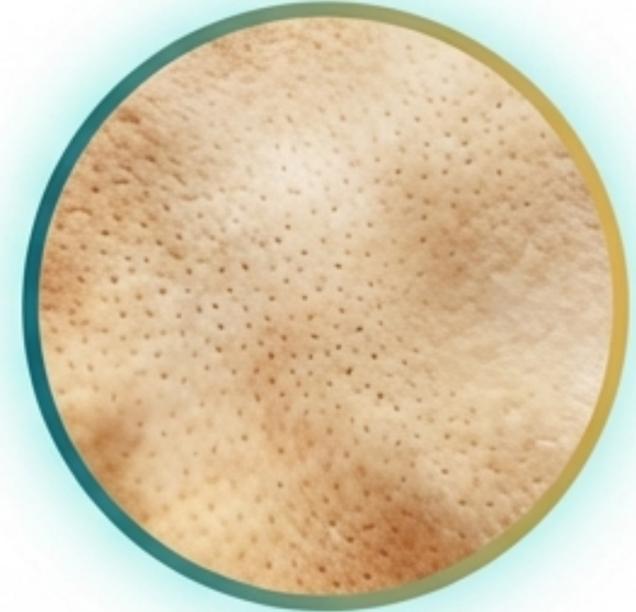
The standard.
Highly effective.
Incompatible with
oil-based lubes.

Polyurethane / Polyisoprene



Non-latex alternative.
Conducts body heat better.
Safe for latex allergies.

Lambskin



The 'Natural' Trap.

WARNING: Porous material.
Stops pregnancy but does
NOT stop HIV or small viruses.

The Protocol: Ensuring Perfect Use



1. CHECK

Check expiration date & air bubble.



2. PINCH

Pinch reservoir tip to remove air.



3. ROLL

If it doesn't roll, it's inside out. Discard.



4. HOLD

Hold base when withdrawing.

STORAGE PROTOCOL: No wallets. No glove compartments. Heat degrades latex invisibly.

