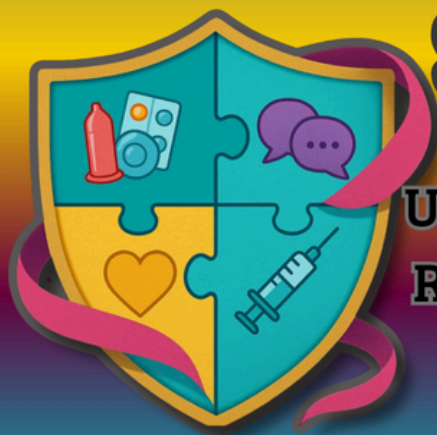




THE HARNESS PARTICIPATE'S GUIDE

Stay Informed. Stay Protected.



Stay Fearless.

USED TO TAKE NOTES,
REFLECT, AND TRACK
YOUR LEARNING



CREATED BY CHRISTOPHER ZACHARIE 

Fearless, Aware, and Protected: A Comprehensive Sexual Health Education Program

Participant Guide: Modules 1-5

Prepared by: Christopher Zacharie

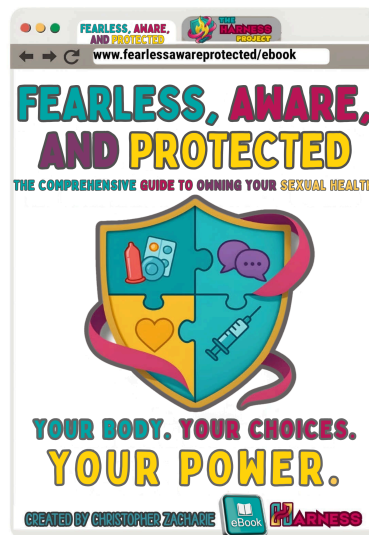


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Consult healthcare provider for personal health decisions.

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This enhanced participant guide is designed as a workbook—use it to take notes, journal, and track your progress. Remember, sexual health is personal; this guide empowers you to create a plan that fits your life.

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Our Vision (Applies to All Modules)

Fearless, Aware, and Protected is a sex-positive, harm reduction program designed to empower you with the knowledge, tools, and confidence to take ownership of your sexual health—regardless of your identity, practices, or experiences.

What These Words Mean

- **Fearless** means having confidence without shame. Your sexual health is part of your overall wellbeing, and you deserve to approach it with courage and self-respect.
- **Aware** means making informed, status-neutral decisions. Knowledge is power, and understanding your options allows you to make choices that fit your life.
- **Protected** means using layered prevention strategies for freedom and pleasure. Protection isn't about restriction—it's about enabling you to live fully and love authentically.

Our Approach

This program is built on four core principles:

- **Sex-positive, non-judgmental:** All consensual sexual expression is valid. We believe in celebrating pleasure alongside protection, without shame or judgment.
- **Harm reduction:** We meet you where you are. The goal isn't perfection—it's reducing risk while respecting your autonomy and choices.
- **Inclusive, practical, culturally humble:** We respect diverse identities, practices, and communities. This program is designed to be relevant and accessible to everyone, including LGBTQ+ individuals, people of color, and those with disabilities.
- **Agency + science = safer choices:** We combine personal empowerment with evidence-based information to help you make informed decisions about your sexual health.

Program Goals

By the end of this program, you will be able to:

1. Build skills for communication, consent, and boundary-setting in sexual relationships.
2. Master barrier methods, lube, and toy safety for comprehensive protection.
3. Understand PrEP, PEP, Doxy-PEP, and ART (U=U) as medical prevention tools.
4. Create a personalized MATCH plan that fits your life and your needs.

Group Agreements

To create a safe and supportive learning environment, we agree to:

- **Speak from the "I" perspective** — Share personal experiences rather than making generalizations about others.
- **One mic, step up/step back** — Be mindful of how much space you're taking in discussions. If you tend to speak often, step back and invite others. If you tend to stay quiet, challenge yourself to step up.
- **Take space, make space** — Encourage participation from everyone. We all have something valuable to contribute.
- **What's shared here stays here** — Respect confidentiality with the understanding that facilitators have mandatory reporting requirements for certain situations.

Additional Agreements from Our Group:

New Addition: Personal Goal Setting

Before starting, set one personal goal for this program:

My goal: _____

Module 1: Mindset of Protection



Welcome! This guide is yours to keep. Use it to take notes, reflect on key concepts, and track your learning throughout Module 1.

Chapter 1: Own Your Health

“Respect yourself first; every other tool is just backup.”

SafER sex doesn’t start with condoms or pills—it starts with you. It starts with how you treat your body, the respect you give yourself, and the choices you make before anyone touches you.

Key Concepts

- **Self-care is the foundation.** When you take care of your body—getting tested regularly, knowing your status, staying mindful of your health—you create confidence.
- **Self-love is the motivation.** When you see your worth, you protect yourself not out of paranoia, but out of respect.
- **SafER sex is the practice.** It’s not perfection—it’s layers of protection. Every barrier, every conversation, every choice adds strength to your safety net.

Reflection Questions

Take a few minutes to reflect on these questions. There are no right or wrong answers—this is about honest self-exploration.

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

Your thoughts: _____

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

Your thoughts: _____

New Prompt: How can I incorporate self-care into my daily routine to support my sexual health?

Your thoughts: _____

My Takeaway

What’s one insight from this chapter that resonates with you?

Chapter 2: The Erotic Art of Communication

“How to Start the safer sex Conversation...Say It Out Loud”

Silence doesn't protect anyone. The real power move is being able to talk about what you need before things heat up. Communication is the bridge that connects knowledge to action.

Why We Avoid “The Talk”

Many of us avoid sexual health conversations because of common fears. Check any that resonate with you:

- Fear of rejection: “What if they think I don't trust them?”
- Fear of judgment: “What if they think I'm dirty for bringing this up?”
- Fear of killing the mood: “What if it ruins the moment?”
- Other: _____

The Truth: Asking about protection, testing, or PrEP doesn't kill the mood—it builds trust. It shows that you value your partner and yourself.

Scripts That Open Doors

You don't need perfect words—you just need your words. Here are some conversation starters you can adapt to your own voice:Before things heat up:

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

Practice Space

Use this space to write your own scripts or adapt the ones above in your own words:

- My script for bringing up testing: _____
- My script for suggesting barrier use: _____
- My script for discussing boundaries: _____

The Power of Listening

A safer sex talk isn't just about laying out your terms—it's about listening too. Pay attention to:

- What your partner says (their words)
- How they say it (their tone and body language)
- Whether they respect your boundaries or get defensive

Remember: How someone responds tells you more than their test results ever could.

Consent as Conversation

Consent isn't a one-time yes—it's a continuous dialogue. Practice these check-in phrases:

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

New Prompt: How can I make consent part of my everyday interactions?

Your thoughts: _____

My Communication Goals

What conversations are you ready to have this week?

- Goal 1: _____

- Goal 2: _____
- Goal 3: _____

My Takeaway

What's one insight from this chapter that resonates with you?

