

RUSSWIN FRANCISCO, Ph.D.

Speaking & Presentations on Sexual Wellness, Harm Reduction, and Community Health

MAKE HEALTHIER CONVERSATIONS ABOUT SEXUALITY POSSIBLE

Dr. Russwin Francisco helps audiences engage in more informed, compassionate, and stigma-free conversations about sexuality, relationships, and substance use.

His presentations move beyond information alone to explore how shame, stigma, identity, culture, and lived experience shape sexual health, communication, and community well-being.

WHY THIS WORK MATTERS

Sexuality and substance use are often surrounded by shame, misinformation, and silence. These barriers can make it harder for people to ask questions, seek support, or access accurate information without fear of judgment.

By creating space for honest, nonjudgmental conversation, audiences gain language, practical knowledge, and greater confidence to approach sexual wellness and harm reduction with dignity and care.

WHAT AUDIENCES GAIN

- Greater confidence discussing sexuality and substance use without shame or judgment
 - Practical harm reduction perspectives grounded in real-world conditions
 - Greater understanding of how identity, culture, stigma, and belonging shape health experiences
 - Language for building trust and communicating about sensitive topics
 - A more person-centered, sex-positive approach to health, safety, and human flourishing
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SIGNATURE TOPICS

Sexual Wellness and Human Flourishing

Moving beyond shame toward healthy, affirming conversations about sexuality and well-being.

Harm Reduction and Person-Centered Care

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

Chemsex and Sexualized Substance Use

Understanding the contexts, motivations, risks, and supportive approaches surrounding sexualized substance use.

LGBTQ+ Communities and Health Equity

Exploring how identity, culture, access, and stigma influence health experiences and outcomes.

Building Trust Through Non-Stigmatizing Communication

Creating environments where people feel safe enough to ask questions, speak honestly, and seek support.

Identity, Belonging, and Community Resilience

Understanding how connection, belonging, and community influence individual and collective well-being.

Desire, Social Norms, and Sexual Culture

Examining how desire, cultural expectations, and social norms shape sexual behavior, meaning, and health.

SPEAKING FORMATS

- Keynotes and conference presentations
- Community and professional presentations
- Public health and community education programs
- Professional development and staff presentations
- Virtual and in-person presentations

Programs 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, student affairs programs, 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.

His presentations make complex topics accessible and human, helping audiences move from silence and stigma toward understanding, trust, and healthier conversations.

BOOKING INFORMATION

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

Email: russwin@bitethefruit.com

Website: drrusswin.com

CALL TO ACTION

Bring healthier conversations to your audience.

Request availability and begin the conversation today.