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Disclaimer: This book is a supplemental educational resource aligned with Texas TEKS Health Education Standards. It is not a substitute for professional medical, legal, or counseling advice. Always talk with a trusted adult, parent, doctor, or school counselor. The information on vaccines, testing, and protection tools is current as of 2026 and should be verified with a healthcare provider.

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Parent and Educator Guide

Welcome

Thank you for using the CAPE Youth Edition! This guide is a supplemental resource created to support Texas TEKS Health Education Standards while delivering an empowering, non-judgmental, youth-centered approach. It works beautifully in classrooms, youth groups, after-school programs, homeschool co-ops, and at home.

How to Use by Grade Band

- Elementary/Middle (Grades 4–8): Focus on Chapters 1–5. Emphasize mindset, communication, consent, boundaries, digital safety, and the power of waiting. Use the interactive worksheets heavily.
- High School (Grades 9–12): Full book. Add deeper discussion on Chapters 6–8 (tools, medical shields, MATCH scenarios).

Texas TEKS Alignment Highlights (condensed table)

- §115.23–115.24 (Middle School): Puberty, healthy relationships, refusal skills, personal safety, digital citizenship → Chapters 1–5
- §115.35–115.38 (High School): Abstinence priority, contraception basics, STI prevention, consent/boundaries, bystander intervention, vaccines → All chapters
- Abstinence presented as preferred & most effective (required emphasis)

Conversation Starters for Families & Classrooms (10 ready-to-use)

1. “What does a real ‘Heck Yes!’ feel like to you?”
2. “How can the 3-Second Rule help with texting or posting?”
3. “What’s one boundary you want people to know about you?”

Family Activities

- FRIES Dinner Game (order imaginary food while practicing consent language)
- MATCH Compass Role-Play Night (use the printable cards)

Opt-In & Parental Rights

This material fully respects Texas parental consent laws for human sexuality instruction. Share the book with parents first. The Parent Guide can be used to facilitate open family conversations.

When to Seek Extra Support

Red-flag language, persistent pressure, or safety concerns → contact school counselor, Texas Child Protective Services (1-800-252-5400), or local crisis lines listed in the Resources Appendix.

Feedback & Updates

We’d love to hear how CAPE is working in your community. Scan the QR code or visit www.theharnessproject.org to share stories.

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Dedication

To every young person who chooses to lead with respect — you are the future we've been waiting for.

Introduction for Youth

Hey — yes, YOU.

Welcome to the CAPE Youth Edition.

This isn't another boring health book with checklists and warnings. This is your personal power manual.

Inside these pages you'll discover how to:

- Own your health and respect your body like the leader you are
- Use your voice with courage (the Consent Café makes it fun and unforgettable)
- Set boundaries that protect your peace
- Make smart, fearless decisions with the MATCH Compass
- Stay confident, healthy, and in control — on your terms

Whether you're in middle school figuring out friendships and group chats or in high school navigating bigger choices, this guide meets you exactly where you are.

The best part? Everything here is designed for **you** — not to scare you, not to judge you, but to empower you. Choosing to wait? Powerful. Speaking up? Powerful. Protecting your digital legacy? Powerful.

You already have everything inside you to live Fearless, Aware, Protected, and Empowered. This book just hands you the map and the tools.

Turn the page. Your CAPE journey starts now. You've got this. And the world is going to be better because you do.

— The CAPE Team

Part I: Building Your CAPE Mindset

Chapter 1: Own Your Health – Respect Starts with You (●●)

Your health is the foundation of everything you want to do in life — playing sports, crushing school, building friendships, and chasing big dreams. When you decide to respect your body and mind first, you unlock real freedom and confidence. This isn't about rules or restrictions. It's about **owning** your health so you can live on your own terms.

Self-Care Is the Starting Line

Taking care of your body is one of the most powerful ways to show yourself love. Simple daily habits create the confidence that carries you through anything:

- Eating foods that give you energy
- Moving your body in ways that feel good (sports, dance, walks)
- Getting enough sleep so your brain and body recharge
- Regular check-ups with your doctor or school nurse (just like a car needs oil changes)

● Example: You notice you feel better after a good night's sleep, so you protect that time on school nights.

● Example: You schedule your annual physical even when you feel fine — because prevention is power.

Puberty & Body Changes – What to Expect (●●)

Your body is going through (or will go through) natural changes. This is normal and exciting!

- Growth spurts, voice changes, acne, body hair, periods (for those who have them), mood shifts.
- Emotions can feel bigger — that's your brain rewiring for adulthood.
- Talk to a trusted adult or doctor about anything that feels confusing. Knowledge takes the worry out.

Self-Worth Is the Fuel

When you see your own value, protecting yourself becomes easy and natural — not because you're scared, but because you know you're worth it. You are smart. You are capable. You are important. Your future is wide open.

Choosing Your Pace – The Power of Waiting (Strong Abstinence Section – TEKS Priority)

Here's the truth that gives you total freedom: **Choosing to wait (abstinence)** is the only 100% effective way to prevent pregnancy, STIs, and the emotional stress that can come with closer physical contact too soon.

Waiting is not “missing out.” Waiting is the ultimate power move. It keeps every option open, protects your peace, and lets you focus on becoming the strongest version of you.

● Example: You decide “I'm choosing to wait until I'm older and truly ready” and suddenly you feel lighter — no pressure, just you in control.

● Example: Friends talk about relationships, and you confidently say, “I'm focusing on my goals and waiting — that's my choice and I'm proud of it.”

Benefits of choosing your pace:

- Zero risk of pregnancy or STIs
- More time for sports, grades, hobbies, and real friendships
- Stronger self-respect and clearer decision-making
- Healthier emotional life — no heartbreak from rushing

Real leaders choose their pace. You are one of them.

Your CAPE Takeaway

Owning your health powers the **M** (My Medical Choices) and **H** (Healthy Habits) in your MATCH Compass. When you respect yourself first, every other tool becomes backup — not a crutch.

