

RUSSWIN FRANCISCO, Ph.D.

Workshops & Training on Sexual Wellness, Harm Reduction, and Community Health

FROM KNOWLEDGE TO PRACTICE

Dr. Russwin Francisco designs and leads interactive workshops that help participants build the confidence, language, and practical skills needed for healthier conversations about sexuality, relationships, and substance use.

This is not information alone. Participants explore how stigma, identity, culture, and lived experience shape health behavior - and practice ways to respond with greater empathy, clarity, and care.

WHY THESE WORKSHOPS MATTER

Sexual health education often succeeds at delivering information while leaving the harder conversations untouched: shame, stigma, substance use, identity, desire, and the realities of people's lives.

These workshops create space to examine those realities without judgment, helping participants translate knowledge into communication, trust, practical harm reduction, and more person-centered engagement.

WHAT PARTICIPANTS GAIN

- Greater confidence discussing sexuality and substance use without shame or judgment
 - Practical harm reduction strategies grounded in real-world conditions
 - Stronger skills for building trust around sensitive conversations
 - Greater awareness of how stigma affects communication, care, and help-seeking
 - More effective person-centered and sex-positive communication
 - Greater responsiveness to diverse identities, experiences, and community needs
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SIGNATURE WORKSHOP THEMES

Sexual Wellness and Human Flourishing

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

Harm Reduction in Practice

Applying practical, person-centered strategies that support health and safety while respecting autonomy and real-world behavior.

Chemsex and Sexualized Substance Use

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

Building Trust Through Non-Stigmatizing Communication

Practicing language and communication approaches that make honest conversations about sensitive topics more possible.

LGBTQ+ Communities and Health Equity

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

Identity, Belonging, and Community Resilience

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

WORKSHOP APPROACH

These are not one-size-fits-all sexual health trainings. Workshops are:

- Interactive, discussion-driven, and psychologically safe
- Evidence-informed and grounded in real-world experiences
- Sex-positive, nonjudgmental, and person-centered
- Adaptable to the audience, setting, and organizational goals

Participants are invited to ask questions, examine real-world situations, practice nonjudgmental communication, and translate knowledge into healthier conversations and practical action.

FORMATS

- Half-day workshops
- Full-day training sessions
- Multi-session training and education programs
- Staff and professional development sessions
- Virtual and in-person programs

IDEAL AUDIENCES

- Public health organizations
- HIV prevention and outreach programs
- Healthcare professionals and clinicians
- LGBTQ+ community organizations
- Universities and student affairs professionals
- Peer educators, community advocates, and outreach professionals

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 participants navigate sensitive topics with compassion and clarity.

His workshops help organizations move from knowledge to practice by translating sexual health information into trust, communication, harm reduction, and person-centered engagement.

BOOKING INFORMATION

To inquire about workshops, training, customization, or availability:

Email: russwin@bitethefruit.com

Website: drrusswin.com

CALL TO ACTION

Bring healthier conversations into your organization.

Request workshop or training details and begin the conversation today.