



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)

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · MATCH-UP

CHOOSE YOUR GEAR

- ☐ Match each routine to a PrEP format: daily pill (Truvada / Descovy) · injection every two months after starting doses (Apretude) · twice-yearly injection (Yeztugo, where available).
- ☐ Pick which you would actually keep at 1 a.m. — your schedule, not your identity.

2 · EMERGENCY CARD

72-HOUR PROTOCOL

- ☐ Walk the four moves: 0-2 h best · 2-24 h highly effective · 24-72 h closing, still go · 72+ h window passed, still test and ask.
- ☐ Fill your ER plan: name, address, how you'd get there.
- ☐ Say it out loud: "It's Saturday 11 p.m. I go to ____."

3 · QUICKFIRE · CORE

DOXY-PEP GAP DRILL

- ☐ From memory, state what doxy-PEP covers: syphilis ~80-87% · chlamydia ~87-88% · gonorrhea only ~50-55% (the gap).
- ☐ State what it doesn't: HIV, herpes, HPV — 0%.
- ☐ Draw a claim card and answer: true, false, or "it depends" — and why.

4 · TRACKER

VACCINE + HEP C TRACKER

- ☐ Mark Done / Due / Don't know for: HPV (Gardasil 9; routine through 26, 27-45 by shared decision) · Hep B · Mpox (JYNNEOS, two doses 28 days apart).
- ☐ Hep C has no vaccine but is curable in 8-12 weeks. CDC: every adult screened at least once. Write the ask: "Can you include a hep C screen?"

5 · REHEARSE

THE ASK

- ☐ Rehearse once: “I’d like to talk about starting PrEP. Which format fits me?”
- ☐ Add a line if it applies to you: “I take [estrogen/testosterone] and want something that works with it.”
- ☐ Partner plays a rushed clinician. Say it anyway.

☒ EXIT TICKET · LESSON M – hand this part in

1. Name the three PrEP formats.

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

3. Where is the doxy-PEP gap?

One thing I’ll do this week:



LESSON A · AWARENESS

YOUR DATA CENTER

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

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · AUDIT

ANXIETY AUDIT

- ☐ Write every ghost exactly as it sounds — including the embarrassing ones.
- ☐ Next to each: what you'd actually do if it came true.
- ☐ Cross out anything that isn't really about your health.

2 · MAP

GHOST HUNT ☒ DATA

- ☐ Pick a ghost from the catalogue (e.g., Cost, Rejection, Judgment, Positive Result, Timing).
- ☐ Name the MATCH letter it attacks and the shield that answers it.
- ☐ Write one move for this week.

3 · CALCULATOR · CORE

WINDOW PERIOD CALCULATOR

- ☐ Use the table: HIV Ag/Ab lab 18–45 d · HIV rapid antibody 23–90 d · chlamydia/gonorrhea ~1–2 wk · syphilis 3–6 wk · hep C antibody 8–11 wk.
- ☐ For each date card, decide: test now, test now and retest, or wait.
- ☐ Explain one answer to the room.

4 · SCRIPT

THREE-SITE ASK

- ☐ Say it out loud once: "I'd like three-site testing please — throat, rectal, and urine."
- ☐ Tick the box when you've said it to a partner, mirror, or voice memo.

5 · EXPLAIN

U=U ONE-SENTENCE

- ☐ Explain U=U in one sentence: “When HIV meds keep the virus undetectable over time, there’s effectively no risk of passing it on through sex.”
- ☐ Include the condition: sustained undetectable (under 200 copies/mL), ongoing treatment and monitoring.

☒ EXIT TICKET · LESSON A – hand this part in

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

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

3. State U=U including its condition.

One thing I’ll do this week:



LESSON T · TOOLS

PHYSICAL FRONTLINE

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

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · DEMO

PINCH THE TIP

- ☐ Watch, then narrate the steps back: check date → open by hand → pinch tip → roll down → hold the base on exit.
- ☐ Internal condom: squeeze the inner ring, insert, outer ring stays outside.
- ☐ Never use two at once.

2 · SCENARIOS

MATCH MATERIAL TO NEED

- ☐ For each scenario card, choose latex, polyurethane/polyisoprene, or lambskin — and justify.
- ☐ Remember: lambskin prevents pregnancy but does NOT protect against HIV or STIs.

