

FREE CURRICULUM PREVIEW · FACILITATOR KIT

MATCH FRAMEWORK

HARNESS Adult Edition · Free Curriculum Preview · Adults 18+

INSIDE

- Setup and room checklist
- Stop-the-Room script (if someone discloses harm)
- Five 50-minute lesson plans — one per MATCH letter
- 25 facilitator cards: purpose, say-this, watch-for, if-then, debrief
- Check for understanding with answer keys and success criteria
- Differentiation note for every lesson
- Companion files: Task Cards PDF · Handouts PDF · Stop-the-Room card

M	Biological Armor — Medications	Own the one layer nobody else can remove.
A	Your Data Center — Awareness	Turn fear into data.
T	Physical Frontline — Tools	Frontline barriers that work at 1 a.m.
C	Strongest Voice — Communication	Scripts that survive pushback.
H	Maintenance Protocol — Habits	Make the plan routine, not a one-time decision.

SETUP

ROOM

- Two adults ideal: one leads, one watches the room and handles any private check-ins.
- Circle or pods, not rows. Seat near an exit. Water and snacks. Supply box visible, not hidden.
- No recording. No roster posted. No one is asked their status, history, or orientation.
- Demo models and sealed supplies only for the T lesson.

BEFORE EVERY SESSION

- Confirm room booking, a private space for check-ins, and a local referral list (testing, PrEP, ER, support).
- Read the Stop-the-Room script with your co-facilitator. Agree who pauses the room and who stays with the group.
- Confirm current CDC guidance for PrEP, PEP, and doxy-PEP before each cohort — guidance moves.
- Print one handout packet per participant and one task-card set per group. Cut the cards apart.
- Read this lesson's facilitator cards and rehearse the scripts out loud once.

GROUND RULES — READ ALOUD

- Confidentiality — what's shared here stays here; what you learn leaves.
- Respect — no slurs, no assumptions about partners, gender, or history.
- Right to pass — say "pass" anytime.
- No judgment — status-neutral care. "People living with HIV," never "infected."
- Consent is withdrawable — leave any activity anytime.

MATERIALS

- Participant handout packet (1 each)
- Task cards (1 set per group)
- Pens, index cards, timer
- T lesson: demo model, sealed external and internal condoms, dental dams, water- and silicone-based lube samples
- Local referral list

SCOPE

Adults 18+. Non-explicit, status-neutral, skills not scare. Educational content only — not medical advice. Confirm clinical details with a clinician or current CDC guidance before each cohort. The NCCC PEpline (1-888-448-4911) is clinician-to-clinician only and never goes on a participant handout as a place to call. Participant instruction for PEP: go to an emergency room.

STOP THE ROOM — IF A PARTICIPANT DISCLOSES HARM

Use this when a participant discloses current abuse, sexual violence, intimate-partner violence, intent to harm themselves or someone else, or is visibly in crisis.

1 · PAUSE — calm and brief	"I want to pause us for a moment. Thank you for trusting the room with that. You deserve more than a group conversation can give — can we talk one-on-one right after this, or now if you'd like?"
2 · PROTECT THE ROOM	Co-facilitator moves the group to a grounding break or the buffer activity. Never ask the person to explain in front of the group.
3 · PRIVATE — listen, don't investigate	Believe them. Do not ask for details or proof. "What you're telling me matters. What would be most helpful right now?" The adult decides their next step.
4 · BE HONEST ABOUT LIMITS	Most adult disclosures do not require a report, and the choice to report belongs to them. You must report if a child is being abused, or if an older adult (65+) or an adult with a disability is being abused, neglected, or exploited (Texas: DFPS 1-800-252-5400 / txabusehotline.org). Say so before they share more, if it applies.
5 · DANGER OR CRISIS	Immediate danger: call 911. Suicide risk: do not leave them alone; connect to 988 (call or text) and your site counselor.
6 · OFFER RESOURCES	RAINN 1-800-656-HOPE (4673) · National DV Hotline 1-800-799-SAFE (7233), or text START to 88788 · 988 Suicide & Crisis Lifeline · 211 for local services. Offer to sit with them while they call.
7 · DOCUMENT	Note the time, what you did, and any referral. Write only what is required by your site. No interpretation.
8 · CLOSE THE GROUP + CARE	"This material can land heavily. If anything came up, either of us is available after." Debrief with your co-facilitator.