Module 1 Summary

Key Messages

- Protection begins in the mind before it shows up in action. When you choose to see safety not as fear, but as freedom, you build habits that keep you healthy, confident, and in control.
- Self-care and self-respect are the foundation of safer sex. Every tool, every strategy, every conversation starts with valuing yourself and your wellbeing.
- Communication is the bridge that connects knowledge to action. When you can talk openly about protection, you've already made sex safer before it even begins.
- Consent is ongoing, not a one-time agreement. Check-ins during sex make partners feel seen, safe, and respected.

My Action Steps

Based on what you learned in Module 1, what are 2-3 concrete actions you'll take?

- Action 1: _____
- Action 2: _____
- Action 3: _____

Questions I Still Have

Use this space to note any questions you want to ask the facilitator or explore further:

Resources

- National Hotlines: CDC Info Line: 1-800-CDC-INFO (1-800-232-4636); National HIV/AIDS Hotline: 1-800-448-0440; Planned Parenthood: 1-800-230-PLAN (1-800-230-7526)
- Trusted Websites: HIV.gov: www.hiv.gov; CDC STD Information: www.cdc.gov/std; Planned Parenthood: www.plannedparenthood.org
- Local Resources: Your facilitator will provide information about local testing sites, clinics, and support services.

Notes Use this space for additional notes, thoughts, or reflections:

Stay informed. Stay protected. Stay fearless.

Module 2: Sexual Barriers - Tools for Freedom



Welcome to Module 2! This guide will help you learn about physical barriers—condoms, dental dams, gloves, lube, and toys—that enable pleasure and protection.

Module Overview

The Classics Still Work

Condoms, lube, dental dams, gloves, finger cots, and toys are the foundation every new strategy stands on. These aren't old tricks—they're timeless tools that work.

In this module, you'll learn:

- How to properly use external and internal condoms
- When and how to use dental dams and gloves
- How to choose and use lube correctly
- How to keep toys safe and clean

Chapter 3: Condoms - The Frontline

"The Original—and Still Essential—Tool of safer sex"

Condoms have been around for centuries and remain one of the most powerful tools we have against HIV, STIs, and unintended pregnancy. Think of them as the frontline shield: simple, affordable, and—when used correctly—extremely effective.

External (Male) Condoms

External condoms are thin sheaths rolled over the penis before sex. When used correctly, they're about 98% effective.

DOs

- DO check the expiration date — Expired condoms are more likely to break.
- DO open the package carefully — No teeth, scissors, or sharp nails. Feel for the condom and tear at the edge.
- DO pinch the tip before rolling down — Leave space for semen to collect.
- DO use lube — Water- or silicone-based only. This prevents breakage and increases pleasure.
- DO hold the condom at the base during withdrawal — This prevents slippage and spillage.

DON'Ts

- DON'T store condoms in wallets or hot cars — Heat weakens latex and makes condoms more likely to break.
- DON'T double up — Two condoms = more friction = more breakage. One is enough.
- DON'T reuse. Ever!!! — Condoms are single-use only.
- DON'T mix with oil-based products — Vaseline, baby oil, coconut oil, and cooking oils break down latex in seconds.

Internal (Female) Condoms

Internal condoms are pouches worn inside the vagina or anus. They're just as effective as external condoms and offer some unique benefits.

Why They're Great

- Can be inserted hours before sex — No need to pause in the moment.
- Cover more area around the vulva or anus, offering extra protection.
- Give receptive partners more control — You can insert it yourself without relying on your partner.
- Made of nitrile — Safe for people with latex allergies.

How to Use

1. Squeeze the inner ring and insert like a tampon.
2. Ensure the outer ring rests outside the body, covering the opening.
3. Guide the penis (or toy) into the condom opening.

Important: Don't use an internal and external condom together. That creates friction and makes both more likely to break.

Making Condoms Sexy

The biggest complaint about condoms is that they “kill the mood.” Here's how to flip that script:

- Try flavored condoms for oral sex.
- Experiment with ribbed or textured varieties for different sensations.
- Incorporate putting on the condom into foreplay — use your mouth, make it playful.
- Remember: nothing kills the mood faster than stress about pregnancy or STIs.

Condom Quick Reference

Category	Details
Effectiveness	~98% with perfect use, ~85% with typical use
Cost	Often free at clinics, cheap at drugstores, available online in bulk
Access	Many community centers and LGBTQ+ clinics hand them out no questions asked

Condom Comfort Check Which types of condoms have you used before?

- ☐ External (male) condoms
- ☐ Internal (female) condoms
- ☐ Flavored condoms
- ☐ Textured/ribbed condoms
- ☐ Non-latex condoms
- ☐ I haven't used condoms before

What questions do you have about condom use?

New Prompt: How can I make condom use a natural part of my sexual experiences?

Your thoughts: _____

My Takeaway

What's one thing you learned about condoms that you didn't know before?

Chapter 4: Beyond the Condom - Safer Oral Pleasure

"Barriers for Oral Play Because Mouths Count Too"

Oral sex isn't "risk-free." HIV and other STIs can be passed during oral sex. Barriers like dental dams and gloves turn risky fun into smarter fun.

Dental Dams

A dental dam is a thin sheet of latex or polyurethane placed between the mouth and genitals or anus during oral sex.

How They Work

1. Lay it flat over the vulva or anus before oral sex.
2. Add a bit of water-based lube on the side that touches the skin to increase sensation.
3. Hold it in place with your hands or your mouth while exploring.

DOs 

- Use a new one every time
- Check for holes or tears before use

- Store them in a cool, dry place
- Try flavored versions for more fun

DON'Ts ❌

- Flip it over and reuse
- Use oil-based lube (it can weaken latex)
- Stretch it too far (it can snap)

Pro Tip: Don't have a dental dam? Cut a condom or latex glove into a square—it works in a pinch.

Gloves & Finger Cots

Hands can transmit infections too, especially when cuts or rough skin are involved. Latex or nitrile gloves (or small finger cots) add protection during fingering, fisting, or toy play.

Why Use Them

- Prevents exchange of fluids through cuts, hangnails, or broken skin
- Reduces risk of passing infections like herpes or HPV through touch
- Keeps nails from scratching sensitive tissue

Bonus: Add lube to the glove or cot for smoother sensation and less friction.

Making Barriers Fun (Not Clinical)

Barriers don't have to feel clinical. Here's how to make them playful:

- Flavored barriers turn oral sex into dessert
- Gloves can feel erotic when paired with teasing or roleplay
- Incorporating barriers signals respect and care—major turn-ons in healthy intimacy

New Prompt: How can barriers enhance pleasure rather than hinder it?

Your thoughts: _____

My Barrier Exploration

Have you used dental dams or gloves before?

- ☐ Yes, I've used dental dams
- ☐ Yes, I've used gloves/finger cots
- ☐ No, but I'm interested in trying them
- ☐ No, and I have questions

What would make you more comfortable using barriers for oral or manual play?

My Takeaway

What's one insight from this chapter that resonates with you?

Chapter 5: Lube & Toys

"Pleasure and protection go hand in hand"

Lube isn't just for when things get dry—it's a vital tool for safer sex that prevents friction, reduces condom breakage, and makes everything feel better. Toys need safer sex care too.