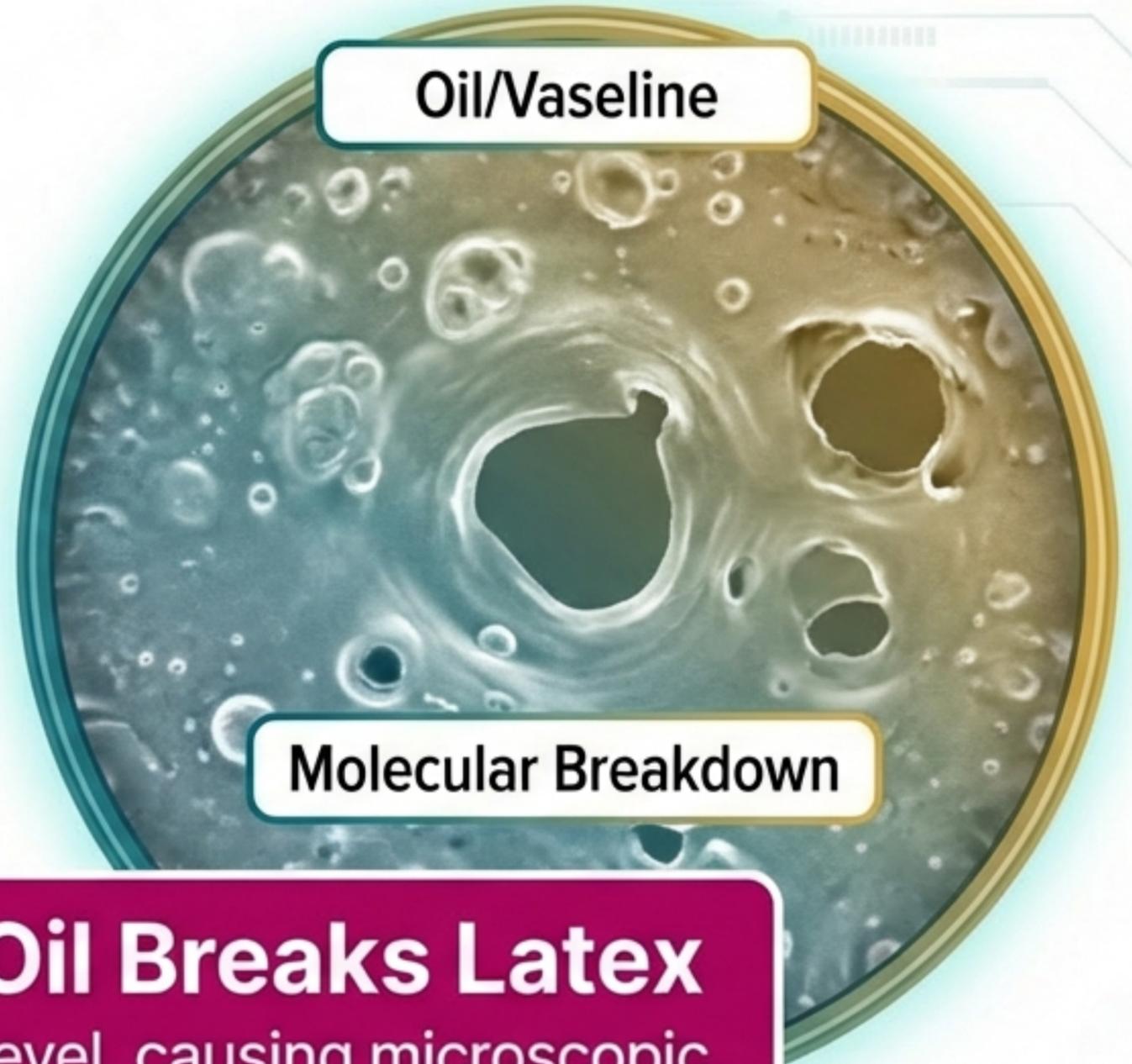
Chemistry Class: The Oil vs. Latex Rule

Water-Based Lube



Intact Structure

Oil/Vaseline

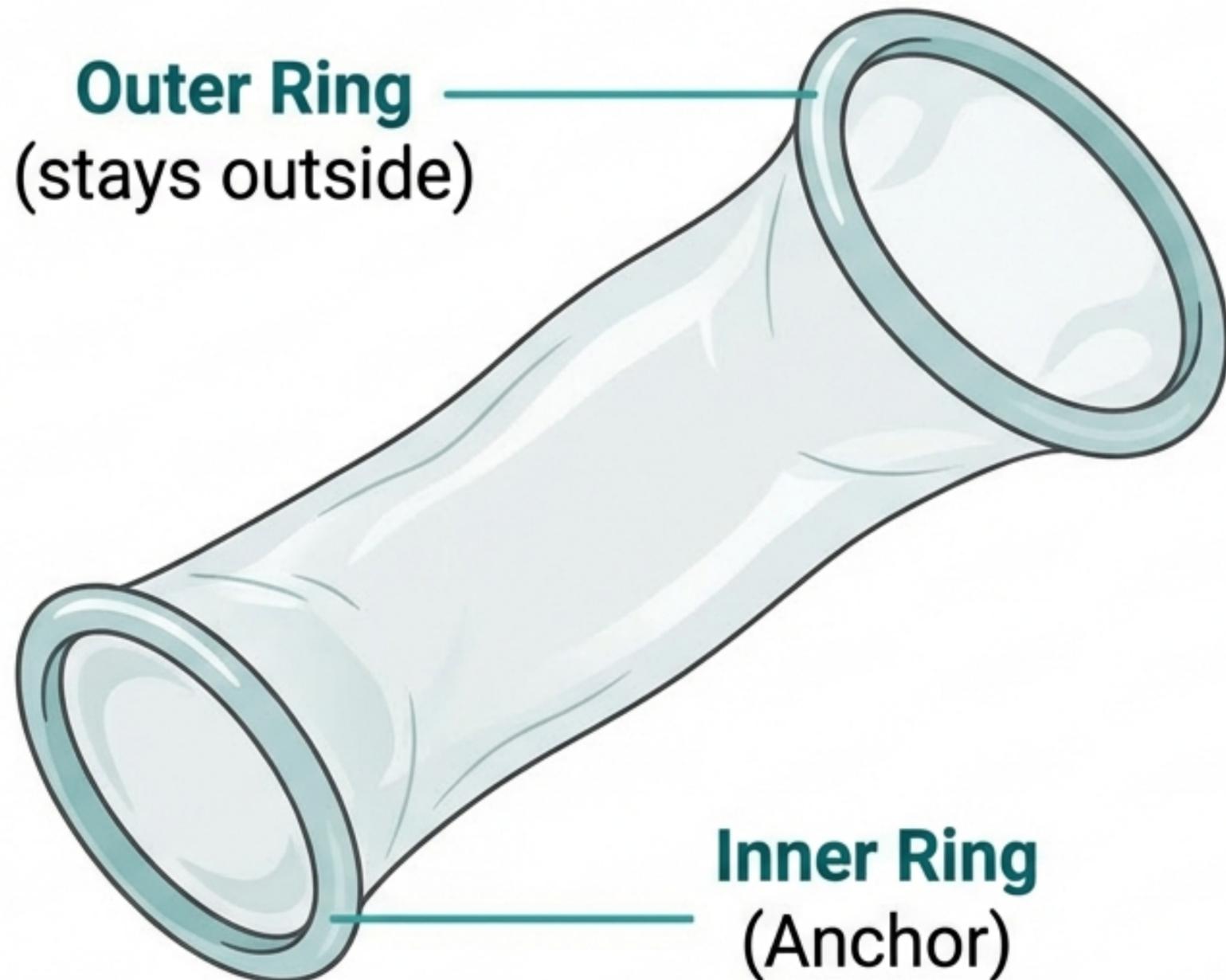


Molecular Breakdown

The Golden Rule: Oil Breaks Latex

Oil eats latex on a molecular level, causing microscopic holes in seconds. Science is your safety.

The Hidden Gem: Internal Condoms



- **Material:** Nitrile (Non-latex, warms to body temperature).
- **Timing:** Can be inserted up to 8 hours in advance. No stopping the action.
- **Coverage:** Outer ring covers vulva/anal base for extra skin-to-skin protection.

Myth-Busting: Fear vs. Physics

MYTH: Double Bagging (Two condoms) is safer.

FALSE