NEVER

- Never promise confidentiality you cannot keep.
- Never investigate or ask for details.
- Never pressure an adult to report or to leave a relationship.
- Never discuss it with others who do not need to know.
- Never continue as if nothing happened — name the pause, then move on.

Scenario lines are not disclosures. A real statement about a real person is — even mid-drill.



LESSON M · MEDICATIONS

BIOLOGICAL ARMOR

Objective: Own the one layer nobody else can remove. · 50 min · Adult health literacy · CDC PrEP and doxy-PEP guidance (confirm current editions)

BIG IDEA

Protection that works regardless of a partner's actions or words.

SETUP

- Print the PrEP Format card, PEP 72-Hour card, Doxy-PEP table, and Vaccine + Hep C tracker.
- Fill the local ER and PrEP provider lines on the PEP card before class.

50-MINUTE LESSON PLAN

Start	Min	Block	What happens
0:00	5	Open + check-in	Landing hook: "If one piece fails, which piece still holds?" Norms.
0:05	10	Activities 1-2	Choose Your Gear, then the 72-Hour Protocol.
0:15	15	Activity 3 (core)	Core: Doxy-PEP Gap Drill.
0:30	10	Activity 4	Vaccine + Hep C tracker.
0:40	10	Activity 5 + check for understanding	The Ask — rehearse, then check for understanding.

FACILITATOR CARDS

ACTIVITY 1 · MATCH-UP · PAIRS · 5 MIN

CHOOSE YOUR GEAR

Say this: "The best PrEP is the one you'll actually keep taking."

Watch for: Assumptions about who PrEP is for. It's for anyone who could benefit.

If-then: Questions about hormones: no clinically significant interaction with estrogen or testosterone; both providers should know.

Debrief: What would make each format harder or easier for you?

ACTIVITY 2 · EMERGENCY CARD · SOLO · 5 MIN

72-HOUR PROTOCOL

Say this: "Any ER can and should provide PEP. It's a 28-day course — finish every pill."

Watch for: Anyone writing the PEP line as 'who to call.' It's clinician-only.

If-then: If someone says an exposure happened this week: privately, today, ER. Pause the room if needed.

Debrief: What would slow you down at 11 p.m.? Fix it now.

ACTIVITY 3 · QUICKFIRE · CORE · GROUPS OF 3 · 15 MIN

DOXY-PEP GAP DRILL

Say this: "Doxy-PEP is backup, not frontline. Name the gap without checking."

Watch for: "So I don't need condoms." Run the redundancy check.

If-then: Who it's for: CDC (2024) recommends offering it to gay and bisexual men and transgender women with a bacterial STI in the past 12 months; others should talk with a clinician.

Debrief: If a partner says "doxy has it handled," what's your line?

Card set / key:

- "Doxy-PEP prevents HIV." → False. It's an antibiotic.
- "One 200 mg dose within 72 hours after sex." → True.
- "Doxy-PEP covers gonorrhea as well as syphilis." → False. About half.
- "You still test every 3–6 months." → True.

ACTIVITY 4 • TRACKER • SOLO • 10 MIN

VACCINE + HEP C TRACKER**Say this:** “Don’t know is a next step, not a failure.”**Watch for:** Shame about not knowing. Normalise it.**If-then:** Tracker stays private. Never collect it.**Debrief:** Which line has a next-step date now?

ACTIVITY 5 • REHEARSE • PAIRS • 10 MIN

THE ASK**Say this:** “Practiced words beat nerves.”**Watch for:** Mumbling. Have them say it again, slower.**If-then:** If someone has had a bad clinic experience: validate, then rehearse a second-try line.**Debrief:** What made it easier the second time?