Activities & Practice (Interactive Pages)

• **My Health Promise Worksheet** (fillable) I promise to respect my body by:

1. _____ (example: getting 8–9 hours of sleep)
- 2.
- 3.

I choose my pace because I am worth it. (Sign & date)

• **Body-Respect Journal Prompts** (3 daily starters)

- What did I do today that made my body or mind feel strong?
- One change I'm noticing or expecting during puberty:
- How does choosing to wait give me more freedom right now?

• **Puberty Q&A** (safe space to list questions for a trusted adult or doctor)

Looking Ahead

Now that you own your health, the next step is learning to use your voice — because the strongest shield you have is the ability to speak up clearly and confidently.

Chapter 2: The Art of Courageous Communication (●●)

You already have the foundation of self-respect. Now it's time to build the bridge: **communication**. Your voice is your strongest everyday shield. When you can talk openly about your comfort, boundaries, and needs, you create trust and keep yourself safe in every relationship.

Silence might feel easier in the moment, but speaking up with courage protects your peace and shows others exactly how to treat you.

Why Healthy Conversations Matter

Talking about comfort and respect doesn't ruin the vibe — it builds deeper, safer connections. It shows you value yourself and the other person.

● Example: Telling a friend, "I need a break from this game" and they respect it makes the friendship stronger.

● Example: Being able to say, "I'm not comfortable with that topic yet" without fear keeps relationships healthy.

Scripts That Open Doors

Practice these until they feel natural:

Setting a Boundary:

● "I'm only comfortable with high-fives today."

● "I want to make sure we're on the same page about what feels good for both of us."

Asking for Clarity:

● "Can we talk about what this plan actually includes?"

● "I care about staying safe and respected — how do you feel about that too?"

The Power of Listening:

- Does the other person respect your "no"?
- Do they get defensive or try to pressure you?
- Their response tells you everything about their character.

Red-flag responses: "You're being dramatic," "Everyone else is fine with it," or changing the subject. Those are signals to use your MATCH Compass and create space.

Green-light responses: "I hear you," "Thank you for telling me," or "Let's do what feels right for both of us."

Healthy Talk in Different Settings

- With friends or group chats: "I'm stepping away from this conversation for a bit."
- With family: "I need to talk about something that's on my mind."
- In any future closer relationship: Use your FRIES skills (next chapter) and these scripts.

Your CAPE Takeaway

Courageous communication powers the **C** (Clear Communication & Consent) in your MATCH Compass. When you combine your voice with self-respect, you become unstoppable.

Activities & Practice (Interactive Pages)

• Communication Script Builder

Fill in your own versions:

Boundary I want to set: _____ My script: “_____”

• Role-Play Scenarios (cut-out cards for practice with a friend or mirror)

1. Friend keeps pushing you to share something private.
2. Group wants to do an activity you're not comfortable with.
3. Someone responds poorly to your “no.”

• Listening Check journal prompt:

Think of a recent conversation. Did both people feel heard? What would make it even better next time?

Looking Ahead

Now that you own your health and your voice, you're ready to recognize healthy vs. unhealthy relationships and spot red flags before they become problems.

Part II: Healthy Connections – Respect, Boundaries & Consent

Chapter 3: Healthy vs. Unhealthy Relationships & Red Flags (●●)

The people you spend time with can lift you up or quietly pull you down. Learning to tell the difference is one of the smartest skills you can develop — it protects your peace, your confidence, and your future. Healthy relationships help you grow into the strong, fearless leader you're meant to be.

The Green Light Zone — What Healthy Relationships Feel Like

In a truly healthy relationship (with friends, teammates, classmates, or any future romantic connection) you will usually feel:

- **Respected** — Your “no,” your boundaries, and your feelings are always taken seriously.
- **Safe** — You never have to worry about being pressured, embarrassed, or hurt.
- **Supported** — They celebrate your wins and stand by you during tough days.
- **Free** — You can still have other friends, hobbies, and time for yourself.
- **Equal** — Decisions are made together; no one is the boss.
- **Honest** — You can talk openly and use your FRIES skills without fear.
- **Positive** — Spending time together leaves you feeling good more often than not.

Red Flags — Warning Signs That Something Is Off

One red flag doesn't always mean the end of a friendship, but several together are a clear signal to pause and get support from a trusted adult. Watch for:

- Trying to control who you hang out with or what you post
- Extreme jealousy (“Why were you talking to them?”)
- Name-calling, teasing that hurts, or putting you down (“You're too sensitive”)

- Guilt-tripping (“If you really cared about me you would...”)
- Keeping secrets from your parents or isolating you from other people
- Explosive anger, silent treatment, or breaking things when upset
- Pressuring you to do anything you’re not comfortable with
- Constantly checking your phone, location, or messages

Your CAPE Response Plan

1. Trust your gut — if it feels wrong, it probably is.
2. Use your voice — a clear, kind boundary using FRIES.
3. Reach out for help — you are never alone.
4. Remember: You deserve relationships that make you stronger, not smaller.

How to Be a Powerful Bystander (Helping a Friend)

If you notice red flags with a friend:

- “Hey, I’ve been worried about you. You deserve to feel safe and happy.”
- “That didn’t look okay. Want to talk?”
- “I’m here for you. Let’s tell a trusted adult together if you want.”

Scripts to Talk to a Trusted Adult

- “Something feels off in my friend’s relationship — can we talk?”
- “I’m being pressured and I don’t know what to do.”
- “I saw something that worried me and I need advice.”

Your CAPE Takeaway

Spotting healthy vs. unhealthy relationships powers the **A** (Awareness) and **C** (Clear Communication) in your MATCH Compass. It keeps you confident and protected in every area of life.

Activities (Interactive Pages)

- **Relationship Sort** — Printable cards: sort 12 behaviors into “Healthy Green Light” or “Red Flag” columns.
- **My Healthy Relationship Vision** journal prompt: “What does a friendship or relationship that helps me live my CAPE life look like?”
- **Trusted Adults List** — Write down 3–5 people (with contact info) you can reach out to anytime.
- **Real-Life Scenario Challenge** — 6 short stories for group or partner discussion.

