

RUSSWIN FRANCISCO, Ph.D.

Sexual Wellness, Harm Reduction, and Community Health

SUPPORTING HEALTH, SAFETY, AND AUTHENTIC HUMAN EXPERIENCE

Dr. Russwin Francisco helps organizations and communities create more informed, compassionate, and stigma-free conversations about sexuality, relationships, and substance use.

His work combines education, harm reduction, and community engagement to help people navigate complex topics with greater clarity, dignity, and care.

This work is grounded in the belief that what remains unexamined does not disappear—it becomes stigma.

WHY THIS WORK MATTERS

Sexuality and substance use are often surrounded by shame, misinformation, and silence.

This work focuses on creating environments where people feel safe enough to ask questions, speak honestly, and access accurate information without judgment.

When trust increases, healthier conversations become possible.

WHERE THIS WORK APPLIES

This work is most valuable when:

- Shame or stigma makes honest conversations about sexuality difficult
- People hesitate to ask questions, disclose concerns, or seek support because they fear judgment
- Organizations want to communicate about sexual health or substance use without reinforcing stigma
- Healthcare professionals, educators, or outreach teams need more effective ways to build trust around sensitive topics

- Harm reduction requires balancing health and safety with autonomy, dignity, and real-world behavior
 - LGBTQ+ communities or other populations are not fully reflected in traditional approaches to sexual health
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WHAT AUDIENCES GAIN

- Greater confidence in discussing sensitive topics without stigma
 - Practical harm reduction strategies grounded in real-world conditions
 - Increased understanding of LGBTQ+ experiences and sexual cultures
 - Language that promotes dignity, respect, and health
 - Tools for building trust and person-centered engagement
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SIGNATURE TOPICS

Sexual Wellness and Human Flourishing

Moving beyond shame toward healthy, affirming conversations about sexuality

Harm Reduction and Person-Centered Care

Meeting people where they are while supporting health, safety, and autonomy

Chemsex and Sexualized Substance Use

Understanding contexts, risks, and supportive approaches for engagement

LGBTQ+ Communities and Health Equity

Exploring the intersection of identity, culture, and well-being

Building Trust Through Non-Stigmatizing Communication

Creating environments where honest conversations become possible

Identity, Belonging, and Community Resilience

Understanding how connection and community influences health outcomes

SPEAKING FORMATS

- Conference presentations
- Keynotes (30-90 minutes)

- Workshops and training sessions
- Panel discussions
- Virtual and in-person programs

Each program can be customized to the audience, setting, and organizational goals.

IDEAL AUDIENCES

- Public health organizations
 - HIV prevention and outreach programs
 - Healthcare professionals and clinicians
 - LGBTQ+ community organizations
 - Universities and student affairs professionals
 - Peer educators and community advocates
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ABOUT DR. RUSSWIN FRANCISCO

Dr. Russwin Francisco is a speaker, educator, entrepreneur, and sexual wellness advocate with more than thirteen years of experience supporting healthier conversations about sexuality, relationships, and human connection.

As Founder and President of Bite the Fruit, he has cultivated an inclusive, sex-positive environment grounded in education, dignity, and community engagement.

He brings together academic training, business leadership, and lived community experience to help audiences navigate sensitive topics with compassion and clarity.

BOOKING INFORMATION

To inquire about speaking engagements, workshops, or customized programs:

Email: russwin@bitethefruit.com

Website: drrusswin.com

CALL TO ACTION

Bring these conversations to your organization.

Request availability and begin the conversation today.