Lube: Your Best Friend in Safer Sex

Think of lube as the unsung hero of your sex life. It’s not a sign of failure; it’s a sign of intelligence and a commitment to pleasure.

Why Lube Matters

- **Reduces Friction:** Less friction means less chance of micro-tears in the skin or condom, which are potential entry points for STIs.
- **Prevents Condom Breakage:** A dry condom is a weak condom. Lube keeps the latex strong and elastic.
- **Enhances Pleasure:** Sex should feel good. Lube makes it smoother, easier, and more enjoyable for everyone involved.

The Three Types of Lube

Lube Type	Best For	NEVER Use With	Quick Tip
Water-Based	Condoms, toys, all types of sex	Nothing—it’s universally safe	Reapply often, as it dries out quickly
Silicone-Based	Water play, anal sex, long sessions	Silicone toys (it degrades them)	Very slick and lasts a long time
Oil-Based	Massage, external play	Latex condoms (it breaks them down)	Only use with non-latex barriers

The Golden Rule

If you are using a latex condom, stick to water- or silicone-based lube. NEVER use oil-based products like Vaseline, baby oil, or cooking oil—they can compromise the integrity of the condom in seconds.

Toys: Playtime with Protection

Whether you’re using a vibrator, a dildo, or a butt plug, toys are part of your sex life and need to be treated with the same safer sex care as your body.

Toy Safety Checklist

- ☐ **Clean Before and After:** Use a dedicated toy cleaner or mild soap and warm water.
- ☐ **Use a Barrier for Penetration:** If a toy is going from one partner’s body to another’s (or from one orifice to another on the same person), use a new condom on the toy every time.
- ☐ **Check Material:** Ensure your toys are made of non-porous materials like silicone, glass, or metal. Porous materials (like jelly rubber) can harbor bacteria and are nearly impossible to clean properly.

My Lube & Toy Knowledge Check

Which types of lube have you used?

- ☐ Water-based
- ☐ Silicone-based
- ☐ Oil-based
- ☐ I haven’t used lube before

Do you use toys in your sex life?

- ☐ Yes, and I clean them properly
- ☐ Yes, but I'm not sure if I'm cleaning them correctly
- ☐ No, but I'm interested
- ☐ No, and I'm not interested

What questions do you have about lube or toy safety?

New Prompt: How can I ensure my toys are body-safe and hygienic?

Your thoughts: _____

My Takeaway

What's one thing you learned about lube or toys that surprised you?

Module 2 Summary

Key Messages

- Condoms are the frontline shield against HIV, STIs, and pregnancy. Both external and internal condoms are highly effective when used correctly.
- Barriers for oral and manual play (dental dams and gloves) are signs of respect for your partner's health and your own. They're not mood-killers—they're pleasure-enhancers.
- Lube is essential, not optional. It reduces friction, prevents condom breakage, and enhances pleasure for everyone involved.
- Toys need safER sex care too. Clean them properly, use barriers when sharing, and choose body-safe materials.
- These tools enable freedom, not restriction. When you know how to use barriers effectively, you can relax and enjoy pleasure without worry.

My Action Steps

Based on what you learned in Module 2, what are 2-3 concrete actions you'll take?

- Action 1: _____
- Action 2: _____
- Action 3: _____

Questions I Still Have

Use this space to note any questions you want to ask the facilitator or explore further:

Resources

- **Where to Get Free Condoms and Barriers:** Your facilitator will provide information about local free condom distribution sites.
- **Where to Buy Body-Safe Toys:** Your facilitator will provide recommendations for reputable retailers.

Notes

Use this space for additional notes, thoughts, or reflections:

Stay informed. Stay protected. Stay fearless.

Module 3: Medical Shields - Pills and Shots that Protect

MEDICAL SHIELDS: PILLS & SHOTS THAT PROTECT



PREP-PEP-ART-DOXY PEP

Welcome to Module 3! This guide will help you understand pharmaceutical prevention tools—PrEP, PEP, Doxy-PEP, and ART—that have revolutionized sexual health.

Updated Note (2025): Recent guidelines from the CDC emphasize expanded access to long-acting PrEP injections (e.g., cabotegravir every 2 months) for those who struggle with daily pills. Doxy-PEP recommendations have been updated to include broader use for high-risk groups, with monitoring for antibiotic resistance.

Module Overview

Science as a Wingman

Medicine has changed the game. Pills that stop HIV before it starts. Treatments that make transmission impossible. Even antibiotics that block STIs after sex. Knowledge + science = power.

In this module, you'll learn:

- How PrEP prevents HIV before exposure
- When and how to access PEP after potential exposure
- How Doxy-PEP reduces bacterial STI risk
- What U=U means for people living with HIV
- Why testing is empowerment, not fear

Chapter 6: PrEP - Prevention in a Pill

"Armor You Take"

PrEP (Pre-Exposure Prophylaxis) is one of the most powerful medical tools in the modern safer sex toolkit. It's a daily pill (or injection) taken by HIV-negative people to prevent them from contracting HIV. Think of it as daily armor.

How PrEP Works

PrEP medications contain drugs that are also used to treat HIV. When taken regularly, these drugs build up a protective shield in your body. If HIV enters your bloodstream, the medication prevents the virus from replicating and establishing a permanent infection.

Effectiveness: The Power of Consistency

- **Sexual Transmission:** When taken as prescribed, PrEP is over 99% effective at preventing HIV through sex.
- **Injection Drug Use:** PrEP is at least 74% effective at preventing HIV among people who inject drugs.

The Golden Rule: PrEP only works if you take it. Consistency is the key to its power.

Who Should Consider PrEP?

PrEP is recommended for anyone who is HIV-negative and at a higher risk of contracting HIV. This includes people who:

- Have an HIV-positive partner who is not virally suppressed (U=U)
- Do not consistently use condoms
- Have been diagnosed with an STI in the past six months
- Use injection drugs

Important: "Higher risk" doesn't mean judgment—it's about honest assessment. PrEP is a tool for anyone who wants an extra layer of protection.

Getting Started with PrEP

- **Step 1: Talk to Your Doctor** — PrEP requires a prescription. You'll discuss your sexual history and lifestyle.

- **Step 2: Get Tested** — You must be confirmed HIV-negative before starting. You'll also be tested for Hepatitis B and kidney function.
- **Step 3: Take It Daily** — PrEP is most effective when taken every day at the same time (or follow injection schedule).
- **Step 4: Follow Up** — You'll need regular check-ins (every 3 months) for HIV testing, STI screening, and kidney function monitoring.

Cost and Access

- Most insurance plans cover PrEP with no copay under the Affordable Care Act.
- Ready, Set, PrEP provides free medication for uninsured individuals.
- Manufacturer copay cards can reduce or eliminate out-of-pocket costs.

Cost should NEVER be a barrier to accessing PrEP.

PrEP is Not a Substitute for Condoms

Important: PrEP only protects against HIV. It does NOT protect against other STIs (like syphilis, gonorrhea, chlamydia, or HPV) or prevent pregnancy. For comprehensive safer sex, PrEP is best used in combination with condoms and regular STI testing.