Looking Ahead

Now that you can recognize healthy connections, the next chapter gives you the exact tool to build them — **The Consent Café**.

Chapter 4: The Heart of Respect – Consent & Boundaries(●●)

Your voice is one of the most powerful tools you own. When you learn to clearly say what you are comfortable with — and listen when others do the same — you build stronger, safer, and more genuine connections in every part of life: with friends, teammates, in group chats, and in any future relationships.

In this chapter we turn the big idea of **consent** into something fun, memorable, and easy to use every day with **The Consent Café**.

Imagine every interaction like placing an order at your favorite café. **You are the customer. You are always in charge of your order.**

The Consent Café: How to Order Respectful Connections

Respectful connections—like a restaurant order—are a service interaction where the “customer” is always in charge.

FREELY GIVEN: THE “NO PRESSURE” POLICY



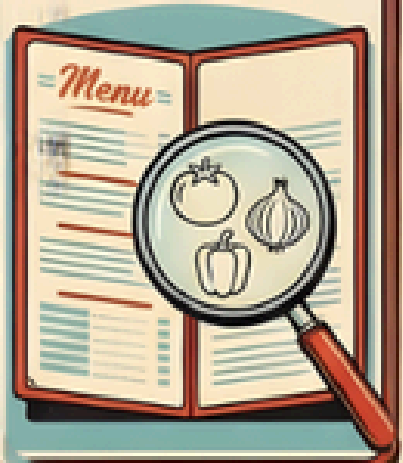
Consent isn't real if it's forced, guilt-tripped, or bought with favors.

REVERSIBLE: THE “SEND IT BACK” RULE



You can change your mind at any time; the kitchen must stop when you say so.

INFORMED: THE “INGREDIENT LIST”



Know exactly what's in the dish and any risks.

ENTHUSIASTIC: THE “I'M STARVING!” FACTOR

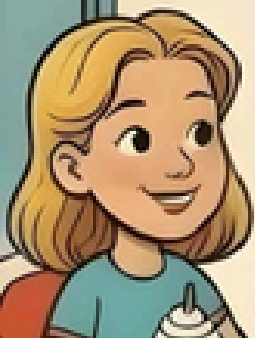
HECK YES!
I'M STARVING!



SPECIFIC: THE “A LA CARTE” MENU

Appetizer

Main Course
Dessert





Respectful Connections Are Built with Clear Communication and Mutual Care

F – Freely Given (The “No Pressure” Policy) A real yes only counts when it comes from you without pressure, guilt, begging, or fear of missing out.

- Example: Friends want to play a group game. You say yes only because you genuinely want to.
- Example: Someone asks for a hug or to take a photo together. You decide based on how you feel, not because they keep asking.

R – Reversible (The “Send It Back” Rule) You can change your mind at any moment — even after you’ve already started. The other person must stop immediately, no questions asked.

- Example: You start sharing a funny story but then feel unsure. You can say “Actually, never mind” and they respect it.
- Example: You agreed to hang out one-on-one but later feel uncomfortable. You have the right to change the plan.

I – Informed (The “Ingredient List” Rule) You deserve to know exactly what you’re agreeing to and any possible outcomes — no mystery items.

- Example: Before sharing your location or a photo, you get to ask all the questions you need.
- Example: Before any kind of closer physical contact, everyone is honest about feelings, boundaries, and health.

E – Enthusiastic (The “Heck Yes! I’m Starving!” Factor) The only yes that counts is one that feels genuinely excited. Silence, “maybe,” or “I guess” means No.

- Example: A high-five after winning a game should be excited from both sides.
- Example: “Do you want to spend time alone together?” Only a real, pumped-up yes counts.

S – Specific (The “A La Carte” Menu) Saying yes to one thing does **not** mean yes to everything else.

- Example: “Yes, you can borrow my headphones” does **not** mean “yes, you can go through my phone.”
- Example: Agreeing to hold hands does **not** mean agreeing to kissing or anything further.

Customer Satisfaction Guarantee

The customer (YOU) has the right to leave the restaurant or change the order at any time for any reason. No guilt-tripping allowed — ever.

Your CAPE Takeaway

Practicing the Consent Café in **all** your relationships powers the **C** in your MATCH Compass: **Clear Communication & Consent**. It makes you a confident leader who respects others and protects your own peace.

Activities & Practice (Interactive Pages)

- **Build Your Boundary Menu** worksheet (blank café menu template — fill in what you are comfortable with in different relationships).
- **FRIES Detective** — 5 real-life scenarios to analyze with the checklist.
- **Consent Café Role-Play Challenge** — practice cards for use with a trusted friend or family member.

Moving Forward

Consent is the foundation of every healthy connection. In the chapters ahead we’ll combine this powerful voice with your physical and medical protection shields so you can move through the world with total confidence.

Chapter 5: The Boundary Shield – Physical, Emotional & Digital (●●)

Boundaries are like an invisible force field that keeps your energy safe while still letting the good stuff in. They are not walls to push people away — they are clear instructions that teach others exactly how to respect you. When you practice strong boundaries, you feel more confident, less stressed, and fully in charge of your own story. This is the **Boundary Shield** — one of your most powerful CAPE tools.

Physical Boundaries – Protecting Your Body and Personal Space

Your body belongs to you. You get to decide who touches you, how, and when.

● Example: A friend wants a hug after a game. You can say, “I’m good with a high-five today” and that’s perfect.

● Example: Someone tries to put their arm around you or get too close. You have the right to step back and say, “I need a little space right now.”

Healthy physical boundaries also include:

- Saying no to rough play that doesn’t feel fun
- Keeping private body areas private
- Choosing when (and if) you want closer contact in the future

Emotional Boundaries – Protecting Your Heart and Mind

Your feelings, secrets, and energy are precious. You decide what you share and with whom.