TRUTH: Friction between layers causes tearing. One is stronger than two.

MYTH: Condoms are too tight.

FALSE



TRUTH: Sizing matters. From 'Snegger Fit' to 'Magnum', size classes are real. Find your fit.

MYTH: Condoms kill the mood.

FALSE



TRUTH: Reframe: Condoms turn me on because they mean I can relax.

Beyond Genitals: Barriers for Oral Pleasure



The Tool: Dental Dams

- **What:** A thin sheet of latex or polyurethane.
- **Why:** STIs like Herpes, Gonorrhea, and Syphilis transmit easily through oral sex.
- **The Pleasure Hack:** Put a drop of lube on the BODY SIDE of the dam. This increases sensation and suction.

Resourcefulness: The DIY Dam Hack

1. Snip the Tip.



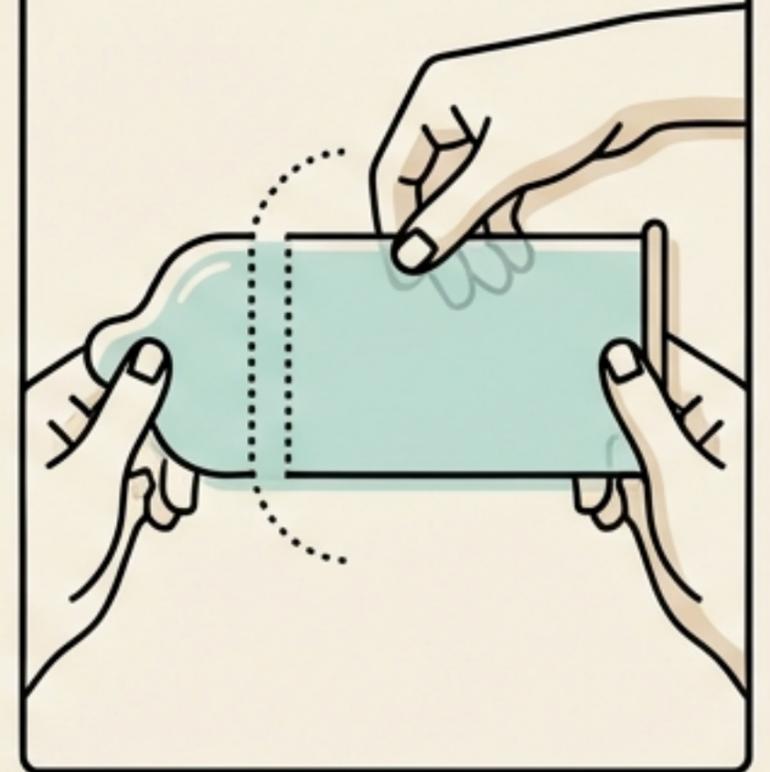
2. Cut the Base.