My PrEP Exploration

Am I a candidate for PrEP? Consider these questions honestly:

- ☐ Do I have an HIV-positive partner?
- ☐ Do I sometimes have condomless sex?
- ☐ Have I had an STI in the past 6 months?
- ☐ Do I inject drugs?
- ☐ Do I want an extra layer of protection against HIV?

What questions do I have about PrEP?

What barriers might prevent me from accessing PrEP?

- ☐ Cost/insurance
- ☐ Don't know where to get it
- ☐ Worried about side effects
- ☐ Stigma/judgment
- ☐ Other: _____

New Prompt: How would PrEP fit into my current lifestyle?

Your thoughts: _____

My Takeaway

What's one thing you learned about PrEP that you didn't know before?

Chapter 7: PEP - The 72-Hour Window

"The Emergency Play"

PEP (Post-Exposure Prophylaxis) is the emergency brake in your safer sex toolkit. It's a course of medication taken after a potential exposure to HIV to prevent the virus from taking hold.

The 72-Hour Window

The most critical thing to know: PEP must be started within 72 hours (three days) of the potential exposure. The sooner you start, the more effective it is. Every hour counts.

If you think you've been exposed to HIV, do not wait.

When to Consider PEP

PEP is typically prescribed after:

- Unprotected sex with a partner whose HIV status is unknown or positive and who is not virally suppressed (U=U)
- Condom breakage or slippage with a partner whose status is unknown or positive
- Sharing needles or works for injection drug use
- Sexual assault

How to Get PEP

PEP is a prescription medication. You can get it from:

- Emergency rooms (ERs) — Available 24/7
- Urgent care clinics
- Sexual health clinics
- Your primary care provider

When you go, be clear and direct: "I need to start PEP because of a potential HIV exposure."

What to Expect

- **Testing:** You will be tested for HIV before starting PEP to confirm you are negative.
- **The Course:** PEP involves taking a combination of HIV medications once or twice daily for 28 consecutive days.
- **Side Effects:** Like any medication, PEP can have side , such as nausea or fatigue. Your doctor can help manage these.
- **Follow-Up:** You will need follow-up HIV testing after you complete the 28-day course, typically at 4 weeks and 3 months.

PEP IS NOT PrEP

- PrEP is taken before exposure to prevent HIV. It's for ongoing prevention.
- PEP is taken after exposure to stop HIV from establishing itself. It's for emergency use only.

If you find yourself using PEP more than once, it's a strong signal that you should talk to your doctor about starting PrEP for more consistent, long-term prevention.

My PEP Knowledge Check

Do I know where to access PEP in an emergency?

- ☐ Yes, I know where to go
- ☐ No, I need to find out

Nearest 24/7 PEP access point: _____

What questions do I have about PEP?

New Prompt: What steps would I take in an emergency exposure scenario?

Your thoughts: _____

My Takeaway

What's one key fact about PEP that you'll remember?

Chapter 8: Doxy-PEP - A New Tool in Your Toolkit

"A New Layer Against STIs"

Doxy-PEP (Doxycycline Post-Exposure Prophylaxis) is one of the newest and most promising tools in the safer sex toolkit. It's an antibiotic taken after sex that significantly reduces the risk of acquiring bacterial STIs.

How Doxy-PEP Works

Doxy-PEP involves taking a single, high dose of the antibiotic doxycycline (200mg) within 72 hours (three days) after having condomless sex. The antibiotic works by killing any newly acquired bacteria that cause syphilis and chlamydia before they can establish an infection.

Effectiveness and Recommendations

Clinical trials have shown Doxy-PEP to be highly effective:

- Syphilis: Reduced risk by over 70%
- Chlamydia: Reduced risk by over 70%
- Gonorrhea: Recent studies show it does NOT protect against gonorrhea

Who is Doxy-PEP For?

Doxy-PEP is currently recommended for people who are at high risk of acquiring bacterial STIs, such as:

- HIV-negative men who have sex with men (MSM) and transgender women who have had a bacterial STI in the past year
- People living with HIV who have had a bacterial STI in the past year

Doxy-PEP is Not a Silver Bullet

- It only targets bacterial STIs: It does not protect against viral STIs (like HIV, HPV, or Herpes) or prevent pregnancy.
- Antibiotic Resistance: There is concern that widespread use could lead to increased antibiotic resistance, especially for gonorrhea. This is why it's currently recommended only for high-risk individuals.
- Regular Testing is Still Required: Even with Doxy-PEP, regular STI screening every three months is still the standard of care.

The New Combination Prevention

Doxy-PEP is a powerful addition to the combination prevention strategy:

- PrEP for HIV prevention
- Condoms for broader STI and pregnancy prevention
- Doxy-PEP for targeted bacterial STI prevention

My Doxy-PEP Exploration

Am I a candidate for Doxy-PEP?

- ☐ I've had a bacterial STI in the past year
- ☐ I'm at high risk for bacterial STIs
- ☐ I want to learn more about Doxy-PEP
- ☐ This doesn't apply to me right now

What questions do I have about Doxy-PEP?

New Prompt: How could Doxy-PEP complement my current safer sex practices?

Your thoughts: _____

My Takeaway

What's one thing you learned about Doxy-PEP?

Chapter 9: ART - A Work of ART

“The Science that Rewrites the Story”

ART (Antiretroviral Therapy) is the medical treatment for people living with HIV. It's a combination of medications that, when taken daily as prescribed, suppresses the amount of HIV in the body to an undetectable level. This is the science that has transformed HIV from a death sentence into a manageable chronic condition.

The Power of Undetectable (U=U)

The most profound outcome of effective ART is achieving an Undetectable Viral Load. This is the foundation of the globally recognized and scientifically proven message: Undetectable = Untransmittable (U=U)

What U=U Means

A person living with HIV who is on ART and has an undetectable viral load cannot sexually transmit HIV to a partner.

This is not a theory or a hope; it is a fact confirmed by multiple large-scale studies. U=U removes the fear and stigma associated with HIV transmission, allowing people living with HIV to have sex with confidence and without the need for condoms for HIV prevention.

Taking Your ART

Consistency is Key:

- ART must be taken every day exactly as prescribed by your doctor
- Missing doses can allow the virus to multiply and become resistant to the medication
- Your doctor will monitor your viral load with regular blood tests
- The goal is to keep the viral load so low that it is undetectable

Treatment as Prevention (TasP)

ART is a powerful form of combination prevention. Not only does it keep the person living with HIV healthy, but it also acts as a public health tool by preventing new transmissions.

Disclosing Your Status with Confidence

The U=U message empowers people living with HIV to disclose their status to partners with confidence. You can share the scientific fact that there is zero risk of sexual transmission. This is a massive shift from the fear-based narratives of the past.

My U=U Understanding

What does U=U mean to me?

How does U=U change the conversation about HIV?

New Prompt: How can U=U reduce stigma in my community?

Your thoughts: _____

My Takeaway

What's one insight about ART or U=U that resonates with you?

Testing as Empowerment

"HIV testing is not about fear—it's about clarity"

Knowing your status allows you to make informed decisions, protect yourself and your partners, and reduce anxiety.

