



MATCH Your Protection: Fearless, Aware, & Protected

Comprehensive Curriculum & Lesson Plans

5 Modules · 13 Lesson Plans · 3 Workshop Delivery Models



FEARLESS



AWARE



PROTECTED

Created for The Harness Project LLC by Christopher Zacharie | Updated January 2026

CURRICULUM OVERVIEW

MODULE	TITLE	CHAPTERS	FOCUS
Module 1	Mindset of Protection	Chapters 1-2	Self-respect, confidence, communication as first protection layers
Module 2	Sexual Barriers: Tools for Freedom	Chapters 3-5	Physical barriers: condoms, oral barriers, lube & toys
Module 3	Medical Shields	Chapters 6-10	PrEP, PEP, Doxy-PEP, ART (U=U), vaccines & testing
Module 4	Real Talk: Navigating Gray Areas	Chapters 11-12	Kinks, fetishes, harm reduction in complex scenarios
Module 5	Your Perfect MATCH	Chapter 13	Personalized saFER sex plan using the MATCH framework

MODULE 1: MINDSET OF PROTECTION (Chapters 1-2)

Focus: Building the foundation of self-respect, confidence, and communication as the first layers of protection.

LESSON 1

Own Your Health (Chapter 1)

LEARNING OBJECTIVES · Reframe saFER sex as an act of self-love and freedom rather than restriction

- Identify personal values around health and self-respect

ACTIVITIES · Icebreaker: 'Two Truths and a Lie' about health habits (10 min)

- Individual Reflection: Journal responses to book questions (15 min)
- Pair Share: 'What would change if you saw saFER sex as self-respect?' (20 min)
- Group Debrief: Facilitator highlights common themes (15 min)

KEY TAKEAWAY: "Protection begins with you – before any tool or partner."

LESSON 2

The Erotic Art of Communication (Chapter 2)

LEARNING OBJECTIVES • Overcome barriers to discussing sexual health • Practice natural, confidence-building conversation starters

ACTIVITIES • Group Discussion: Common fears about bringing up protection (15 min)

• Role-Play Triads: One speaks, one listens, one observes using book scripts (30 min)

• Debrief: What felt sexy/powerful? What felt awkward? (20 min)

• Commitment: Write one conversation you'll have this week (10 min)

KEY TAKEAWAY: "Talking about protection builds trust — and can be erotic."

MODULE 2: SEXUAL BARRIERS — TOOLS FOR FREEDOM (Chapters 3–5)

Focus: Practical, creative use of physical barriers to keep pleasure high and risk low.

LESSON 3

Condoms: The Frontline (Chapter 3)

LEARNING OBJECTIVES • Demonstrate correct use of external and internal condoms

• Understand condom-compatible lubricants and common mistakes

• Discuss condoms as tools for freedom, not restriction

ACTIVITIES • Condom Demo & Practice: Anatomical models, both external & internal types

• Common Mistakes Gallery: Review top errors and how to avoid them

• Pleasure Mapping: Small groups brainstorm how condoms can enhance sensation

• Q&A; and myth-busting (20 min)

KEY TAKEAWAY: "Barriers are tools for freedom — creative use keeps pleasure alive."

LESSON 4**Beyond the Condom: saFER Oral Pleasure (Chapter 4)**

LEARNING OBJECTIVES • Create and use alternative barriers: dental dams, gloves

- Normalize barrier use for all types of oral contact
- Apply harm reduction to rimming, oral sex, and digital contact

ACTIVITIES • **DIY Dental Dams:** Cut condoms/gloves into barriers – hands-on practice

- **Barrier Show & Tell:** Display various barrier types; discuss use cases
- **Scenario Discussion:** Which barrier for which activity?
- **Reflection:** What felt new or surprising?

KEY TAKEAWAY: "saFER oral sex is possible, accessible, and pleasure-positive."