CHECK FOR UNDERSTANDING • EXIT TICKET KEY

1. Name the three PrEP formats.

Key: Daily pill; injection every two months after starting doses (cabotegravir/Apretude); twice-yearly injection (lenacapavir/Yeztugo).

2. PEP must start within how many hours, and for how long?

Key: 72 hours; 28-day course. Sooner is better. Go to an ER.

3. Where is the doxy-PEP gap?

Key: Gonorrhea — only about 50–55%. It also does nothing for HIV, herpes, or HPV.

Success looks like: Every participant leaves with a filled PEP card and can state the doxy-PEP gap without notes.**DIFFERENTIATION NOTE**

Support	Pre-filled format cards; read claim cards aloud; allow pointing to answers.
Extend	Build a one-page plan comparing two PrEP formats against your real week.
Language learners	Glossary card (PrEP, PEP, ER, prescription); scripts in the home language.
Access / IEP	Large-print cards; audio of the 72-hour protocol; extra time.
Trauma-informed	Never ask about exposures, status, or history. Status-neutral language throughout.

If anyone discloses harm during this lesson, use the Stop-the-Room script (page 3).



LESSON A · AWARENESS

YOUR DATA CENTER

Objective: Turn fear into data. · 50 min · Adult health literacy · window periods · U=U

BIG IDEA

The ghost you name today is the first thing your MATCH plan will silence.

SETUP

- Print the Anxiety Audit, Ghost Hunt map, Window Period calculator, Three-Site script, and U=U card.

50-MINUTE LESSON PLAN

Start	Min	Block	What happens
0:00	5	Open + check-in	Landing hook: “Not knowing doesn’t protect you — it removes your choices.” Norms.
0:05	10	Activities 1-2	Anxiety Audit, then Ghost Hunt → Data.
0:15	15	Activity 3 (core)	Core: Window Period calculator.
0:30	10	Activity 4	Three-Site Ask.
0:40	10	Activity 5 + check for understanding	U=U one-sentence, then check for understanding.

FACILITATOR CARDS

ACTIVITY 1 · AUDIT · SOLO, PRIVATE · 5 MIN

ANXIETY AUDIT

Say this: “Ghosts don’t care about being logical. Get them on paper.”

Watch for: People writing then hiding the page. That’s fine — nobody collects it.

If-then: If someone is visibly overwhelmed, offer a break and a private check-in.

Debrief: What changed when the ghost had a floor under it?

ACTIVITY 2 · MAP · PAIRS · 5 MIN

GHOST HUNT ☒ DATA

Say this: “Name the attack, name the shield.”

Watch for: Pairs sharing personal ghosts when they didn’t want to. Use catalogue examples instead.

If-then: If a ghost is about a past experience of harm, move to a private check-in.

Debrief: Which ghost shows up most in your life?

ACTIVITY 3 · CALCULATOR · CORE · GROUPS OF 3 · 15 MIN

WINDOW PERIOD CALCULATOR

Say this: “Too early isn’t never. It means retest.”

Watch for: Rounding windows down. Use the full range.

If-then: These are planning ranges. Clinics confirm the exact timing.

Debrief: What would you tell a friend who tested on day 10?

Card set / key:

- Exposure 10 days ago → HIV lab test: too early, retest after day 45. CT/GC: test now.
- Exposure 5 weeks ago → syphilis: in range, test now. HIV lab: in range, retest at 45 days if early.
- Exposure 3 months ago → all ranges covered: test now.

ACTIVITY 4 • SCRIPT • SOLO + MIRROR • 10 MIN

THREE-SITE ASK

Say this: “A urine-only panel can read clean while an infection sits somewhere never checked.”

Watch for: Mumbled scripts. Again, louder.

If-then: If a participant says sites don’t apply to them, that’s their call — the skill is asking.

Debrief: What would make you actually say this at the clinic?

ACTIVITY 5 • EXPLAIN • PAIRS • 5 MIN

U=U ONE-SENTENCE

Say this: “This is science, not reassurance.”