● Example: A classmate keeps asking super personal questions about your family. You can smile and say, “I’d rather not talk about that.”

● Example: Someone shares drama or negative talk that drains you. You can say, “I care about you, but I need to protect my peace right now.”

Emotional boundaries help you:

- Avoid taking on other people’s problems as your own
- Say “no” to helping when you’re already overwhelmed
- Walk away from conversations that make you feel bad about yourself

Digital Boundaries – Protecting Your Online World and Legacy

Most of your connections today happen on screens. Your digital life needs the strongest shield of all.

The 3-Second Rule (Your Quick Safety Check)

Before you hit “send,” “post,” or “share,” pause for three seconds and ask yourself three questions:

1. Do I trust this person with my legacy?
2. Would I be okay if this showed up on a billboard or my future college/job application?
3. Is this Freely Given, Informed, and Specific (using your Consent Café skills)?

If the answer to any is “not sure,” don’t send it.

Screenshot Reality

Once something is sent, it can live forever — even if you delete it. A photo or message meant for one person can be screenshotted and shared with anyone. That’s why we treat every digital interaction like a

permanent part of your story.

Curating Your Legacy

You are the curator of your own digital museum. Only post or share things that make the future version of you proud. Choose content that shows your CAPE strengths — kindness, creativity, leadership, and respect.

Mute, Unfollow, Block — All Valid Superpowers

If someone's posts, comments, or messages mess with your peace:

- Mute or unfollow (quiet and easy)
- Block (strong and complete) You never owe anyone access to your digital space.

Important Safety Note on Sharing Intimate Images

Never send or ask for private photos or videos of anyone's body (including your own). Even between friends or in a relationship, these can be shared without permission, cause serious harm, and may break laws. If you ever receive one, delete it immediately and talk to a trusted adult. Protecting yourself and others here is a true CAPE move.

Your Boundary Shield in Action – Real Scripts

- “I'm not comfortable with that game — let's play something else.”
- “I need space from this group chat right now. I'll check back later.”
- “Please don't share that photo of me. I changed my mind.”
- “Thank you for respecting my boundary — it means a lot.”

Your CAPE Takeaway

Strong boundaries power the **A** (Awareness of Self) and **C** (Clear Communication) in your MATCH Compass. They work perfectly with the Consent Café and help you build the fearless, protected life you deserve.

Activities & Practice (Interactive Pages)

• My Boundary Shield Worksheet

Draw or list:

- Physical Shield (what touch or closeness feels good vs. not)
- Emotional Shield (topics I share vs. keep private)
- Digital Shield (apps/accounts I protect + my 3-Second Rule reminder)
- **3-Second Rule Challenge**

8 real-life digital scenarios (group chat, DMs, stories, etc.). Practice deciding “send” or “pause” using the rule.

- **Boundary Role-Play Cards**

Quick cards for practicing with a friend or family member (e.g., “Friend keeps tagging you in photos you don’t like”).

- **Legacy Vision Journal Prompt**

“What do I want my digital footprint to say about the kind of leader I am?”

Looking Ahead

With your mindset, voice, consent skills, and boundary shield in place, you’re ready for the next level of protection: the physical and medical tools that give you even more freedom and peace of mind — when and if you ever choose to need them.

Part III: Protection Shields

Chapter 6: Barriers & Protection – Your Frontline Gear (● light overview | ● full details)

You already know how to put on a bike helmet or click a seatbelt — simple actions that keep you safe so you can enjoy the ride with confidence. The same idea applies to your health when you choose to move into closer physical contact later in life. These tools are your **Frontline Gear** — smart, reliable layers of protection that give you more control and peace of mind.

Remember: **Choosing to wait (abstinence)** is still the only 100% effective way to avoid pregnancy, STIs, and the emotional stress that can come with being physically intimate too soon. That choice is always a powerful CAPE move. The tools in this chapter are **extra layers** for those times when you are older and have decided the time is right for you.

Condoms & Barriers – Your Everyday Shield

Condoms are the most common and accessible frontline tool. They work by creating a physical barrier that helps prevent the exchange of bodily fluids and skin-to-skin contact that can pass infections or cause pregnancy.

- For younger readers: Think of it like a waterproof jacket — it keeps the important stuff protected.

- For older readers: External condoms (worn on the penis) and internal condoms (inserted into the vagina) are both options. They are made of strong materials like latex, polyurethane, or nitrile.

Key Facts That Keep You in Control

- When used correctly every single time, external condoms are about 98% effective at preventing pregnancy and greatly reduce the risk of most STIs. With typical real-life use, the number is closer to

87% for pregnancy prevention — still a strong layer when combined with other choices.

- They also protect against many skin-to-skin infections when used as a barrier.
- The **Golden Rule**: Use only one condom at a time. Using two (like an external + internal) actually makes them more likely to break.

How to Use Them Right (The Basics)

- Check the expiration date and make sure the package isn't damaged.
- Store them in a cool, dry place (not a wallet for long periods).
- Open carefully so you don't tear it.
- Put it on before any close contact begins.
- Use water-based or silicone lubricant if needed (never oil-based with latex).
- Hold the base when removing and dispose of it properly.

Other Barrier Methods

Other protective barriers exist for specific kinds of close physical contact. These can include thin sheets or gloves used in certain situations. Always ask a trusted healthcare provider or parent which options are best for your needs — they can show you exactly how to use them safely.

The Real Superpower: Peace of Mind

The biggest benefit of using your Frontline Gear isn't just the physical protection — it's the mental freedom. When you know you've taken every smart step, you can relax, be present, and enjoy the moment without worry hiding in the back of your mind.

Your CAPE Takeaway

Using Barriers & Protection powers the **T** (Tools & Trusted Support) in your MATCH Compass. Combined with your Consent Café skills, strong boundaries, and the choice to wait until you're truly ready, these tools help you stay confident, healthy, and fully in charge of your story.