3. Slice the Side.



4. Unfold.



Can also be done with a latex glove (cut fingers and side).

Manual Protection: Gloves & Finger Cots

Medical/Hygiene Logic



- **Use Case:** Fingering, fisting, or anal play.
- **Hygiene Logic:** Fingernails harbor bacteria and sharp edges cause micro-tears.
- **Material:** Nitrile gloves recommended (tougher, non-allergenic).

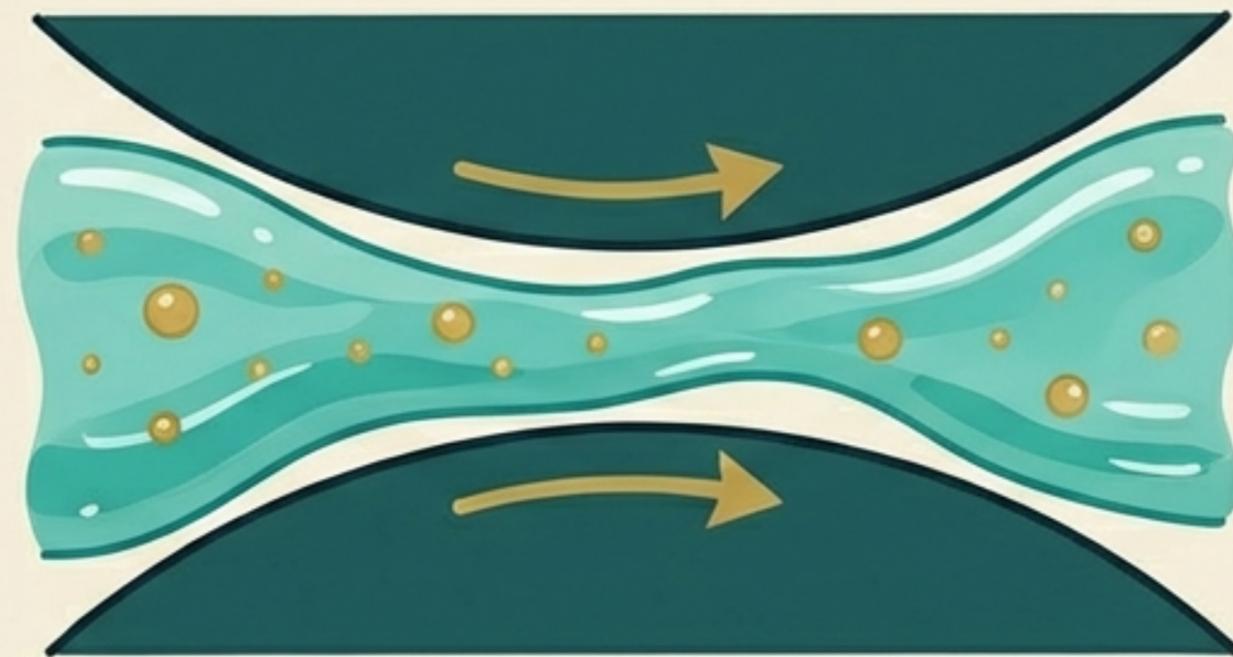
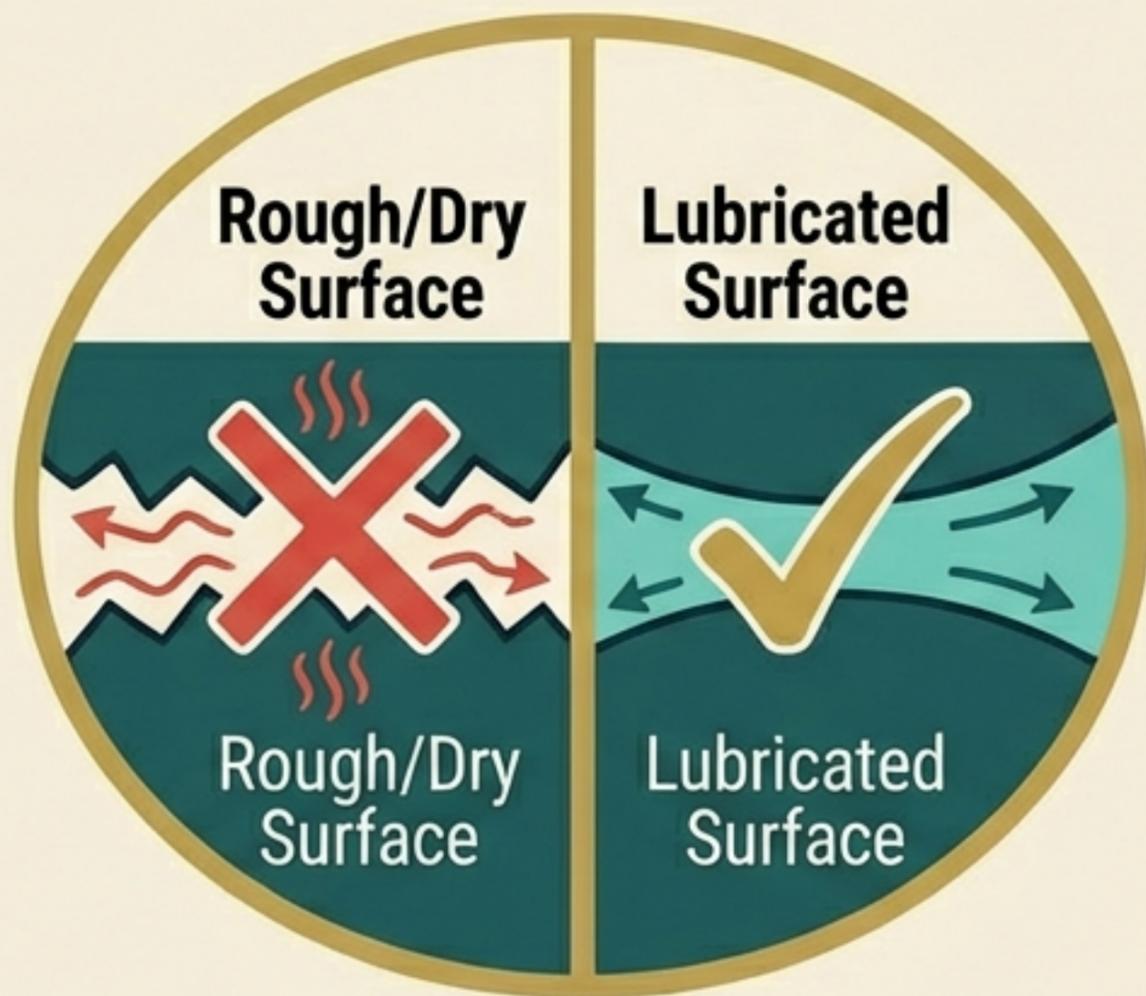
Pleasure Logic



