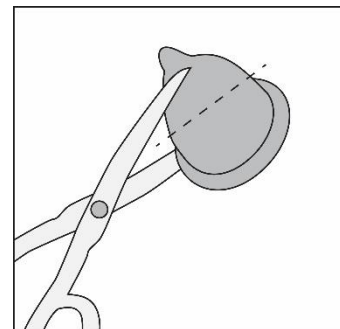


# Teacher Notes for Dental Dam Demonstration

1. For this demonstration you will need an unopened condom. Consider using a flavoured condom if available, as these help emphasize the importance of using condoms to prevent STI transmission during oral sex.
2. You will be using your hand to simulate a vulva and vagina or anus. To see a video demonstration of the correct procedure, go to <https://teachingsexualhealth.ca/teachers/resource/latex-barrier-demonstration/>
3. Explain that this is a demonstration of how to make and use a dental dam. A dental dam is a piece of material that lowers the risk of STI during oral sex on a vulva or anus by providing a barrier between one partner's vulva or anus and the other partner's mouth. You will be demonstrating how to make a dental dam out of a condom.
4. Explain that there are 2 important things to consider when choosing a condom
  - Check the expiration date on the package. Condoms break down over time. If the expiration date has passed do not use the condom as it could break.
  - Check that the package does not have any holes and that it looks like it's in good condition. To do this, squeeze the package and feel for a pocket of air, like a bag of chips. That shows there are no holes in the package.
  - Now is also a good time to remind students that condoms need careful storage. They are sensitive to heat, cold, folding, sunlight, and rubbing.
5. To open the package, push the condom inside the package over to one side and rip down that side of the package. Be careful of rings and finger nails as these can damage the condom and cause breakage. Never use teeth or scissors to open the package.
6. While the condom is still rolled up, cut off the tip.



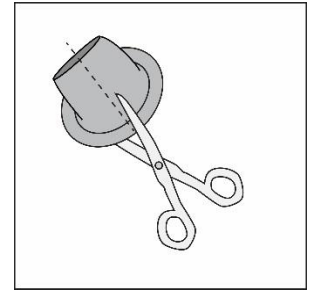
7. Keep the condom rolled, put the scissors through the middle and cut through one side of the ring.

8. Unroll the condom. You now have a square piece of material to be spread out over a vulva or anus to act as a barrier.

9. Use one hand to simulate a vulva and vagina or anus. Place the dental dam over the vulva or anus.



Lubricant can help the dam stick to the skin so it stays in place. Lubricant should be water-based or silicone-based. Oil-based lubricants should not be used as they can break the dental dam.

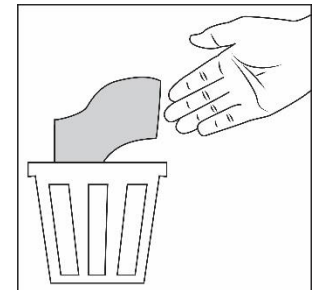


10. Remind students that it is important each partner only touches their side of the dental dam, to keep each person's skin and body fluids apart.

11. Explain that after sex, one person can carefully fold up the dental dam, touching only their side.

12. Explain that dental dams are one time use only and should be disposed of in the garbage, not down the toilet as this can block the toilet or wreck a septic system.

13. Now is a good time to remind students to use a new dental dam each time they have sex. If they switch sexual activities, like going from anal sex to vaginal sex, they need to use a new condom/dental dam.



14. Finish by reminding students that safer sex is all about protection, consent and communication.