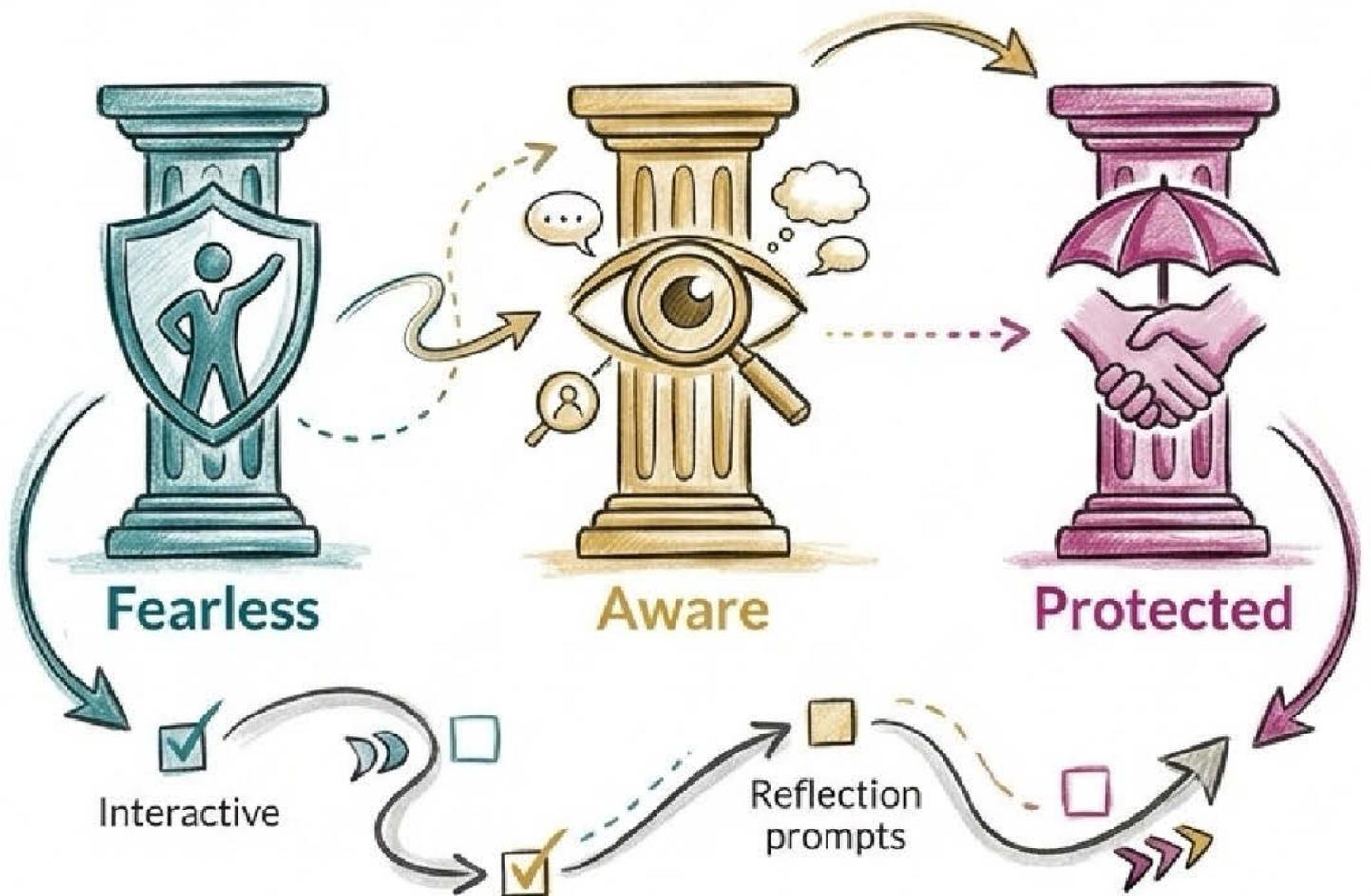




# Participant Workbook

Fearless, Aware, and Protected



Stay Informed. Stay **Protected**. Stay **Fearless**.



# HARNES

## PARTICIPANT'S WORKBOOK

**Your Personal Sexual Health Education Journey**

## Participant Workbook

### Fearless, Aware, and Protected

*Stay Informed. Stay Protected. Stay Fearless.*

**The HARNESS Project**

#### Welcome to Your Sexual Health Journey!

This workbook is yours to keep. Use it to reflect, plan, and track your progress as you build your personalized safer sex plan. Remember: this isn't about perfection—it's about empowerment.

#### The Three Pillars

**FEARLESS:** Approaching sexual health from confidence and self-respect, not anxiety or shame

**AWARE:** Having accurate, comprehensive information about your body, risks, and choices

**PROTECTED:** Having a personalized plan combining multiple strategies—barriers, medications, communication, habits

## MODULE 1: The Mindset of Protection

### Reflection: Own Your Health

What does caring for your own health look like to you?

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What would change if you saw safer sex as an act of self-respect, not restriction?

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### Communication Scripts

Practice these conversation starters:

1. "Before we get too into this, I want to make sure we're both safe. Have you been tested recently?"
2. "Condoms turn me on because they mean I can relax and just enjoy."
3. "I'm curious about trying [specific act]. What's your comfort level, and how can we make it safe for both of us?"