3 · DRILL · CORE

LUBE MATCH

- ☐ Drill until automatic: water-based works with everything (reapply) · silicone OK with latex, never with silicone toys · oil never with latex.
- ☐ Answer the flash cards fast: Water + latex? Silicone + silicone toy? Oil + latex?

4 · TIMED

BUILD A DAM

- ☐ Four moves, 30 seconds: unroll a non-lubed condom → snip the tip → snip the base ring → slice down the side and unfold.
- ☐ Add one drop of water-based lube on the body side.

5 · NARRATE

GOLDEN RULE DRILL

- ☐ Narrate out loud: fresh condom on the toy → use → remove → new condom before touching anyone or anything else.
- ☐ Porous vs. non-porous: porous toys can't be fully sterilized and need a condom.

☒ EXIT TICKET · LESSON 1 — hand this part in

1. Which lube never goes with latex?

2. Does lambskin protect against HIV and STIs?

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

One thing I'll do this week:



LESSON C · COMMUNICATION

STRONGEST VOICE

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

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · WRITE

WRITE YOUR OWN

- ☐ Using the five scripts as models (Pre-game · Barrier Pivot · Boundary · Gentle Hold · Exit), write a pre-game line, one non-negotiable, and an exit line in words you'd actually say.

2 · 4 TICKS

REHEARSAL PROTOCOL

- ☐ Tick all four: read it silently → say it to yourself → say it to a mirror, friend, or voice memo → say it in the room where it matters.

3 · PUSHBACK · CORE

GENTLE HOLD UNDER PUSHBACK

- ☐ Partner reads a pushback card (e.g., “Doxy-PEP has it handled, so barriers aren’t necessary”).
- ☐ Hold the line without apologising: “I hear you, and this is still non-negotiable for me. It isn’t about trust — it’s how I take care of myself.”
- ☐ Switch roles after three cards.

4 · DRAFT

DISCLOSURE DRAFT

- ☐ Draft while nothing is at stake: Fact (the status or information) + Science (e.g., U=U) + Door (“Ask me anything”).
- ☐ Add a line for a rough reaction: “I get that this is a lot — take the time you need. I’m still the same person.”

5 · CAFÉ

CONSENT LOOP

- ☐ Consent is a loop, not a checkbox. Using the FRIES menu (Freely given · Reversible · Informed · Enthusiastic · Specific), practise checking in and changing your order mid-conversation.
- ☐ Practise hearing a changed mind: “Okay — thanks for telling me.”

☒ EXIT TICKET · LESSON C – hand this part in

1. Name the five script types.

2. What are the three parts of a disclosure?

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

One thing I'll do this week:



LESSON H · HABITS

MAINTENANCE PROTOCOL

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

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · PLAN

BUILD YOUR MATCH PLAN

- ☐ One line per letter: M my meds are ____ · A I test every ____ · T I use ____ · C my line is ____ · H I restock ____.
- ☐ Photograph it to your phone.

2 · SCORE

SAFER SCORE

- ☐ Score 0 or 1 per layer: Meds? Aware? Tools? Comm? Habits?
- ☐ Total out of 5. Three or more survives real-world friction.

3 · DOSSIER · CORE

PLAN STRESS TEST

- ☐ Read the dossier (e.g., The Broken Barrier, The Missed Doses, The Uninsured Visit).
- ☐ Name what broke (M, A, T, C, or H).
- ☐ Pivot: which letter is still available? Write the next move.

4 · CHECKLIST

STOCK CHECK

- ☐ Barriers dated and stored cool (not in a wallet or glove box) · lube matches materials · prescriptions on file · refill reminder set.

5 · LAUNCH

30-DAY FEARLESS CHALLENGE

- ☐ Day 1: photo your MATCH plan. Day 2: set an alarm. Day 3: say the three-site ask out loud.
- ☐ Write your Day 4-7 actions. Day 30: teach one person.

📄 EXIT TICKET · LESSON H – hand this part in

1. What Safer Score survives real-world friction?

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

3. Name the adult 30-day challenge.

One thing I'll do this week:
