RUSSWIN FRANCISCO, Ph.D.

Sexual Wellness, Harm Reduction, and Community Health

BEYOND SILENCE AND STIGMA

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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ENGAGEMENT APPROACH

This is not traditional sex education. Engagements are:

- Sex-positive, inclusive, and nonjudgmental
- Grounded in lived experience and human diversity
- Focused on understanding, not prescribing behavior
- Designed to encourage self-awareness, informed choices, and personal agency

Work typically begins with an open conversation that respects individual experiences, challenges assumptions, and creates space to explore sexuality with curiosity, dignity, and compassion.

WHAT AUDIENCES GAIN

This work helps people move beyond stigma, discomfort, and one-size-fits-all messaging toward healthier conversations grounded in knowledge, dignity, and trust. When judgment gives way to openness, healthier conversations become possible.

- **Greater confidence discussing sensitive topics**

  Language and approaches that make conversations about sexuality, relationships, identity, and substance use more open and less stigmatizing.

- **Practical harm reduction grounded in real life**

  Strategies that acknowledge how people actually live and make decisions while supporting health, safety, informed consent, and personal agency.

- **Deeper understanding of diverse identities and sexual cultures**

  Greater awareness of LGBTQ+ experiences, cultural context, community norms, and the different ways people understand sexuality and well-being.

- **Communication grounded in dignity and respect**

  Culturally informed, trauma-aware language that replaces moral judgment and shame with curiosity, compassion, and accurate information.

- **Stronger trust and person-centered engagement**

  Tools for creating environments where people feel safe enough to ask questions, disclose concerns, seek support, and participate honestly.

- **Greater capacity to navigate complexity without judgment**

  The ability to discuss behavior, risk, desire, pleasure, and substance use without reducing people to diagnoses, identities, or choices.

- **More effective health communication and community engagement**

  Approaches that help organizations connect information with lived experience so that education and outreach become more relevant and usable.

- **A stronger sense of agency and human possibility**

  Conversations that recognize people as active participants in their own health and well-being rather than problems to be managed.

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

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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

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.