Recommended Frequency

- Every 3–6 months if you're sexually active with multiple partners
- Annually if your risk is lower
- Before starting a new relationship so both partners know their status
- After any potential exposure (condom breakage, sexual assault, etc.)

Why It Matters

- Ends stigma: People with HIV who are undetectable are not "a risk"
- Encourages treatment adherence: Early detection means early treatment
- Creates healthier, safer communities: Testing breaks chains of transmission

Beyond HIV

Testing for STIs like chlamydia, gonorrhea, and syphilis is also crucial. Many are silent (no symptoms), but all are treatable. Early testing = easy solutions.

My Testing Plan

When was my last HIV/STI test?

When will I get tested next?

Where will I go for testing?

What barriers might prevent me from getting tested?

- ☐ Cost
- ☐ Don't know where to go
- ☐ Fear of results
- ☐ Stigma/judgment
- ☐ Other: _____

New Prompt: How can I make testing a positive habit?

Your thoughts: _____

My Takeaway

What's one thing that would make testing easier for you?

Module 3 Summary

Key Messages

- PrEP is daily armor against HIV. When taken consistently, it's over 99% effective at preventing HIV through sex.
- PEP is the emergency brake. It must be started within 72 hours of potential exposure. Every hour counts.
- Doxy-PEP adds a new layer of protection against bacterial STIs like syphilis and chlamydia.
- U=U is a scientific fact. People living with HIV who are on ART and have an undetectable viral load cannot sexually transmit HIV.
- Testing is empowerment, not fear. Knowing your status allows you to make informed decisions and access treatment if needed.
- Combination prevention is the gold standard. Layering multiple strategies (barriers + medication + testing + communication) provides the strongest protection.

My Action Steps

Based on what you learned in Module 3, what are 2-3 concrete actions you'll take?

- Action 1: _____
- Action 2: _____
- Action 3: _____

Questions I Still Have

Use this space to note any questions you want to ask the facilitator or explore further:

Resources

- PrEP Access: Ready, Set, PrEP: www.readyssetprep.hiv.gov; PrEP Locator: www.preplocator.org
- PEP Access: Find PEP Near You: Contact your nearest emergency room (available 24/7)
- Testing Sites: GetTested: www.gettested.cdc.gov; Planned Parenthood: www.plannedparenthood.org
- U=U Information: Prevention Access Campaign: www.preventionaccess.org
- Local Resources: Your facilitator will provide information about local PrEP providers, PEP access points, and testing sites.

Notes

Use this space for additional notes, thoughts, or reflections:

Stay informed. Stay protected. Stay fearless.

Module 4: Real Talk: Navigating the Gray Areas



Welcome to Module 4! This guide will help you navigate the gray areas of sexual health—kink, fetish, substances, and harm reduction—with care and without shame.

Module Overview

Because Real Life Doesn't Always Follow the Pamphlet

Desire gets messy. People push boundaries. Substances blur judgment. This module faces the chaos head-on, with harm reduction and care at the center—no shame, just smart moves.

In this module, you'll learn:

- The difference between kink and fetish
- SaFER sex strategies for specific kink activities
- Harm reduction principles for sexual health
- How to navigate substance use and sexual decision-making
- Compassionate approaches to risk reduction

Chapter 10: Pleasures, Kinks, and Fetishes

"Exploring With Boundaries and Care"

Sex isn't always vanilla, and life isn't always sober. People mix in kink, substances, and situations that don't look like a pamphlet. That doesn't mean safety disappears—it means we get smarter about it.

Why Talk About Kink?

Because people do it. From bondage to roleplay to impact play, kink is part of many people's sexual lives. Ignoring it doesn't make it disappear—it just makes it riskier.

Kink vs. Fetish: Understanding the Difference

- Kink refers to any sexual interest, activity, or dynamic that falls outside of what's traditionally considered "mainstream." Kinks may include things like role play, power exchange, sensory exploration, or other forms of creative expression. Most people with kinks can still enjoy sexual activity without them—a kink adds to arousal rather than defines it.
- Fetish describes a more specific focus—a strong attraction to a particular object, body part, or material that becomes central to sexual excitement. Examples might include a fascination with feet, leather, or latex. For some, the fetish itself is necessary for arousal; for others, it simply enhances pleasure.

So, basically: Every fetish is a kink, but not every kink is a fetish. Kinks invite exploration. Fetishes anchor desire.

Both can be healthy parts of sexual expression when practiced with consent, communication, and respect for boundaries.

Kink and SaFER Sex

Many kinks and fetishes involve an element of risk, which is why a well-defined safer sex plan is even more critical.

Kink/Activity Quick Reference

Kink/Activity	Primary Risk	Safer Sex Strategy
Anal Sex (without condom)	HIV, STIs, tears	Condom use, PrEP/PEP, U=U status, proper lube (silicone best), slow entry
Fisting	Tears, internal injury, infection	Extreme hygiene (trim nails, wash hands), lots of sterile lube, clear communication, know limits
Watersports (Urinating)	STIs, UTIs, bacterial infections	Only engage if both partners are informed & comfortable. Avoid open cuts
Blood Play	HIV, Hepatitis, blood-borne pathogens	HIGH RISK. Extreme caution, only by experienced, never share blades, sterile single-use gear

Hygiene and Aftercare

- **Cleaning:** Thoroughly clean all toys, equipment, and body parts that have come into contact with bodily fluids.
- **Wound Care:** Any cuts, scrapes, or tears should be cleaned immediately and treated to prevent infection.
- **Aftercare:** Emotional aftercare is as important as physical safety. Check in with your partner(s) to ensure they are feeling good and respected after the scene.

Consent and Communication in Kink and Fetish Play

Kink requires even more explicit communication than vanilla sex. Here's what that looks like:

- **Negotiate Before You Play:** Discuss boundaries, limits, safe words, and expectations before any scene begins.
- **Use Safe Words:** Establish a clear system (e.g., "red" = stop immediately, "yellow" = slow down, "green" = keep going).
- **Check In During Play:** Especially during intense scenes, check in regularly to ensure everyone is still comfortable.
- **Debrief After Play:** Talk about what worked, what didn't, and how everyone is feeling emotionally and physically.

My Kink Exploration

- What kinks or fetishes am I curious about?

- What boundaries do I have around kink?

-
- What safer sex strategies do I need to research for my interests?
-

New Prompt: How can consent be more dynamic in kink scenarios?

Your thoughts: _____

My Takeaway

What's one thing you learned about kink and safer sex?

Chapter 11: Harm Reduction in Action

"Meeting People Where They Are"

Harm reduction is a public health approach that acknowledges people make choices in complex circumstances. The goal isn't to eliminate all risk (which is unrealistic), but to reduce harm while respecting autonomy and dignity.

What is Harm Reduction?

Harm reduction is based on these core principles:

- Meet people where they are — No judgment, no prerequisites for support.
- Focus on reducing harm, not eliminating risk — Perfection is not the goal; safer choices are.
- Respect autonomy and dignity — People have the right to make their own decisions about their bodies and lives.
- Provide practical, evidence-based strategies — Offer tools and information that actually work in real-world situations.