Activities & Practice (Interactive Pages)

• Gear Check Checklist

(printable wallet-size card)

- I know where to get condoms or other barriers if/when I need them
- I have practiced the basic steps with a banana or model (optional — many school nurses or clinics offer free demos)
- I always combine tools with clear communication (FRIES)
- I remember: Waiting is still my strongest option

• “What Would You Do?” Scenarios

5 age-appropriate situations (e.g., “You and a future partner have talked about protection — how do you bring the gear into the conversation?”). Practice scripts like: “I really care about both of us staying healthy — let's use protection.” “I'm not ready yet, and that's okay.”

• My Protection Plan Worksheet

Draw or list:

- My current choice: Waiting / Learning about tools for later
 - Trusted adults I can talk to about gear
 - Where I would go for free or confidential help (school clinic, doctor, health department)
- **Quick Quiz** (self-check) True or False: “Using two condoms at once is safer.” (False — Golden Rule reminder)

Looking Ahead

Your Frontline Gear is just one part of modern protection. In the next chapter you’ll meet the amazing medical shields that science has created — vaccines, testing, and other tools your doctor can talk about — so you have every layer working together for a fearless, healthy future.

Chapter 7: Medical Shields – Science as Your Backup (● light overview | ● full details)

You’ve already built an incredibly strong foundation with your CAPE mindset, Consent Café skills, boundary shield, and frontline gear. Now it’s time to meet the amazing medical tools that modern science has created to act as your backup team. These **Medical Shields** are like having extra superpowers on your side — they work best when you combine them with your smart personal choices and the powerful decision to wait (abstinence) until the time is truly right for you.

Reminder — Your Strongest Shield

Choosing to wait is still the **only 100% effective** way to prevent pregnancy, STIs, and the emotional stress that can come with closer physical contact too soon. That choice keeps you fully in control and is always a true CAPE leadership move.

Vaccines – Your Easiest, Longest-Lasting Power-Ups ●●

Vaccines are one of the smartest things you can do for your future health. They train your body to recognize and fight certain viruses before they ever have a chance to cause problems.

- **HPV Vaccine (Gardasil 9)**: This vaccine protects against the human papillomavirus that can lead to several types of cancer and genital warts. It’s recommended for both boys and girls, usually starting between ages 11–12, but you can catch up later. Getting it is like a “pre-game boost” that gives you protection for many years ahead.
- **Hepatitis B Vaccine**: This gives you lifelong protection for your liver against a virus that can be spread through bodily fluids. Most people get it as babies, but if you haven’t had it, ask your doctor — it’s quick and highly effective.

These shots are safe, quick, and covered by most insurance or free at many clinics. They’re one of the easiest ways to show yourself respect and stay ahead of the game.

Testing – Clarity and Confidence ●●

Getting tested for certain infections isn’t about fear — it’s about staying informed and in control. Knowing your status gives you peace of mind and helps you make confident decisions.

- Regular check-ups with your doctor or school nurse are a normal part of taking care of your health.
- ● For younger readers: Think of it like a sports physical — just making sure everything is strong and ready.
- ● For older readers: If you are ever sexually active, your doctor will talk with you about how often testing makes sense for your age and situation.

Testing is private, confidential, and often free or low-cost. It’s a powerful way to own your health.

Advanced Medical Options – Talk to Your Doctor (● High School only)

Science has also created special medicines that can provide extra layers of protection for people who may face higher risk at some point in the future.

- **Medicines like PrEP and PEP:** These are options your doctor can discuss if you ever need them. PrEP is taken ahead of time to help prevent HIV. PEP is started quickly (within 72 hours) after a possible exposure to stop an infection from taking hold. Every hour counts in those situations, so knowing where to go for help is smart.
- **U=U (Undetectable = Untransmittable):** Modern medicine is so effective that people living with HIV who take their treatment as prescribed can reach a point where the virus is undetectable in their body. This means they cannot pass it to others — one of the most hopeful breakthroughs in health science.

These advanced tools are **not** a replacement for waiting, consent, boundaries, or frontline gear — they are simply extra options your trusted healthcare provider can explain in detail when you're older.

Your Health Team

Build your own support crew now:

- Doctor or school nurse
- Trusted parent or family member
- School counselor
- Local health department or clinic

Your CAPE Takeaway

These Medical Shields power the **M** (My Medical Choices & Check-Ups) in your MATCH Compass. When you combine vaccines, testing, and smart conversations with your doctor alongside your choice to wait and your other CAPE tools, you create total freedom and confidence.

Activities & Practice (Interactive Pages)

- **My Health Team List** (printable card)

Write down names and contact info for 3–5 people who support your health decisions.

- **Vaccine Tracker**

Check off which vaccines you've had (HPV, Hep B, others). Make a plan to ask your doctor about any you're missing.

- **“Science as Backup” Scenario Cards**

6 situations for discussion or journaling (e.g., “You see a poster about free health check-ups — what would you do?”).

- **My Medical Shield Promise** journal prompt:

“I show myself respect by...” (include vaccines, check-ups, waiting, talking to my doctor).

Looking Ahead

You now have every shield in your toolkit — mindset, voice, consent, boundaries, frontline gear, and medical backup. The next chapter puts it all together with your **MATCH Compass** so you can make fearless, confident decisions in any situation.

Part IV: Your CAPE in Action

Chapter 8: The MATCH Compass – Your Everyday Decision Guide (●●)

You now hold every piece of your personal protection system: a powerful CAPE mindset, the Consent Café, strong boundaries, frontline gear, and medical shields. But how do you use all of them when you're at a party, hanging with friends, in a group chat, or meeting someone new? That's where the **MATCH Compass** comes in. Think of MATCH as your built-in GPS for confident, fearless decisions. It works in any situation and helps you stay true to your values while keeping you healthy, respected, and in control. Pull out this compass anytime you need a quick check-in — it will always point you toward the choice that lets you live your strongest, most empowered life.

Your Personal Power GPS: The MATCH Compass

A functional, easy-to-remember framework for confident, safe, and empowered decisions.

