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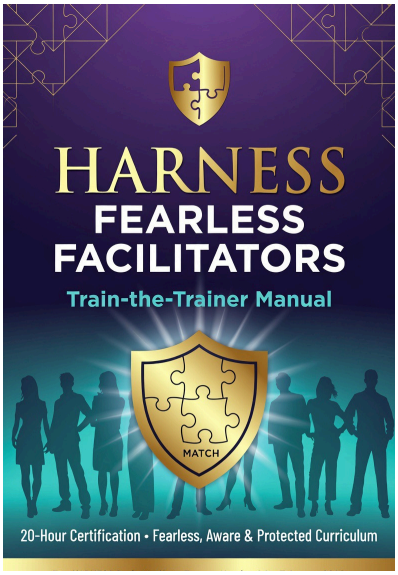
Facilitator Training Workbook

MATCH Your Protection: Fearless, Aware, & Protected



This workbook is your personal companion through the FAP Facilitator Training. Use it to take notes, reflect on scenarios, plan your first workshop, and record your commitments. It is a private document — write honestly.

Trainee Name	Training Date	Lead Facilitator

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SESSION 1: WELCOME & PROGRAM OVERVIEW

What two words describe how you feel about facilitating right now? Why those words?

What drew you to the FAP program? What do you hope to bring to your community?

Which of the five modules do you feel most confident about? Which feels most challenging?

Notes from the program overview and resource tour:

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SESSION 2: FACILITATOR MINDSET DEEP DIVE

Which of the Eight Pillars resonates most with you — and which will require the most intentional practice? Why?

Scenario Response Practice — Write how you would respond to each scenario:

Scenario A: A participant discloses they are HIV-positive and begins to cry during the U=U lesson.

Scenario B: A participant aggressively questions whether PrEP is 'really safe' and insists abstinence is the only true answer.

Scenario C: Someone asks a detailed question about a BDSM practice that makes several other participants visibly uncomfortable.

Scenario D: A participant shares that they had unprotected sex last night and is visibly scared — in front of the whole group.

What is one assumption or bias you want to stay aware of as a facilitator?

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SESSION 3: CONTENT WALKTHROUGH & KEY CONCEPTS

Myth-Busting Notes — Record the evidence-based response to each myth you discussed:

What is the most important thing you want participants to understand about U=U?

What questions came up for you during the content review that you want to research further?

Key content notes (anything you want to remember for your own facilitation):

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SESSION 4: HANDS-ON ACTIVITY PRACTICE — STATION ROTATIONS

Station 1 (Condom & Barrier Demo): What went well? What felt awkward? What will you do differently?

Station 2 (Communication Role-Play): What facilitation moves worked? What did you learn from the observer role?

Station 3 (Continuum of Risk): How did you handle disagreement about where to place an activity? What framing helped?

Station 4 (MATCH Planning): What prompts were most effective in helping 'participants' build realistic plans?

Feedback you received from the trainer — key takeaways:

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SESSION 5: MANAGING GROUPS & SENSITIVE TOPICS

What is your mandatory reporting obligation in your jurisdiction? (Look it up and write it here — know this before you facilitate.)

Role-Play Notes — Challenging Moments: What response felt most natural? What still feels hard?

Virtual delivery: Which adaptation do you most want to practice before your first online session?

What local resources will you add to your materials for your specific community?

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SESSION 6: WORKSHOP DELIVERY & ADAPTATION

Which workshop model (90-min, half-day, full-day) are you most likely to start with? Why?

What adaptations will you make for your specific audience (LGBTQ+, youth, people with HIV, clinical staff, etc.)?

Your 5-minute mini-pitch notes — what you planned to say and what landed well:

One piece of feedback you received on your mini-pitch that you want to act on:

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SESSION 7: CLOSING & NEXT STEPS

I feel ready to facilitate because:

One thing I'm still uncertain about and how I plan to address it before my first workshop:

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MY FIRST WORKSHOP PLAN

Planning Your First HARNESS Workshop

Complete this plan during Session 7 — or refine it in the days after training. The more specific you are, the more likely it is to happen.

Target audience (who will attend):

Setting / venue:

Planned date (or date range):

Workshop model I'll use (circle): 90-Minute / Half-Day / Full-Day

Co-facilitator or support person:

Supplies I still need to gather:

Local resources I'll include:

One thing I'm most excited about:

One thing I'm most nervous about — and my plan for it:

Support I need from the HARNESS facilitator community / The Harness Project:

PERSONAL FACILITATION COMMITMENT

Sign your commitment to the HARNESS values and to the communities you will serve.

I commit to facilitating with empathy, non-judgment, and cultural humility. I will meet every participant where they are, honor their autonomy, and hold their wellbeing at the center of every session. I will continue learning, stay connected to the HARNESS community, and seek support when I need it.

Signature:_____

Date: _____

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