Participant Scenario Cards

All 5 Modules + Facilitator Training | Cut & Use

MATCH Your Protection: Fearless, Aware, & Protected
HARNESS Workshops

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HOW TO USE YOUR SCENARIO CARDS

PRINT & CUT

Print on cardstock or heavy paper. Cut along dashed lines.

YOUR SCENARIO

Your card contains a scenario — a realistic situation your group will discuss, role-play, or problem-solve together.

NO RIGHT ANSWERS

There are no right or wrong responses. The goal is honest conversation and building practical knowledge.

ROLES

Some cards assign specific roles (Speaker, Listener, Observer). Rotate roles so everyone gets to practice each position.

REFLECTION

Each card ends with a reflection prompt. Use it privately or share with your partner — your choice.

YOUR WORKBOOK

Connect what you discover in these activities to your MATCH plan in your Participant Workbook.

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The First Conversation

You've been seeing someone for three weeks. Things are getting more physical, and you want to bring up protection before your next date. You really like this person, and you don't want to make it awkward — but you also don't want to skip this conversation.

SPEAKER: Start the conversation using a line that feels natural to you.

LISTENER: Respond honestly — how would you actually react?

OBSERVER: Watch body language, tone, and pacing. What worked?

Reflect: What made it easier to start the conversation? What got in the way?

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The Resistant Partner

You bring up using a condom and your partner says: "We've been together a while — do we really need to keep doing this? It doesn't feel as good. I trust you."

SPEAKER: Hold your boundary while staying connected to the relationship.
LISTENER: Play the resistant partner authentically — don't make it easy.
OBSERVER: Note what the speaker does when the conversation gets hard.

Reflect: How do you hold a boundary without making your partner feel accused or rejected?

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Bringing Up Testing

You've matched with someone on an app and you're planning to meet up. Before you meet, you want to bring up testing — but you've never done this over text before and you're not sure how to phrase it without sounding accusatory or like you're assuming anything about them.

SPEAKER: Write or say the text message you would send.

LISTENER: React as you would if you received it — honestly.

OBSERVER: How did the framing land? What would have worked better?

Reflect: How is a testing conversation over text different from in person?

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Barriers & Sensation

Your small groups task: brainstorm at least five ways that using a barrier could actually enhance pleasure — not just reduce risk.

Think about: sensation, anticipation, confidence, communication, peace of mind, novelty, variety of barrier types, temperature, texture, or how the conversation around using a barrier affects the experience.

Challenge: Can you get to ten?

Reflect: Which idea surprised you most?

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The Barrier You Didn't Plan For

It's a Saturday night.You're with a new partner and oral sex is on the table — but neither of you has a dental dam. You have: a box of non-lubricated condoms, some scissors, and nitrile gloves under the sink.

TASK: Your group has two minutes to describe — step by step — how you would create a usable barrier from what's available.

Then discuss: Would you actually do this in real life? What would make it more likely?

Reflect: What barrier feels most accessible to you right now — today?

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The Compatibility Problem

Read each situation below and decide: **SAFE** or **PROBLEM**? Be ready to explain why.

A. Water-based lube + latex condom + silicone toy
B. Coconut oil + internal condom during anal sex
C. Silicone-based lube + nitrile gloves + no toys
D. Flavored lube + external condom during penetrative sex
E. Silicone-based lube + silicone vibrator stored in a drawer together

Bonus: What lube would you recommend for each situation if there's a problem?

Reflect: Which answer surprised your group the most?

True, False, or It Depends?

Discuss each statement as a group and decide: **TRUE / FALSE / IT DEPENDS**. Be ready to defend your answer.

1. PrEP protects against all STIs, not just HIV.
2. You have to be gay or bisexual to be a good PrEP candidate.
3. If someone is undetectable, sex without a condom is completely risk-free.
4. PEP works if you take it within a week of exposure.
5. Doxy-PEP is safe for everyone to take regularly.
6. Getting tested once a year is enough for most sexually active adults.

Reflect: Which statement generated the most debate in your group?

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Is PrEP Right for Marcus?

Marcus is a 28-year-old bisexual man. He's been with his long -term partner for two years but recently opened their relationship. He uses condoms with new partners "most of the time" and had chlamydia six months ago. He's HIV-negative and has never been on PrEP. He's heard of it but thinks it's "mostly for gay guys" and isn't sure he qualifies.

As a group: Would you recommend Marcus talk to a provider about PrEP? What would you tell him to address his hesitation? What access

barriers might he face?

Reflect: What made you confident — or hesitant — about recommending PrEP for Marcus?

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The 72-Hour Window

It's Sunday morning. Priya had sex Friday night with someone whose HIV status she doesn't know. The condom broke and she didn't realize until afterward. She's HIV-negative and not on PrEP. She's scared and isn't sure what to do — or if it's already too late.

As a group: Walk Priya through exactly what she should do in the next 24 hours.

Be specific: where does she go, what does she say, what questions should she ask? Is it too late? What if she can't afford it?

Reflect: At what point in this scenario is it too late for PEP?

Build Your Testing Plan

Based on the profile below, your group's task is to design a realistic testing and vaccination schedule for this person.

PROFILE: Jordan, 24. Has 3-5 sexual partners per year, uses condoms inconsistently, is HIV-negative and not on PrEP. Has never had c an HPV vaccine. Last HIV test was 18 months ago. Last full STI panel: never. Does not have a regular doctor but has access to a community health clinic.