- **Sensation Hack:** Lube the OUTSIDE of the glove. Creates a friction-free, ultra-smooth surface superior to skin.

The Physics of Pleasure: Lubrication

Friction = Micro-tears = Higher Transmission Risk → **Lube = Safety**



- Lube is not just for comfort; it is a safety tool. It keeps the barrier intact and tissue safe.

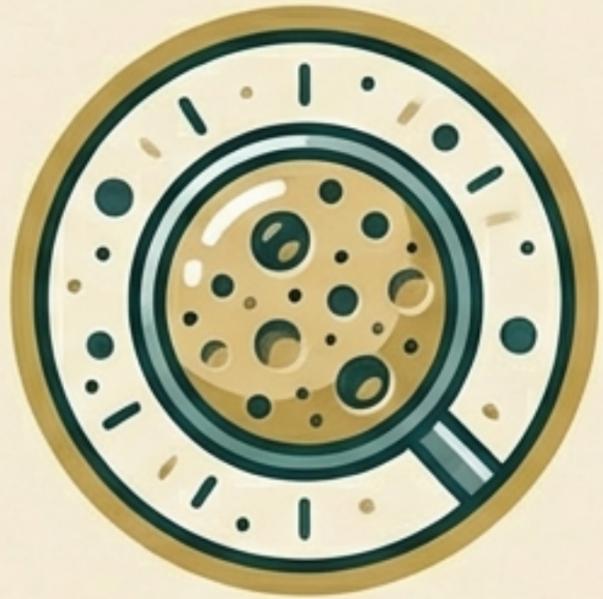
Mantra: More is almost always better.