Watch for: Dropping the condition. It’s part of the sentence.

If-then: Myths about HIV from the room: correct the fact, never the person.

Debrief: Who in your life needs this sentence?

CHECK FOR UNDERSTANDING • EXIT TICKET KEY

1. What is the window period for an HIV Ag/Ab lab test?

Key: 18–45 days.

2. What are the three testing sites to ask for?

Key: Throat, rectal, urine.

3. State U=U including its condition.

Key: A sustained undetectable viral load on ongoing treatment means effectively no risk of sexual transmission.

Success looks like: Participants correctly solve two window-period cards and say the three-site ask out loud.

DIFFERENTIATION NOTE

Support	Pre-calculated date cards; table with highlighted rows; partner reads aloud.
Extend	Build a personal testing calendar for the next 6 months.
Language learners	Visual calendar; glossary for window period, antibody, panel.
Access / IEP	Calculator worksheet in large print; voice-memo option for the script.
Trauma-informed	Ghosts may touch past harm or diagnosis. Keep everything private and optional.

If anyone discloses harm during this lesson, use the Stop-the-Room script (page 3).



LESSON T · TOOLS

PHYSICAL FRONTLINE

Objective: Frontline barriers that work at 1 a.m. · 50 min · Adult health literacy · barrier efficacy · lube compatibility

BIG IDEA

Friction reduction is infection prevention. Match the lube to the material.

SETUP

- Set up the demo model and sealed supplies. Check expiry dates.
- Print the Materials table, Lube Match card, Build-a-Dam steps, and Golden Rule card.

50-MINUTE LESSON PLAN

Start	Min	Block	What happens
0:00	5	Open + check-in	Landing hook: “Your comfort sets the ceiling for theirs.” Norms.
0:05	10	Activities 1-2	Pinch the Tip demo, then Match Material to Need.
0:15	15	Activity 3 (core)	Core: Lube Match drill.
0:30	10	Activity 4	Build a Dam — timed.
0:40	10	Activity 5 + check for understanding	Golden Rule drill, then check for understanding.

FACILITATOR CARDS

ACTIVITY 1 · DEMO · WHOLE GROUP, MODEL ONLY · 5 MIN

PINCH THE TIP

Say this: “Matter-of-fact. Let the laugh land, then keep going.”

Watch for: Discomfort. Model calm.

If-then: Latex allergy questions: polyurethane or polyisoprene.

Debrief: Which step do people skip most?

ACTIVITY 2 · SCENARIOS · PAIRS · 5 MIN

MATCH MATERIAL TO NEED

Say this: “Default: latex or poly.”

Watch for: Picking lambskin for STI protection.

If-then: If a pair is stuck, go back to the materials table.

Debrief: When would lambskin ever be the right call?

ACTIVITY 3 · DRILL · CORE · GROUPS OF 3 · 15 MIN

LUBE MATCH

Say this: “Lube isn’t optional — inadequate lubrication increases breakage.”

Watch for: Mixing up silicone lube with silicone toys.

If-then: Irritation questions: switch to a water-based, fragrance-free option and ask a clinician.

Debrief: Which pairing will you never forget now?

ACTIVITY 4 · TIMED · PAIRS · 10 MIN

BUILD A DAM

Say this: “Field conditions: no perfect scissors at 1 a.m. Practise now.”

Watch for: Using a lubed condom — hard to handle.

If-then: Safety: blunt-tip scissors only.

Debrief: Could you do this without the card?

ACTIVITY 5 • NARRATE • PAIRS • 5 MIN

GOLDEN RULE DRILL**Say this:** “No skipping because ‘it’s quick.’”**Watch for:** Giggles turning into opting out. Offer the observer role.**If-then:** Storage: no wallets or glove boxes — heat and friction break latex.**Debrief:** What’s your stock check this week?

CHECK FOR UNDERSTANDING • EXIT TICKET KEY

1. Which lube never goes with latex?

Key: Oil-based.