Harm Reduction and Safer Sex

In the context of sexual health, harm reduction means:

- Using condoms when possible, but also knowing about PrEP and PEP when condoms aren't used
- Reducing the number of partners during high-risk periods rather than demanding abstinence
- Providing clean needles to people who inject drugs to prevent HIV and Hepatitis C transmission
- Offering Doxy-PEP to people at high risk of bacterial STIs
- Teaching people how to test drugs for fentanyl rather than shaming them for using

The "Good Enough" Standard

Harm reduction rejects the idea that you have to be perfect to deserve safety. Good enough is good enough.

- Using a condom sometimes is better than never
- Getting tested once a year is better than never
- Reducing the number of partners is better than not thinking about risk at all
- Taking PrEP inconsistently is better than not taking it at all (though consistent use is ideal)

Drugs, Alcohol, and Sexual Decision-Making

Substances can blur judgment, reduce inhibitions, and make it harder to negotiate consent or use protection. Here's how to reduce harm:

Before Using:

- Decide on your boundaries while sober

- Tell a trusted friend where you'll be
- Have condoms and lube easily accessible
- Know your limits with substances

While Using:

- Check in with yourself and partners regularly
- Use substances in safer environments with people you trust
- Avoid mixing substances (alcohol + other drugs increases risk)
- Have a plan for getting home safely

After Using:

- If you had unprotected sex, consider PEP (within 72 hours)
- Get tested for STIs if you're unsure what happened
- Reflect on what you'd do differently next time without judgment

Injection Drug Use and Safer Sex

If you inject drugs, harm reduction strategies include:

- Never share needles, syringes, or works — This is the highest risk for HIV and Hepatitis C transmission
- Use needle exchange programs — Get clean needles and dispose of used ones safely
- Consider PrEP — People who inject drugs can benefit from PrEP for HIV prevention
- Get tested regularly — For HIV, Hepatitis C, and STIs
- Carry naloxone (Narcan) — In case of opioid overdose

Real-World Scenarios

Let's practice applying harm reduction principles to real situations.

Scenario 1: The Condom Broke You're having sex and the condom breaks. What do you do?

Harm Reduction Response:

Scenario 2: You Drank Too Much You woke up after a night of drinking and you're not sure if you had unprotected sex. What do you do?

Harm Reduction Response:

Scenario 3: Your Partner Doesn't Want to Use Condoms Your partner pressures you to have sex without a condom. What are your options?

Harm Reduction Response:

Activity: The Continuum of Risk

Not all sexual activities carry the same level of risk. Understanding the continuum helps you make informed choices.

Lower Risk Activities:

- Kissing
- Mutual masturbation
- Using toys with barriers
- Oral sex with barriers

Moderate Risk Activities:

- Oral sex without barriers
- Vaginal sex with condoms
- Anal sex with condoms

Higher Risk Activities:

- Vaginal sex without condoms
- Anal sex without condoms
- Sharing needles or works

My Risk Assessment:

What activities am I engaging in, and what's my risk level?

What harm reduction strategies can I use to reduce my risk?

Compassion: The Heart of Harm Reduction

Harm reduction is rooted in compassion—for yourself and others. It recognizes that:

- People make choices in complex circumstances
- Shame doesn't change behavior; support does
- Everyone deserves access to health information and tools
- Reducing harm is always better than doing nothing

Be compassionate with yourself. If you make a choice you regret, learn from it without beating yourself up. You deserve care, not punishment.

Be compassionate with others. People's choices about their bodies and health are their own. Offer information and support without judgment.

My Harm Reduction Reflection

What does harm reduction mean to me?

In what areas of my life could I apply harm reduction principles?

How can I be more compassionate with myself around sexual health?

New Prompt: How can harm reduction help in non-sexual areas of my life?

Your thoughts: _____

My Takeaway

What's one harm reduction strategy you'll remember?

Module 4 Summary

Key Messages

- Kink and fetish are valid expressions of sexuality when practiced with consent, communication, and care. Safer sex strategies apply to all sexual activities, including those outside the mainstream.
- Harm reduction meets people where they are without judgment. The goal is to reduce harm, not eliminate all risk or demand perfection.
- The “good enough” standard recognizes that any step toward safer practices is valuable. You don’t have to be perfect to deserve safety.
- Substances can blur judgment and make safer sex harder to negotiate. Planning ahead while sober reduces harm.
- Compassion is the heart of harm reduction—for yourself and others. Shame doesn’t change behavior; support does.

My Action Steps

Based on what you learned in Module 4, what are 2-3 concrete actions you’ll take?

- Action 1: _____
- Action 2: _____
- Action 3: _____

Questions I Still Have

Use this space to note any questions you want to ask the facilitator or explore further:

Resources

- Harm Reduction Resources: Harm Reduction Coalition: www.harmreduction.org; National Harm Reduction Coalition: 1-510-444-6969
- Needle Exchange Programs: North American Syringe Exchange Network: www.nasen.org
- Substance Use Support: SAMHSA National Helpline: 1-800-662-HELP (1-800-662-4357); Narcotics Anonymous: www.na.org
- Overdose Prevention: Get Naloxone: www.getnaloxonenow.org
- Local Resources: Your facilitator will provide information about local harm reduction services, needle exchange programs, and substance use support.

Notes

Use this space for additional notes, thoughts, or reflections:

Stay informed. Stay protected. Stay fearless.

Module 5: Building Your Personal Safer Sex Plan



Welcome to Module 5! This is where everything comes together. You'll create a personalized safer sex plan using the MATCH Framework, The Fearless Quick Start Guide, and Fearless Foundations that fits your life, your relationships, and your needs.

Module Overview

Your Perfect MATCH

You've learned about mindset, barriers, medications, kink, and harm reduction. Now it's time to piece it all together into a plan that's uniquely yours.

In this module, you'll:

- Create a personalized safer sex plan in four steps
- Learn the MATCH framework (Medications, Awareness, Tools, Communication, Habits)
- Complete guided journaling activities
- Make a commitment to action
- Access resources for ongoing support

Chapter 12: Piecing Together Your Personal Safer Sex Plan

"Your Body, Your Rules, Your Plan"

There's no one-size-fits-all approach to safer sex. Your plan should reflect your relationships, your risk factors, your values, and your lifestyle. This chapter will guide you through creating a plan that works for you.

The Four-Step Process

Step 1: Know Yourself

Before you can build a plan, you need to understand your own patterns, preferences, and risk factors.

Reflect on these questions:

My Sexual Activity:

- What types of sexual activities do I engage in?

- How often do I have sex?

- Do I have one partner, multiple partners, or does it vary?

My Current Practices:

- What safer sex practices do I currently use?

- What works well for me?

- What barriers do I face?

My Risk Factors:

- Am I at higher risk for HIV or STIs?

- Do I have any partners who are HIV-positive?

- Have I had unprotected sex recently?

My Values and Priorities:

- What matters most to me in my sexual health?

- What am I willing to do consistently?

- What feels realistic for my life?

Step 2: Choose Your Pieces

Safer sex is about layering strategies. The more layers you have, the stronger your protection. Choose the pieces that fit your life.