What conversations are you ready to have this week?

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## MODULE 2: Sexual Barriers - Tools for Freedom

### Condom Checklist

#### External Condom DOs:

- Check expiration date
- Open package carefully (no teeth!)
- Pinch tip before rolling down
- Use water or silicone-based lube
- Hold base during withdrawal

#### External Condom DON'Ts:

- Store in wallet or hot car
- Double up (2 condoms = more breakage!)
- Reuse (NEVER!)
- Use oil-based lube with latex

### Lube Guide

**Water-Based:** Safe for all condoms and toys. Dries quickly, reapply often.

**Silicone-Based:** Long-lasting, great for anal/water play. NEVER with silicone toys.

**Oil-Based:** Massage/external only. BREAKS latex condoms!

### My Barrier Toolkit

#### What barriers will I keep stocked?

- External condoms
- Internal condoms
- Dental dams
- Gloves / finger cots
- Water-based lube
- Silicone-based lube

#### Where will I keep them?

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## MODULE 3: Medical Shields

### PrEP (Pre-Exposure Prophylaxis)

What it is: Daily pill or 6-month injection to prevent HIV

Effectiveness: 99%+ when taken as prescribed

Who should consider: Anyone at higher risk of HIV

Am I a candidate for PrEP? (Check all that apply)

- I have an HIV-positive partner who is not undetectable
- I don't consistently use condoms
- I've had an STI in the past 6 months
- I have multiple sexual partners
- I use injection drugs

Next step: Will I talk to my doctor about PrEP? Yes / No / Maybe

### U=U (Undetectable = Untransmittable)

**FACT:** People living with HIV who are on ART and have an undetectable viral load CANNOT sexually transmit HIV.

This is proven by science. U=U ends stigma and empowers confidence.

### Vaccines for Sexual Health

- HPV Vaccine (Gardasil 9): Prevents 90% of HPV-related cancers + genital warts
- Hepatitis B Vaccine: Lifelong liver protection
- Mpox Vaccine (Jynneos): Outbreak protection for close-contact networks

Which vaccines do I need? (Ask my doctor)

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### Testing as Empowerment

How often should I get tested?

- Every 3-6 months if sexually active with multiple partners
- Annually if lower risk
- Before starting a new relationship

**After any potential exposure**

**When is my next test date?**

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## MODULE 4: Real Talk - Navigating the Gray Areas

### Harm Reduction Principles

- **Pragmatic:** Safer choices aren't always easy for everyone
- **Humanistic:** Everyone's health and well-being matter
- **Non-Judgmental:** No shaming or moralizing
- **Progress Over Perfection:** "Good enough" is better than "perfect"

One harm reduction strategy I can apply to my life:

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### Consent as Continuous Dialogue

Consent check-ins I can use:

- "Is this still good for you?"
- "Do you want to slow down?"
- "Want to switch things up?"

## MODULE 5: Your Perfect MATCH

### The MATCH Framework

Use this framework to organize your personalized safer sex plan:

#### M = Medications

What medications/vaccines will I use or explore?

- PrEP (daily pill or injection)
- PEP (emergency 72-hour window)
- Doxy-PEP (post-exposure antibiotic)
- HPV vaccine
- Hepatitis B vaccine
- Mpox vaccine

My plan:

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#### A = Awareness

How will I stay aware of my status and my partner's?

Next test date: \_\_\_\_\_

Conversation starters I'll use: \_\_\_\_\_

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#### T = Tools

What physical tools will I keep stocked?

- Condoms
- Lube
- Dental dams
- Gloves

Where I'll keep them: \_\_\_\_\_

#### C = Communication

One boundary or script I'm ready to use:

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**H = Habits**

**One new habit I'll build this week:**

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## My Commitment

I commit to taking these THREE actions this week:

- 1.
- 2.
- 3.

Accountability partner (optional) : \_\_\_\_\_

Check-in date: \_\_\_\_\_

## Resources & Next Steps

### Hotlines & Support

- CDC Info: 1-800-CDC-INFO
- HIV Hotline: 1-800-448-0440
- Planned Parenthood: 1-800-230-PLAN

### PrEP/PEP Access

- Ready, Set, PrEP (free for uninsured): [readysetprep.hiv.gov](http://readysetprep.hiv.gov)
- PrEP Locator: [preplocator.org](http://preplocator.org)

### Testing & Care

- Free/low-cost testing: [gettested.cdc.gov](http://gettested.cdc.gov)
- Status-neutral clinics: [hiv.gov](http://hiv.gov)

### More Information

- U=U: [preventionaccess.org](http://preventionaccess.org)
- Harm Reduction: [harmreduction.org](http://harmreduction.org)
- The HARNESS Project: [HarnessGalveston.org](http://HarnessGalveston.org)

## Final Reflection

What does "fearless" mean to me now?

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How has my understanding of sexual health shifted?

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What am I most proud of learning today?

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**You are Fearless. You are Aware. You are Protected.**

**Your body. Your health. Your choice. Your power.**

**Stay Informed. Stay Protected. Stay Fearless.**