M 

M: My Medical Choices & Check-Ups

Your "Health Armor"—staying updated on vaccines and regular doctor check-ups to own your physical well-being.



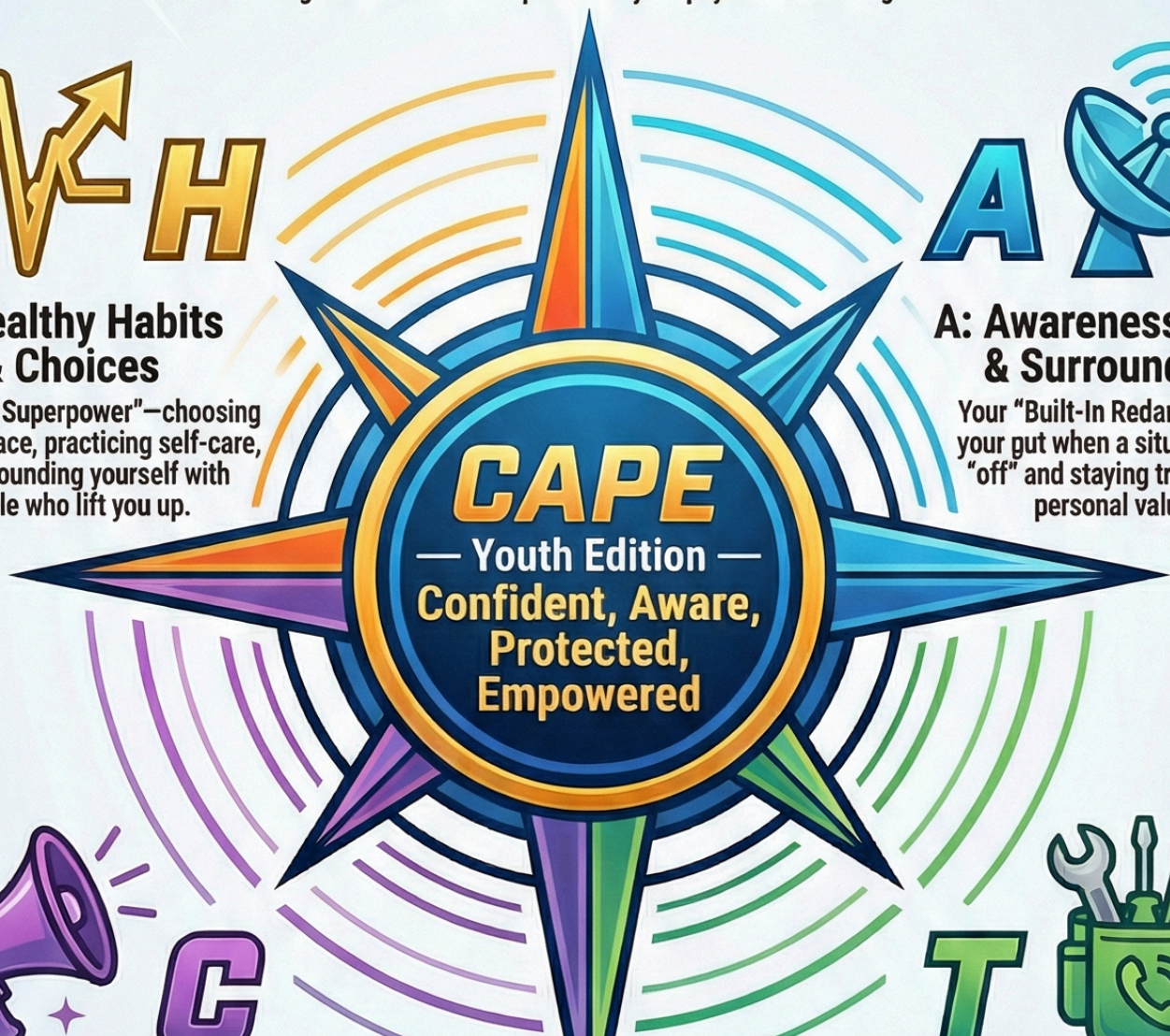
H: Healthy Habits & Choices

Your "Daily Superpower"—choosing your own pace, practicing self-care, and surrounding yourself with people who lift you up.



A: Awareness of Self & Surroundings

Your "Built-In Redar"—trusting your gut when a situation feels "off" and staying true to your personal values.



C: Clear Communication & Consent

Your "Strongest Voice"—using FRIES skills (Freely given, Reversible, informed, Enthusiastic, Specific) to ensure mutual respect.

T: Tools & Trusted Support

Your "Safety Kit"—always having a charged phone, a ride plan, and a "safety buddy" you can count on.

NOTES / PERSONAL MATCH PLAN

NotebookLM

M – My Medical Choices & Check-Ups (Your Health Armor)

Stay protected and informed. Keep your vaccines up-to-date, schedule regular health check-ups, and talk openly with your doctor or trusted adult about any extra shields you might need later.

- Example: You ask your parent or school nurse, "Did I get the HPV vaccine yet?"
- Example: Before a new situation, you remind yourself, "I know my status and I have a plan to stay safe."

A – Awareness of Self & Surroundings (Your Built-In Radar)

Trust your gut. Know your own values, boundaries, and energy. Notice when a situation, person, or feeling feels "off" — that radar is there to protect you.

- Example: At a sleepover, you notice the vibe changing and decide to call a parent for a ride.
- Example: Someone's compliments start feeling too pushy — your radar says it's time to create space.

T – Tools & Trusted Support (Your Safety Kit)

Make sure you have what you need: a charged phone, a ride plan, your safety buddy, and (if/when relevant) your frontline gear. Never leave home without your full toolkit and people you can count on.

- Example: You text your safety buddy before heading to a friend's house: "Here if you need me?"

● Example: You keep a condom or barrier in your bag (when you're older and prepared) and know exactly who to call if you ever need emergency help.

C – Clear Communication & Consent (Your Strongest Voice)

Use your FRIES skills and Consent Café training every single time. Speak your truth clearly and listen to others. If you can't talk about it openly and enthusiastically, you aren't ready — and that's powerful information.