Create a 12-month plan: what they test for, how often, what vaccines to get, and when.

Reflect: What was the hardest part of building a realistic plan for Jordan?

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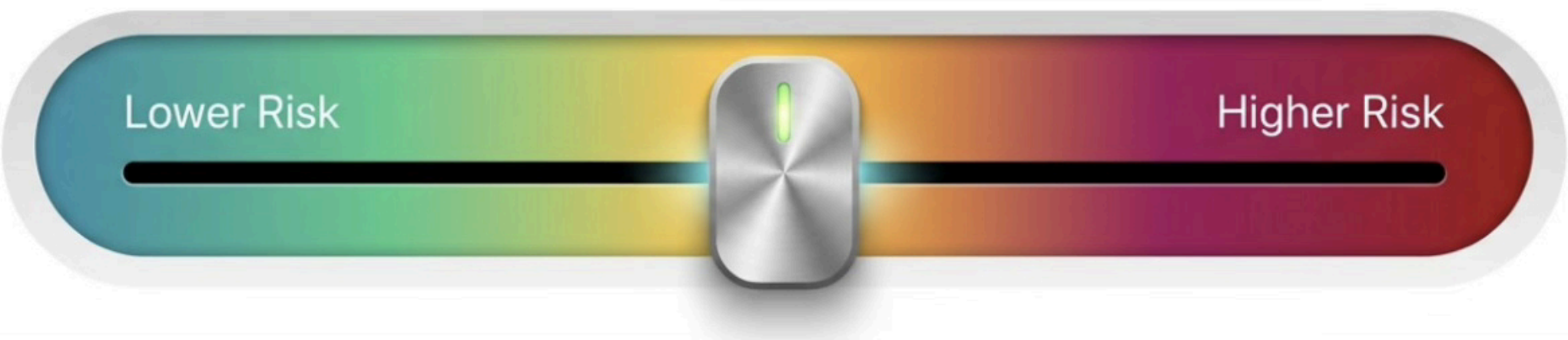
Place It on the Continuum

Your group will receive activity cards. For each one:

1. Place it on the continuum: LOWER RISK ←————→ HIGHER RISK
2. Add at least one harm reduction strategy using a sticky note
3. Discuss: Does everyone agree on the placement? What shifts the risk?

Activities to place:

- Mutual masturbation
- Receptive anal sex without condom or PrEP
- Cunnilingus with dental dam
- Kissing with open sores
- Shared toy with condom
- Insertive oral sex with condom
- Rimming without barrier
- Vaginal sex with condom + PrEP



Reflect: Which activity placement generated the most disagreement — and why?

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Making BDSM SafER

A group of four friends regularly engage in BDSM play together — sometimes in pairs, sometimes as a group. They use safewords and negotiate scenes in advance. Two of them are fluid-bonded with each other. The other two use barriers with everyone.

TASK: Identify at least three safER sex considerations specific to this group that wouldn't apply to a typical one-on-one encounter.

Then create one new 'group agreement' they could add to their existing negotiation.

Reflect: What does this scenario have in common with any multi-partner situation?

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The Condom Broke

Last nightduring sex, thecondom broke. Neither partner realized until after. One partner is HIV-negative and not on PrEP. They don't know their partner's HIV status. It's now 8am the next morning.

AS A GROUP: Walk through every step this person should take in the next 72 hours.

Be specific about where to go, what to say, what to ask for, what resources exist, and how to handle the conversation with their partner.

Reflect: What's the single most time-sensitive step and why?

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Waking Up Uncertain

Alex woke up this morning not completely sure what happened last night. They had been drinking at a party. They remember being with someone but details are fuzzy. They're not sure if sex happened or what kind. They feel physically okay but emotionally shaken. They're not on PrEP.

Your group's task: What does Alex need in the next 24 hours — both practically and emotionally? What resources exist? What do you say to Alex if they call you right now?

Reflect: What is the first thing Alex needs to hear — before any practical advice?

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Help Build the Plan

Read this person's situation and help them fill in a MATCH plan.

PROFILE: Sam, 31. Single, dates casually, 4-8 new partners per year. HIV-negative, not on PrEP. Tests once a year. Uses condoms 'when they're available.' Has never had an HPV vaccine. Rarely talks to partners about sexual health. Works a busy schedule and often forgets appointments.

Fill in each MATCH letter with one realistic, specific action Sam could take. Then identify: which letter is Sam's biggest gap right now?

Reflect: Which MATCH letter was hardest to fill in for Sam — and why?

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The Evolving Plan

Taylor has been using the MATCH Framework for six months. Here's what changed: They started a new relationship and want to discuss fluid bonding. They were diagnosed with an STI two months ago (now treated). They've been on PrEP for three months and are adhering consistently. Their partner just disclosed they are HIV-positive and undetectable.

As a group: How should Taylor update each letter of their MATCH plan to reflect these changes? What new conversations does Taylor need to have?

Reflect: How does a partner's HIV-positive, undetectable status actually change the risk calculatio...

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One Real Step

You're making your commitment to action. The goal is one specific, realistic step you will take in the next 7 days — not a vague intention.

COMPARE THESE TWO COMMITMENTS:

A: 'I'm going to think more about my sexual health.'
B: 'I'm going to call Legacy Community Health on Monday morning and ask about PrEP.'

With your partner: workshop THEIR commitment from A-level to B-level.

Ask: What exactly? When? Where? Who else is involved? How will you know you've done it?

Reflect: What made your commitment sharper after your partner's questions?

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