The Lube Compatibility Matrix

	Description	Compatible With	WARNINGS
Water-Based	Universal, dries fast	All Condoms & Toys ✓	None
Silicone-Based	Waterproof, long-lasting	Latex Condoms ✓	Destroys Silicone Toys (Melt risk) ✗
Oil-Based	Massage, kitchen oils	Polyurethane Only	Destroys Latex Condoms (Breakage risk) ✗

Hardware Hygiene: Toy Safety 101

Porous Materials (Jelly, Rubber, TPR)



Microscopic holes trap bacteria.
Cannot be fully sterilized.

PROTOCOL: Use a condom on these toys.

Non-Porous Materials (Silicone, Glass, Metal)

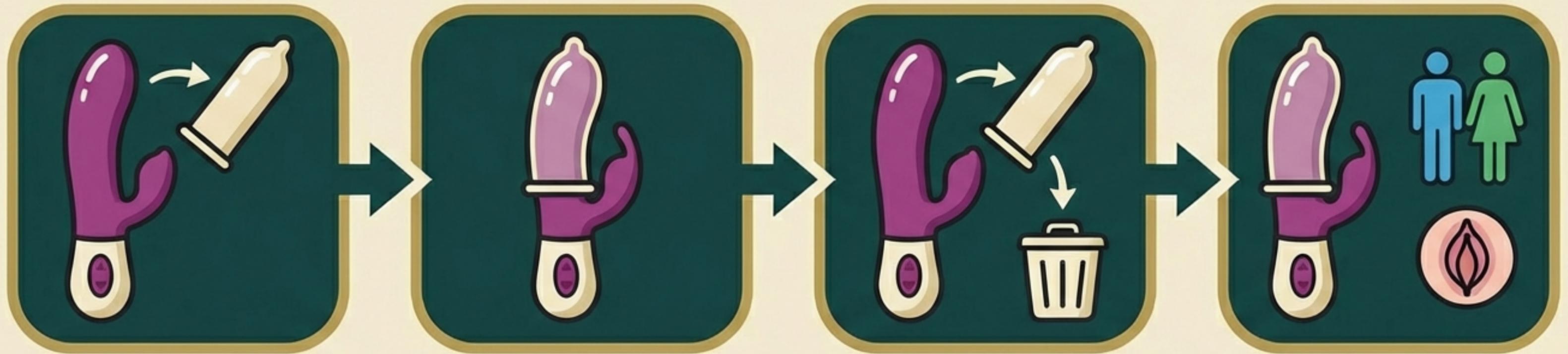


Can be sterilized.

PROTOCOL: Boil for 3-5 mins or
dishwasher (if motor removed).

The Golden Rule of Sharing

Preventing fluid exchange and bacterial transfer.



Apply
condom
to toy.

Use.

Remove
and change
condom.

Switch
partners
or holes.

Integration: The Erotic Art of Introduction

The Fear:

Mentioning safety
“kills the mood”.



The Reframe:

Confidence is sexy.
Taking charge of safety
shows leadership and
care.

Strategy Box

Don't ask for
permission; assume
safety is happening.

- **Better:** “I have condoms.”
- **Worse:** “Do you want to use condoms?” ✘

Script Doctor: Flipping the Script

Instead of...

The Opener

“Do we have to use something?”



Try This...

“I brought the condoms; which flavor do you want?”

The Turn-On

“I don't want to catch anything.”



“Condoms turn me on because they mean I can relax and focus on you.”

The Action

“Before we get too into this, let me grab the lube. It makes everything feel better.”

Real Talk: Harm Reduction

Perfection isn't always possible. Layers create safety.

Abstinence /
100% Barrier Use

PrEP + Undetectable
Partner + Testing

Condomless sex
with unknown status.



If you skip the barrier, add another layer (Test, PrEP, Pull-out). Good enough is better than nothing.

Building Your MATCH: The 'T' stands for Tools



- M - Medication
- A - Awareness
- **T - TOOLS (Condoms, Lube, Dams, Toys)**
- C - Communication
- H - Habits

Your Toolkit Inventory

- 
- External Condoms (Check expiration dates)
 - Internal Condoms (For options)
 - Lube (Water-based for general, Silicone for shower)
 - Emergency Plan (Where is the nearest PEP?)
 - Toy Hygiene Check (Porous vs. Non-porous)

Freedom Belongs to You



**You now have the manual. The tools give you safety.
Safety gives you freedom.**

Build your kit. Own your pleasure.

The HARNESS Project | TheHARNESSProject.org