2. Does lambskin protect against HIV and STIs?

Key: No. It prevents pregnancy only.

3. Name the four Build-a-Dam moves.

Key: Unroll, snip tip, snip base ring, slice and unfold (plus a drop of water-based lube).

Success looks like: Participants answer the lube flash cards without notes and build a dam in under 30 seconds.**DIFFERENTIATION NOTE**

Support	Picture step cards; demo repeated slowly; observer role available.
Extend	Teach-back: explain the Lube Match to a partner in 30 seconds.
Language learners	Picture-only lube chart; product labels translated.
Access / IEP	Fine-motor alternative: sequence the step cards instead of handling supplies.
Trauma-informed	Hands-on is optional. Narrating and observing count as full participation.

If anyone discloses harm during this lesson, use the Stop-the-Room script (page 3).



LESSON C · COMMUNICATION

STRONGEST VOICE

Objective: Scripts that survive pushback. · 50 min · Adult health literacy · consent · disclosure ethics

BIG IDEA

Silence is risk. Conversation is protection.

SETUP

- Print the Five Scripts card, Rehearsal Protocol, Disclosure Draft, and Consent Café menu.
- Prepare pushback cards for the Gentle Hold drill.

50-MINUTE LESSON PLAN

Start	Min	Block	What happens
0:00	5	Open + check-in	Landing hook: “Athletes practise plays. This is your play.” Norms.
0:05	10	Activities 1-2	Write Your Own, then the Rehearsal Protocol.
0:15	15	Activity 3 (core)	Core: Gentle Hold under pushback.
0:30	10	Activity 4	Disclosure Draft (fact + science + door).
0:40	10	Activity 5 + check for understanding	Consent Loop, then check for understanding.

FACILITATOR CARDS

ACTIVITY 1 · WRITE · SOLO · 5 MIN

WRITE YOUR OWN

Say this: “If it sounds fake, rewrite it.”

Watch for: Copying the card word for word.

If-then: Stuck? Start from the exit line — it’s the easiest to own.

Debrief: Which line sounds most like you?

ACTIVITY 2 · 4 TICKS · SOLO + PAIRS · 5 MIN

REHEARSAL PROTOCOL

Say this: “Scripts fail if you only read them once.”

Watch for: Stopping at tick one.

If-then: If someone won’t say it aloud in the group, a voice memo counts.

Debrief: Which tick was hardest?

ACTIVITY 3 · PUSHBACK · CORE · PAIRS · 15 MIN

GENTLE HOLD UNDER PUSHBACK

Say this: “You never apologise for keeping yourself safe.”

Watch for: “I’m sorry, but...” Catch it and reset.

If-then: If a drill gets heated, pause: it’s practice, not a contest.

Debrief: What did it feel like to hold the line twice?

ACTIVITY 4 · DRAFT · SOLO, PRIVATE · 10 MIN

DISCLOSURE DRAFT

Say this: “Write it now, not at 11 p.m. in the DMs.”

Watch for: Assuming who in the room this is for. Everyone drafts a version — about any health information.

If-then: Legal questions: some states still have HIV-specific disclosure laws. Not legal advice — refer to legal aid or an HIV services organization.

Debrief: What does the ‘door’ line do for the other person?

ACTIVITY 5 · CAFÉ · PAIRS · 5 MIN

CONSENT LOOP**Say this:** “Guilt over a changed mind is a red flag.”**Watch for:** Responses that make the other person pay for a boundary.**If-then:** If the exercise surfaces a past experience, offer a private check-in.**Debrief:** What does a good response to a changed mind sound like?

CHECK FOR UNDERSTANDING · EXIT TICKET KEY

1. Name the five script types.

Key: Pre-game, Barrier Pivot, Boundary, Gentle Hold, Exit.

2. What are the three parts of a disclosure?

Key: Fact, science, door.

3. What does the R in FRIES mean for a conversation already underway?

Key: Reversible — anyone can change their mind at any point.