LESSON 5**Lube & Toys (Chapter 5)**

LEARNING OBJECTIVES • Understand lube compatibility with barriers and toys • Identify body-safe toy materials and cleaning protocols

- Apply harm reduction principles to shared toy use

ACTIVITIES • **Lube Station:** Feel water-based vs. silicone-based; discuss compatibility

- **Toy Safety Guide:** Body-safe vs. porous materials discussion
- **Cleaning Demo:** Methods for different toy materials
- **Discussion:** Using condoms on toys when sharing

KEY TAKEAWAY: "The right lube and safe toys enhance pleasure and reduce risk."

MODULE 3: MEDICAL SHIELDS (Chapters 6–10)

Focus: Modern biomedical prevention tools and their role in layered protection.

LESSON 6 PrEP: Prevention in a Pill (Chapter 6)

LEARNING OBJECTIVES • Explain how PrEP works and who it is for • Identify access points and understand candidacy criteria

- Describe different PrEP formulations (daily pill, injectable)

ACTIVITIES • PrEP Overview: Mechanism, effectiveness, formulations

- Candidacy Quiz: Who is a good PrEP candidate? (small groups)
- Access Mapping: Find local PrEP providers on PrEPLocator.org
- Q&A: Side effects, cost, insurance, patient assistance programs

KEY TAKEAWAY: "PrEP is a powerful tool for anyone at ongoing HIV risk — not just one community."

LESSON 7 PEP: The 72–Hour Window (Chapter 7)

LEARNING OBJECTIVES • Explain PEP's mechanism, timeline, and effectiveness

- Know where to access PEP quickly
- Distinguish PEP from PrEP and understand the transition path

ACTIVITIES • PEP Timeline Activity: Map the 72–hour decision window

- Role–Play: Participant has a potential exposure — what do they do?
- Resource list: ERs, clinics, national PEP hotline (1–888–448–4911)
- Discussion: Transitioning from PEP to PrEP after the course

KEY TAKEAWAY: "PEP is an emergency tool — start it fast, complete it fully."

LESSON 8 Doxy–PEP: A New Tool in Your Toolkit (Chapter 8)

LEARNING OBJECTIVES • Explain how Doxy–PEP works for bacterial STIs • Understand candidacy and responsible use • Situate Doxy–PEP within a combination prevention approach

ACTIVITIES • Brief lecture: What is Doxy–PEP? Who is it for? • Evidence Review: Chlamydia, gonorrhea, syphilis reduction stats

- Discussion: Antibiotic stewardship and responsible use concerns
- Access: How to have the conversation with your provider

KEY TAKEAWAY: "Doxy–PEP is a promising new layer — not a replacement for barriers."

LESSON 9**ART: A Work of ART — Undetectable = Untransmittable (Chapter 9)**

LEARNING OBJECTIVES • Explain the U=U principle clearly and accurately • Reduce HIV stigma through evidence-based education

- Use status-neutral language throughout

ACTIVITIES • U=U Explainer: What it means, what the evidence shows • Stigma Discussion: How stigma harms people with HIV and prevention efforts

- Language Practice: Status-neutral vs. stigmatizing language (card sort)
- Guest speaker (optional): Person with HIV sharing lived experience

KEY TAKEAWAY: "Undetectable = Untransmittable: Science has changed the story of HIV."

LESSON 10**Immunity Unlocked: Vaccines & Testing as Empowerment (Chapter 10)**

LEARNING OBJECTIVES • Identify key sexual health vaccines and their indications

- Reframe testing as empowerment, not judgment
- Create a personal testing and vaccination timeline

ACTIVITIES • Vaccine Overview: HPV, Hep A/B, Mpox — who, what, when

- Testing Empowerment Discussion: Normalize routine testing
- Personal Timeline: Map your own testing & vaccination history
- Home Testing Options: Online and pharmacy-based test kits

KEY TAKEAWAY: "Knowing your status is an act of self-respect."