Check all that apply to you:

Barriers:

- ☐ External condoms
- ☐ Internal condoms
- ☐ Dental dams
- ☐ Gloves/finger cots
- ☐ Lube (water-based, silicone-based)

Medications:

- ☐ PrEP (daily pill or injection)

- ☐ PEP (emergency use)
- ☐ Doxy-PEP (after condomless sex)
- ☐ ART (if living with HIV)

Testing:

- ☐ Regular HIV testing (every 3-6 months)
- ☐ Regular STI testing (every 3-6 months)
- ☐ Testing before new relationships

Communication:

- ☐ Discussing status with partners
- ☐ Negotiating boundaries
- ☐ Ongoing consent check-ins

Other Strategies:

- ☐ Limiting number of partners
- ☐ Choosing lower-risk activities
- ☐ Avoiding substances during sex
- ☐ Planning ahead for safer situations

Step 3: Plan for “What Ifs”

Life is unpredictable. Having a plan for common scenarios reduces panic and helps you respond quickly.

- What if the condom breaks?

My plan: _____

- What if I have unprotected sex?

My plan: _____

- What if I’m exposed to HIV?

My plan: _____

- What if I test positive for an STI?

My plan: _____

- What if a partner refuses to use protection?

My plan: _____

Step 4: Keep It Handy

Your plan is only useful if you can access it when you need it. Here’s how to keep it handy:

- Write it down and keep it in your phone or wallet
- Share it with trusted friends who can support you
- Review it regularly (every 3-6 months) and update as needed
- Have supplies accessible (condoms, lube, PrEP, etc.)

The MATCH Framework



MATCH is an easy-to-remember framework for building your safeR sex plan. Each letter represents a key component of comprehensive sexual health.

M = Medications

Medications am I using or considering?

- ☐ PrEP for HIV prevention
- ☐ PEP for emergency HIV prevention
- ☐ Doxy-PEP for bacterial STI prevention
- ☐ ART (if living with HIV)
- ☐ Hormonal birth control
- ☐ Emergency contraception

My medication plan:

Barriers to accessing medications:

A = Awareness

What do I need to know about my status and my partners' status?

My Testing Schedule:

- Last HIV test: _____
- Next HIV test: _____
- Last STI screening: _____
- Next STI screening: _____

My Status:

- HIV status: _____
- STI status: _____
- Last updated: _____

Partner Communication:

- ☐ I discuss status with partners before sex
- ☐ I ask about recent testing
- ☐ I disclose my own status
- ☐ I need to work on this

My awareness goals:

T = Tools

What physical tools do I use for safer sex?

Barriers I Use:

- ☐ External condoms
- ☐ Internal condoms
- ☐ Dental dams
- ☐ Gloves/finger cots

Lube I Use:

- ☐ Water-based
- ☐ Silicone-based
- ☐ I need to get lube

Toys:

- ☐ I use toys and clean them properly
- ☐ I use barriers on shared toys
- ☐ I check that toys are body-safe materials

Where I Keep My Tools:

What I Need to Stock Up On:

C = Communication

How do I communicate about safer sex with partners?

My Communication Strengths:

My Communication Challenges:

Scripts I'll Practice:

Boundaries I Need to Set:

H = Habits

What daily and weekly habits support my sexual health?

Daily Habits:

- ☐ Take PrEP at the same time every day
- ☐ Check in with my body and emotions
- ☐ Practice self-care routines

Weekly Habits:

- ☐ Restock condoms and lube
- ☐ Clean toys
- ☐ Reflect on recent sexual experiences

Monthly Habits:

- ☐ Review my safer sex plan
- ☐ Schedule testing appointments
- ☐ Check in with partners about boundaries

Every 3-6 Months:

- ☐ Get tested for HIV and STIs
- ☐ Update my safer sex plan
- ☐ Refill PrEP prescription (if applicable)

Habits I Want to Build:

Activity: Guided Journaling

Take 15-20 minutes to reflect deeply on your sexual health journey. Use these prompts to guide your writing.

Prompt 1: My Sexual Health Story

- Where am I now in my sexual health journey?

- What brought me to this workshop?

- What do I want to change or improve?

Prompt 2: My Fears and Barriers

- What fears do I have about safer sex?

- What barriers prevent me from protecting myself?

- What support do I need to overcome these barriers?

Prompt 3: My Vision for Fearless Sexual Health

- What would it feel like to be truly fearless about my sexual health?

-
- What would change in my life if I felt fully protected?

-
- What does “fearless, aware, and protected” mean to me personally?
-

Prompt 4: My Support Network

Who can I turn to for support in my sexual health journey?

Activity: Commitment to Action

Making a commitment—even a small one—increases the likelihood that you’ll follow through. Use this space to commit to specific actions.

My Commitments

Within the next 7 days, I commit to:

- 1.
- 2.
- 3.

Within the next 30 days, I commit to:

- 1.
- 2.
- 3.

Within the next 3 months, I commit to:

- 1.

- 1.

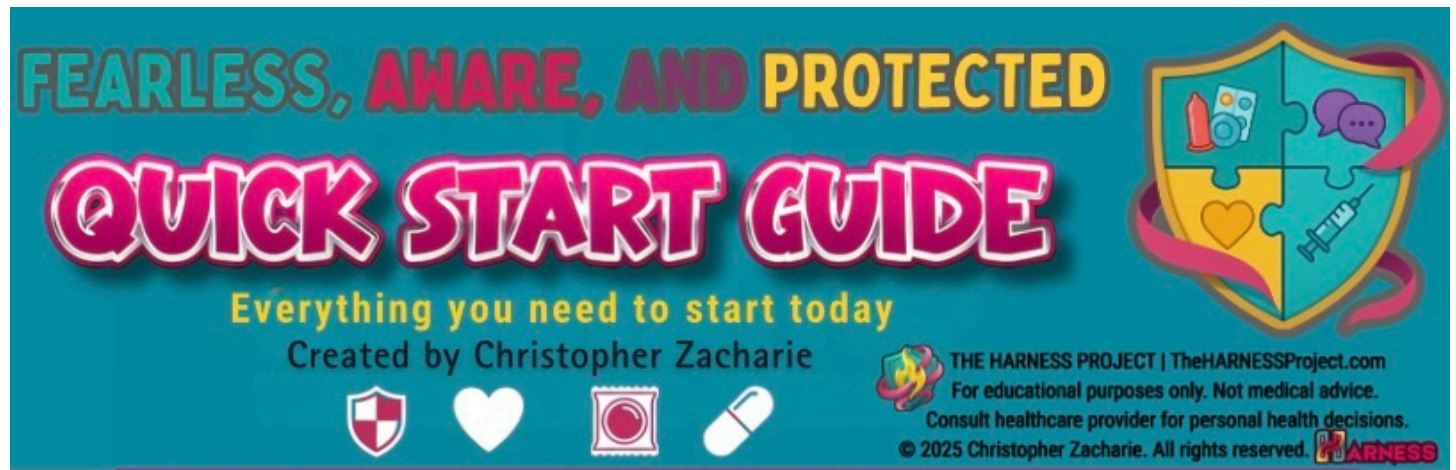
Accountability

- Who can support me in keeping these commitments?

-
- How will I track my progress?