● Example: "I'm only comfortable playing this game if everyone is excited."

● Example: "I care about us both staying healthy and respected — let's talk about protection and boundaries first."

H – Healthy Habits & Choices (Your Daily Superpower)

Safety isn't a one-time thing — it's a lifestyle. Make respect, waiting until the time is right (abstinence), self-care, and positive decisions your everyday rhythm. Every small choice builds the confident future you deserve.

● Example: You choose friends who lift you up and activities that make you feel proud.

● Example: You practice saying "I'm choosing to wait because I'm worth it" and it gets easier every time.

Real-Life MATCH in Action

Here's how the compass works when things get real:

Scenario 1 (Party or Group Hang) You're at a friend's house and the energy starts feeling sketchy.

MATCH Check:

M – I'm up-to-date on vaccines.

A – My radar says "not comfortable."

T – Phone charged, safety buddy here, ride plan ready.

C – "Hey, I'm going to head out — who wants to walk with me?"

H – I choose my peace over fitting in.

Result: You leave feeling strong and proud.

Scenario 2 (Meeting Someone New / Digital)

Someone you just met wants to meet up one-on-one or share private photos.

MATCH Check:

M – I know where to go for check-ups if needed later.

A – This feels too fast — my gut says slow down.

T – I have my trusted adult on speed dial.

C – "I'm not ready for that yet — let's keep it in the group for now."

H – I practice healthy habits by protecting my boundaries.

Result: You stay in control and model respect.

Your CAPE Takeaway

Mastering the MATCH Compass turns all your separate skills into one unstoppable superpower. You are now equipped to move through the world Fearless, Aware, Protected, and Empowered — exactly as you were meant to be.

Activities & Practice (Interactive Pages)

- **MATCH Decision Cards** (printable set of 12 cards) Each card has a real-life situation on one side and blank MATCH lines on the other. Use them with friends, in class, or alone to practice quick decisions.

- **Weekly CAPE Check-In Journal** (7-day tracker)

Every night answer:

Today I used my MATCH Compass by... One healthy habit I practiced was... One boundary I protected was... (Space for stickers or drawings of the compass.)

- **My Personal MATCH Plan** worksheet

Fill in your own specific examples for each letter — make it your custom compass.

- **Group Challenge**

In pairs or small groups, create a new scenario and walk through the full MATCH steps together.

Looking Ahead

You've completed the entire toolkit. The final chapter is your graduation into leadership — because the world needs more young people exactly like you: confident, kind, and fully in charge of their own story.

Chapter 9: Becoming the Leader Your World Needs (●●)

You did it.

You've completed the entire CAPE journey — from owning your health and building a rock-solid mindset, through the Consent Café and boundary shield, all the way to your frontline gear, medical shields, and the MATCH Compass that ties it all together.

This isn't just the end of a book. This is the beginning of **you** stepping fully into your power.

You Are Already the Hero of Your Story

Right now, in this moment, you are not “in training.” You are the confident, aware, protected, and empowered leader your school, your friends, your family, and your future community need.

Every time you:

- Choose to wait because you know you're worth it
- Use your FRIES skills to speak clearly and kindly
- Trust your gut when something feels off
- Set a boundary and respect someone else's
- Check in with your MATCH Compass before making a decision

... you are modeling what real strength looks like. You are showing the people around you that it's cool to be respectful, safe, and in control.

Your Leadership Ripple Effect

When you live the CAPE way, the impact spreads farther than you can see:

- In middle school: You become the friend everyone trusts — the one who makes group chats kinder, sleepovers safer, and games more fun because everyone feels respected.
- In high school: You become the person others look to — the teammate who speaks up, the leader in your club or sports team, the role model who proves you can have fun, stay connected, and still protect your future.

Your choices don't just protect **you** — they help protect and empower everyone around you.

The Final CAPE Promise

Print this page, sign it, or simply say it out loud:

I promise to:• Own my health and respect my body every single day• Use my voice with courage and kindness (FRIES every time)• Trust my awareness and set strong boundaries• Carry my full MATCH Compass wherever I go• Choose to wait until I'm truly ready — because I'm worth it• Lead by example so others feel safe and confident too

I am Fearless.

I am Aware.

I am Protected.

I am Empowered.

I am CAPE.

Your CAPE Takeaway

You now have the complete toolkit. The world doesn't need another follower — it needs **you**, living loud and proud as the leader you were born to be. Every small choice you make from here forward writes the legend of your life.

You've got this.

And the future is already brighter because you're in it.

Final Activities (Your Graduation Page)

• My CAPE Legacy Letter

Write a short note to your future self (one year from now or five years from now). Date it. Seal it. Open it when you need a reminder of how strong you already are.

• CAPE Leadership Challenge (30-Day Tracker)

Each day, choose one way to live CAPE and check it off:

- Used my voice with FRIES
- Protected a boundary (mine or someone else's)
- Helped a friend with a MATCH decision
- Practiced a healthy habit (At the end of 30 days, celebrate — you just leveled up!)

• Share the CAPE

Talk about one thing from this book with a friend, sibling, parent, or trusted adult. Ask them: “What’s one way you want to feel more CAPE?” Watch how the ripple starts.

You Are Ready.

Go out there and lead.

The world has been waiting for someone exactly like you.

— With pride and total belief in you,

The CAPE Team

Glossary

Abstinence – Choosing to wait before engaging in closer physical contact; the only 100% effective choice for preventing pregnancy and STIs.

Boundary – Clear rules you set about what is okay and not okay for how others treat you.

Consent – Freely given, reversible, informed, enthusiastic, and specific agreement (see FRIES).

FRIES – The easy recipe for respectful connections (full breakdown on p. 40).

MATCH Compass – Your decision-making tool: Medical, Awareness, Tools, Communication, Habits.

PrEP/PEP – Advanced medicines a doctor can discuss for extra protection in specific situations.