MODULE 4: Real Talk: Navigating the Grey Areas (Chapters 11–12)

Focus: Applying saFER sex principles to diverse pleasures and real-life messiness.

LESSON 11**Pleasures, Kinks, and Fetishes (Chapter 11)**

LEARNING OBJECTIVES • Apply harm reduction to kinks, group sex, and fluid-bonded relationships

- Normalize diverse pleasures without judgment
- Identify saFER sex strategies for BDSM and non-monogamous contexts

ACTIVITIES • Continuum of Risk: Place activities on a risk board; add harm reduction strategies

- Kink Scenario Discussions: Small groups problem-solve BDSM, group, fetish safety
- Fluid Bonding Discussion: What is it? How do people negotiate it consensually?
- Debrief: All activities can be made saFER – layers apply everywhere

KEY TAKEAWAY: "No activity is inherently unsafe – layers make everything saFER."

LESSON 12**Harm Reduction in Action (Chapter 12)**

LEARNING OBJECTIVES • Apply harm reduction principles to real, messy scenarios

- Practice responding to crises with empathy and accurate information
- Build confidence in guiding participants through difficult moments

ACTIVITIES • Scenario Cards: Small groups tackle real-world harm reduction scenarios

- Resource Practice: When to call PEP hotline, go to ER, contact a provider
- Communication Role-Play: Responding when a condom breaks mid-sex
- Reflection: What would you do differently in your own life?

KEY TAKEAWAY: "Harm reduction meets people where they are – always."

MODULE 5: YOUR PERFECT MATCH (Chapter 13)

Focus: Synthesizing knowledge into a personalized, actionable plan.

LESSON 13**Piecing Together Your Personal saFER Sex Plan (Chapter 13)**

LEARNING OBJECTIVES • Use the MATCH framework to create a personal saFER sex plan

- Identify one immediate next step and one month-long goal
- Understand the plan as dynamic, evolving, and uniquely personal

ACTIVITIES • Guided MATCH Worksheet: Individual completion with facilitator prompts

- Pair Share: Share one element of your plan (voluntary)
- Commitment to Action: Write one step for next week and one for next month
- Closing Circle: 'I feel more fearless because...'

KEY TAKEAWAY: "Your plan is uniquely yours – dynamic, realistic, and empowering."

3 WORKSHOP DELIVERY MODELS

90–Minute Workshop: 'Fearless Foundations'

Target: Introductory sessions, lunch-and-learns, quick community events

TIME	SEGMENT	DURATION
0:00	Welcome, Ground Rules, Icebreaker	15 min
0:15	Mindset Mini-Lesson (Lesson 1 highlights)	15 min
0:30	Communication Role-Play (Lesson 2)	30 min
1:00	Intro to MATCH & Quick Plan (Lesson 13 highlights)	20 min
1:20	Closing & Resources	10 min

Half-Day Workshop (4 Hours with 15–min Break)

Target: Deeper dive for support groups, college programs

TIME	SEGMENT	DURATION
0:00	Welcome & Module 1 (Mindset)	75 min
1:15	Module 2 (Barriers) with demos	90 min
2:45	Break	15 min
3:00	Selected Medical Tools (PrEP/PEP focus) + Quick MATCH Plan	60 min
4:00	Closing & Action Steps	30 min

Full-Day Workshop (7–8 Hours with Lunch & Breaks)

Target: Comprehensive training for peer educators, clinics, retreats

TIME	SEGMENT	DURATION
0:00	Welcome, Icebreaker, Ground Rules	30 min
0:30	Module 1: Mindset	90 min
2:00	Module 2: Barriers	120 min
4:00	Lunch	60 min
5:00	Module 3: Medical Shields	150 min
7:30	Break	15 min
7:45	Module 4: Real Talk	90 min
9:15	Module 5: Personal MATCH Plan Closing	90 min
10:45	Circle & Evaluation	30 min