-
- How will I celebrate my successes?
-

Fearless Quick Start Guide



Once you have found your Perfect MATCH use your Fearless Quick Start Guide to put MATCH into action today. The Fearless Quick Start Guide is a fast, empowering overview of the most important sexual health tools, emergency steps, and conversation openers. It gives you the essentials you need to protect yourself, make informed choices, and feel confident right away.

If you're feeling overwhelmed, start here. These are the most essential actions you can take right now.

If You Do Nothing Else, Do These 3 Things:

1. Get Tested
 - a. Find a testing site near you
 - b. Get tested for HIV and STIs
 - c. Know your status
2. Use Barriers
 - a. Get free condoms from a local clinic
 - b. Keep them accessible
 - c. Use them consistently
3. Communicate
 - a. Practice one conversation script
 - b. Talk to one partner about safer sex
 - c. Set one boundary

Next Level Actions:

4. Consider PrEP

- Talk to your doctor about whether PrEP is right for you
 - Research cost assistance programs
 - Start the conversation
1. Build Your MATCH Plan
 - ☐ Complete the MATCH framework
 - ☐ Write down your plan
 - ☐ Review it every 3 months
 2. Connect to Resources
 - ☐ Save hotline numbers in your phone
 - ☐ Bookmark trusted websites
 - ☐ Find local support services

Fearless Foundations

FEARLESS FOUNDATIONS

YOUR BODY, YOUR BOUNDARIES, YOUR BOLD PLAN.

A Companion Ritual to the Quick Start Guide & MATCH Framework

This worksheet is your space to slow down and design safety on your own terms.

Reflect. Reclaim. Reimagine what protection can feel like.

Be prepared. Be bold. Be unapologetically you.



Fearless Foundations is a bold, interactive ritual designed to help participants reclaim their power, clarify boundaries, and build a personalized protection plan. Using the MATCH framework—Medications, Awareness, Tools, Communication, and Healthy Habits—it guides users to reflect on what safety looks and feels like in their own lives. Through creative prompts and visual mapping, it transforms abstract concepts into actionable, empowering choices.

These 3 activities are your space to slow down and design safety on your own terms. Reflect. Reclaim. Reimagine what protection can feel like. Be prepared. Be bold. Be unapologetically you.

See The MATCH Framework, The Fearless Quick Start Guide, and Fearless Foundations for complete breakdown (handouts and interactive digital experiences available)

Resources and Next Steps

Affordable Care

- Health Insurance Marketplace: www.healthcare.gov
- Medicaid: Check eligibility in your state
- Community Health Centers: Sliding-scale fees based on income
- Ryan White HIV/AIDS Program: Free care for people living with HIV

Finding Affordable PrEP

- Ready, Set, PrEP: www.readysetprep.hiv.gov
- Manufacturer Copay Cards: Ask your doctor or pharmacist
- State PrEP Assistance Programs: Check your state health department

Free or Low-Cost Testing

- GetTested: www.gettested.cdc.gov
- Planned Parenthood: www.plannedparenthood.org
- Local Health Departments: Often offer free testing

Local Resources — Houston & Galveston

- Houston Health Department Clinics — HIV/STI testing and treatment
- Legacy Community Health — PrEP, PEP navigation, STI services: www.legacycommunityhealth.org
- AIDS Foundation Houston — testing and linkage to care: www.hivcare.org
- Harris Health System — public clinics with sexual health services: www.harrishealth.org
- Galveston County Health District (Coastal Health & Wellness) — testing and PrEP navigation
- UTMB Health (Galveston) — infectious disease and sexual health services

Status-Neutral Care

What is Status-Neutral Care?

Status-neutral care means that everyone—regardless of HIV status—receives the same high-quality, compassionate care. It recognizes that:

- People living with HIV who are undetectable cannot transmit HIV (U=U)
- HIV status doesn't determine someone's worth or character
- Everyone deserves access to prevention, testing, and treatment
- Stigma has no place in healthcare

Finding Status-Neutral Providers:

Look for providers who:

- Use inclusive, non-judgmental language
- Offer PrEP, PEP, and ART without stigma
- Respect your autonomy and choices
- Treat all patients with dignity

Vision for a Status-Neutral World

A world where:

- HIV status is just another health condition, like diabetes or high blood pressure
- People living with HIV face no stigma or discrimination
- Everyone has access to prevention, testing, and treatment
- U=U is common knowledge
- Sexual health is celebrated, not shamed

This world is possible. You're helping build it.

Module 5 Takeaway

Key Messages

- Your safer sex plan is uniquely yours. It should reflect your relationships, your risk factors, your values, and your lifestyle.
- The MATCH framework (Medications, Awareness, Tools, Communication, Habits) helps you build a comprehensive plan that covers all the bases.
- Combination prevention is the gold standard. Layering multiple strategies provides the strongest protection.
- Start small and build. You don't have to do everything at once. Even one action is progress.
- You deserve care, not judgment. Harm reduction and compassion are at the heart of sexual health.
- Fearless, aware, and protected is not just a slogan—it's a way of life. You have the knowledge, tools, and confidence to take ownership of your sexual health.

My Final Reflections

- What's the most important thing I learned in this program?

- How has my understanding of safer sex changed?

- What am I most proud of?

- What's my next step?

My Personal Safer Sex Plan Summary

Use this page as a quick reference for your personalized plan.

My MATCH Plan at a Glance

- Medications: _____
- Awareness: _____
- Tools: _____
- Communication: _____
- Habits: _____

My Emergency Contacts

- PrEP Provider: _____ Phone #: _____
- Testing Site: _____ Phone #: _____
- 24/7 PEP Access: _____ Phone #: _____
- Trusted Friend/Support: _____ Phone #: _____
- Crisis Hotline: 1-800-273-8255 (National Suicide Prevention Lifeline)

My Testing Schedule

- Next HIV Test:

- Next STI Screening:

- Next Check-In with Provider:

Closing: Fearless Belongs to You

Sexual health isn't about restriction—it's about freedom. Freedom to love, to play, to explore without shame. Freedom to make choices rooted in knowledge, not fear. By layering tools, staying informed, and respecting yourself and your partners, you've already taken control of your story.

You've made it through condoms and pills, barriers and blueprints, myths and facts. You've seen how prevention is not one thing but many—layered, flexible, yours to choose.

Here's the truth to carry forward:

- **You don't need to be perfect.** You just need to be prepared.
- **You don't need to live in fear.** You need tools you can trust.
- **You don't need someone else's rules.** You get to write your own plan.

Safer sex isn't a burden. It's a declaration: my body matters, my pleasure matters, my future matters.

Take what you've learned here and turn it into action. Practice it. Share it. Teach it. Update your plan as your life shifts. This is not a one-time lesson—it's a lifelong gift you give yourself and anyone lucky enough to share intimacy with you.

Fearless belongs to you now. **Protected** belongs to you. And so does **freedom**.

Thank You

Thank you for your courage, your curiosity, and your commitment to your sexual health. You are part of a movement toward a world where everyone can be fearless, aware, and protected.

Stay informed. Stay protected. Stay fearless.

Notes

Use this space for additional notes, thoughts, or reflections:

