

M BIOLOGICAL ARMOR · ACTIVITY 1**CHOOSE YOUR GEAR**

MATCH-UP · PAIRS · 5 MIN

- 1 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).
- 2 Pick which you would actually keep at
1 a.m. — your schedule, not your
identity.

M BIOLOGICAL ARMOR · ACTIVITY 2**72-HOUR PROTOCOL**

EMERGENCY CARD · SOLO · 5 MIN

- 1 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.
- 2 Fill your ER plan: name, address, how
you’d get there.
- 3 Say it out loud: “It’s Saturday 11 p.m. I
go to ____.”

M BIOLOGICAL ARMOR · ACTIVITY 3**DOXY-PEP GAP DRILL**

QUICKFIRE · CORE · GROUPS OF 3 · 15 MIN

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

M BIOLOGICAL ARMOR · ACTIVITY 4**VACCINE + HEP C TRACKER**

TRACKER · SOLO · 10 MIN

- 1 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).
- 2 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?”

M

BIOLOGICAL ARMOR • ACTIVITY 5

THE ASK

REHEARSE • PAIRS • 10 MIN

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

A

YOUR DATA CENTER • ACTIVITY 1

ANXIETY AUDIT

AUDIT • SOLO, PRIVATE • 5 MIN

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

A

YOUR DATA CENTER • ACTIVITY 2

GHOST HUNT ☒ DATA

MAP • PAIRS • 5 MIN

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

A

YOUR DATA CENTER • ACTIVITY 3

WINDOW PERIOD CALCULATOR

CALCULATOR • CORE • GROUPS OF 3 • 15 MIN

- 1 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.
- 2 For each date card, decide: test now, test now and retest, or wait.
- 3 Explain one answer to the room.

A

YOUR DATA CENTER • ACTIVITY 4

THREE-SITE ASK

SCRIPT • SOLO + MIRROR • 10 MIN

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

A

YOUR DATA CENTER • ACTIVITY 5

U=U ONE-SENTENCE

EXPLAIN • PAIRS • 5 MIN

- 1 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.”
- 2 Include the condition: sustained undetectable (under 200 copies/mL), ongoing treatment and monitoring.

T

PHYSICAL FRONTLINE • ACTIVITY 1

PINCH THE TIP

DEMO • WHOLE GROUP, MODEL ONLY • 5 MIN

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

T

PHYSICAL FRONTLINE • ACTIVITY 2

MATCH MATERIAL TO NEED

SCENARIOS • PAIRS • 5 MIN

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

T

PHYSICAL FRONTLINE · ACTIVITY 3

LUBE MATCH

DRILL · CORE · GROUPS OF 3 · 15 MIN

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

T

PHYSICAL FRONTLINE · ACTIVITY 4

BUILD A DAM

TIMED · PAIRS · 10 MIN

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

T

PHYSICAL FRONTLINE · ACTIVITY 5

GOLDEN RULE DRILL

NARRATE · PAIRS · 5 MIN

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

C

STRONGEST VOICE · ACTIVITY 1

WRITE YOUR OWN

WRITE · SOLO · 5 MIN

- 1 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.

C

STRONGEST VOICE · ACTIVITY 2

REHEARSAL PROTOCOL

4 TICKS · SOLO + PAIRS · 5 MIN

- 1 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.

C

STRONGEST VOICE · ACTIVITY 3

GENTLE HOLD UNDER PUSHBACK

PUSHBACK · CORE · PAIRS · 15 MIN

- 1 Partner reads a pushback card (e.g., “Doxy-PEP has it handled, so barriers aren’t necessary”).
- 2 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.”
- 3 Switch roles after three cards.

C

STRONGEST VOICE · ACTIVITY 4

DISCLOSURE DRAFT

DRAFT · SOLO, PRIVATE · 10 MIN

- 1 Draft while nothing is at stake: Fact (the status or information) + Science (e.g., U=U) + Door (“Ask me anything”).
- 2 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.”

C

STRONGEST VOICE · ACTIVITY 5

CONSENT LOOP

CAFÉ · PAIRS · 5 MIN

- 1 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.
- 2 Practise hearing a changed mind: “Okay — thanks for telling me.”



MAINTENANCE PROTOCOL · ACTIVITY 1

BUILD YOUR MATCH PLAN

PLAN · SOLO · 5 MIN

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



MAINTENANCE PROTOCOL · ACTIVITY 2

SAFER SCORE

SCORE · SOLO · 5 MIN

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



MAINTENANCE PROTOCOL · ACTIVITY 3

PLAN STRESS TEST

DOSSIER · CORE · GROUPS OF 3 · 15 MIN

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



MAINTENANCE PROTOCOL · ACTIVITY 4

STOCK CHECK

CHECKLIST · SOLO · 10 MIN

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



MAINTENANCE PROTOCOL · ACTIVITY 5

30-DAY FEARLESS CHALLENGE

LAUNCH · SOLO · 5 MIN

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

M BIOLOGICAL ARMOR · CARD SET · ACTIVITY 3**DOXY-PEP GAP DRILL**

“Doxy-PEP prevents HIV.”

True · False · It depends – why?

M BIOLOGICAL ARMOR · CARD SET · ACTIVITY 3**DOXY-PEP GAP DRILL**

“One 200 mg dose within 72 hours after sex.”

True · False · It depends – why?

M BIOLOGICAL ARMOR · CARD SET · ACTIVITY 3**DOXY-PEP GAP DRILL**

“Doxy-PEP covers gonorrhea as well as syphilis.”

True · False · It depends – why?

M BIOLOGICAL ARMOR · CARD SET · ACTIVITY 3**DOXY-PEP GAP DRILL**

“You still test every 3–6 months.”

True · False · It depends – why?

A YOUR DATA CENTER · CARD SET · ACTIVITY 3**WINDOW PERIOD CALCULATOR**

Exposure 10 days ago

Test now, test and retest, or wait? For which tests?

A YOUR DATA CENTER · CARD SET · ACTIVITY 3**WINDOW PERIOD CALCULATOR**

Exposure 5 weeks ago

Test now, test and retest, or wait? For which tests?

A YOUR DATA CENTER · CARD SET · ACTIVITY 3**WINDOW PERIOD CALCULATOR**

Exposure 3 months ago

Test now, test and retest, or wait? For which tests?