U=U – Undetectable = Untransmittable (modern medicine breakthrough explained on p. 92).

(Full glossary contains 35+ terms with age-appropriate language.)

Resources Appendix

Immediate Help

- Texas 211: Dial 211 (24/7 help with health, housing, crisis)
- National Suicide & Crisis Lifeline: 988

- Love is Respect (relationship help): 1-866-331-9474 or loveisrespect.org
- RAINN (sexual violence support): 1-800-656-HOPE

Health & Check-Ups

- Texas Department of State Health Services (DSHS): dshs.texas.gov (free/low-cost clinics, vaccine info)
- Harris County Public Health (Houston area): publichealth.harriscountytexas.gov
- Find a clinic near you: gettested.cdc.gov

Digital Safety & Reporting

- NetSmartz (online safety for youth): netsmartz.org
- Report sexting or image sharing concerns to a trusted adult or local law enforcement

For Parents & Educators

- Texas Education Agency Health TEKS: tea.texas.gov
- CAPE Youth Edition Parent Workshop slides (free download at [your site])

Quick Reference Pull-Outs

- Full-color FRIES Consent Café mini-poster
- MATCH Compass pocket card
- My CAPE Promise pledge
- 30-Day Leadership Challenge tracker

Acknowledgments

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About the Author

Christopher Zacharie is a sexual health educator and the creator of The HARNESS Project, a curriculum designed to empower individuals with the knowledge and tools for a healthier future. A former classroom teacher with 13 years of experience and a certified HIV Prevention Specialist, Christopher combines his expertise in education and public health to make sexual health information accessible and non-judgmental. He holds a B.S. in Interdisciplinary Studies and is trained in Combination Prevention and community outreach through the Galveston County Health District. His work is dedicated to transforming sexual health education from a narrative of fear into one of empowerment and self-advocacy.

Activities for Chapter 4 continued

Master Infographic Version

The edited image rendered above is your **ready-to-use master**. It combines the clean panel layout of your third design, the fun speech-bubble energy of the first, and the immersive diner feel of the second — now 100% school-safe with the new title and CAPE wording. Place it as a two-page spread in Chapter 4.

(If your designer prefers a fresh generation, copy the prompt from the team notes or let me know and I'll refine it further.)

Copy-paste prompt for Consent Café Infographic: “Create a vibrant retro 1950s diner-style infographic titled ‘The Consent Café: How to Order Respectful Connections’ exactly like the attached reference image (keep the five-panel menu-board layout, checkered floor, red booths, cartoon diverse teens, burgers/fries/milkshakes). Update **ONLY** the text to match the CAPE Youth Edition version: Freely Given — Consent isn’t real if it’s forced, guilt-tripped, or bought with favors. Reversible — You can change your mind at any time; the kitchen must stop when you say so. Informed — Know exactly what’s in the dish and any risks. Enthusiastic — Only serve people who are truly excited; “I guess” or silence is “No thanks.” Specific — Yes to one thing does not mean yes to everything. Bottom banner: ‘Respectful Connections Are Built with Clear Communication and Mutual Care’. Add small ‘CAPE Youth Edition’ logo bottom right. Keep every illustration and color exactly the same. High-resolution, crisp text for book printing, 100% K-12 appropriate.”

3. Printable Poster Version + Worksheet Pack

Poster Version (for classroom walls, youth group rooms, or home): Print the same master infographic above at 24×36 inches (or larger). It works perfectly as a standalone poster — bright, memorable, and conversation-starting.

Worksheet Pack (include as pull-out pages or free downloadable PDF bonus)

Worksheet 1: My Personal Boundary Menu

(Blank retro menu template)

Appetizers (Everyday interactions like high-fives or group chats): _____

Main Course (Closer friendships or sharing personal things): _____

Specials (Future dating/romantic situations — if/when the time comes): _____

Things I Do Not Serve (My firm boundaries): _____

Worksheet 2: FRIES Detective

Scenario 1: A friend keeps asking to see private photos in you're inbox camera roll.

Which FRIES rules apply? How would you respond?

(Repeat for 4 more age-appropriate scenarios: group chat pressure, sleepover boundary change, sports team “dare,” sharing location with a new friend.)

Worksheet 3: Consent Café Role-Play Cards (8 cut-out cards)

Card examples:

- “Your teammate wants everyone to do a group hug after the game.”
- “Someone in the group chat says ‘Send the pic or you’re not cool.’”
- “A friend starts a conversation that suddenly feels too personal.” (Students practice using FRIES phrases.)

4. Updated Parent & Educator Guide Section (1.5 pages)

Using “The Consent Café” at Home and in the Classroom

The Consent Café is the standout tool in the CAPE Youth Edition for teaching universal respect and boundary skills. It applies to friendships, digital life, sports teams, and any future romantic situations — never assuming activity. It fully aligns with Texas TEKS §115.36–115.38 (healthy relationships, refusal skills, communication).

Tips for Parents

- Talk about it while ordering food or sharing devices: “Is this a ‘Heck Yes!’ for you?”
- Role-play everyday situations at dinner.
- Reinforce that choosing to wait or say no is always a strong, respected choice (the ultimate CAPE move).
- Use the worksheet pack together as a family activity.

For Educators & Counselors

- Perfect 45-minute lesson or weekly check-in.
- Project the infographic and have students create their own menus.
- Ties directly to TEKS healthy-relationship standards and digital citizenship.

Conversation Starters for Adults

1. “What does a real ‘Heck Yes!’ feel like versus an ‘I guess’?”
2. “How is consent like ordering at a café?”
3. “Have you ever changed your mind about something? How did it feel when people respected that?”

When to Seek Extra Support

If a young person mentions pressure, non-consensual sharing of images, or feeling unsafe, connect right away with a school counselor or the Texas resources listed in the appendix (DSHS, local crisis lines, etc.).

Reproducible Quick-Reference Sheet

One-page FRIES summary + Satisfaction Guarantee — perfect handout for parents or classroom.