Success looks like: Participants hold the line through three pushback cards without apologising.**DIFFERENTIATION NOTE**

Support	Script strips; start with the exit line; partner models first.
Extend	Write a pushback card the group hasn’t heard and a hold line for it.
Language learners	Scripts drafted in the home language first.
Access / IEP	Typed or AAC scripts count; voice-memo rehearsal.
Trauma-informed	Never role-play a real relationship from the room. Observer role always available.

If anyone discloses harm during this lesson, use the Stop-the-Room script (page 3).



LESSON H · HABITS

MAINTENANCE PROTOCOL

Objective: Make the plan routine, not a one-time decision. · 50 min · Adherence · redundancy · maintenance planning

BIG IDEA

A plan that only works under perfect conditions is a wish.

SETUP

- Print Build Your MATCH Plan, Safer Score, Stress Test card, Stock Check, and the 30-Day Fearless Challenge.
- Pick one stress-test dossier to run (Broken Barrier is a good default).

50-MINUTE LESSON PLAN

Start	Min	Block	What happens
0:00	5	Open + check-in	Landing hook: “Which letter is still available?” Norms.
0:05	10	Activities 1-2	Build Your MATCH Plan, then the Safer Score.
0:15	15	Activity 3 (core)	Core: Plan Stress Test with a dossier.
0:30	10	Activity 4	Stock Check.
0:40	10	Activity 5 + check for understanding	30-Day Fearless Challenge launch, then check for understanding.

FACILITATOR CARDS

ACTIVITY 1 · PLAN · SOLO · 5 MIN

BUILD YOUR MATCH PLAN

Say this: “One line, phone photo, done.”

Watch for: Lines too vague to act on.

If-then: Not every plan uses every piece every time. You’re the architect.

Debrief: Which line is weakest right now?

ACTIVITY 2 · SCORE · SOLO · 5 MIN

SAFER SCORE

Say this: “No single layer has to be perfect.”

Watch for: Shame about a low score. It’s a starting line.

If-then: Scores are private.

Debrief: Which one point is easiest to add?

ACTIVITY 3 · DOSSIER · CORE · GROUPS OF 3 · 15 MIN

PLAN STRESS TEST

Say this: “Don’t panic — look at the puzzle and activate the next piece.”

Watch for: Groups hunting for one right answer. There isn’t one.

If-then: If a dossier mirrors someone’s real week, offer the PEP card and a private check-in.

Debrief: Which letter did your group pivot to, and why?

ACTIVITY 4 · CHECKLIST · SOLO · 10 MIN

STOCK CHECK

Say this: “Don’t let your battery die. Restock before you need it.”

Watch for: Cost barriers. Point to free supplies at clinics and health departments.

If-then: Privacy at home? Plan discreet storage.

Debrief: What will you restock first?

ACTIVITY 5 · LAUNCH · SOLO · 5 MIN

30-DAY FEARLESS CHALLENGE**Say this:** “Tiny daily reps beat one big decision.”**Watch for:** Overloading week one.**If-then:** Missed a day? Pick up the next one. That’s the habit.**Debrief:** Who will you teach on Day 30?

CHECK FOR UNDERSTANDING · EXIT TICKET KEY

1. What Safer Score survives real-world friction?

Key: 3 or more out of 5.

2. A condom breaks. Name two letters still available.

Key: Any two that apply — e.g., M (PEP within 72 h), A (testing plan), C (tell your partner), H (restock).

3. Name the adult 30-day challenge.

Key: The 30-Day Fearless Challenge.

Success looks like: Every participant leaves with a photographed MATCH plan and the first seven days of the challenge written.**DIFFERENTIATION NOTE**

Support	Fill-in MATCH plan with a word bank; one dossier read aloud by the facilitator.
Extend	Run a second dossier and compare the pivots.
Language learners	Visual dossier summaries; plan written in any language.
Access / IEP	Paper and phone versions; reduced challenge (one action every three days).
Trauma-informed	Dossiers are fictional. Never ask whose life they resemble.

If anyone discloses harm during this lesson, use the Stop-the-Room script (page 3).