



teaching
sexual
health.ca

Grade 9

Learning Activity

Condoms & Dental Dams

Learning Outcome

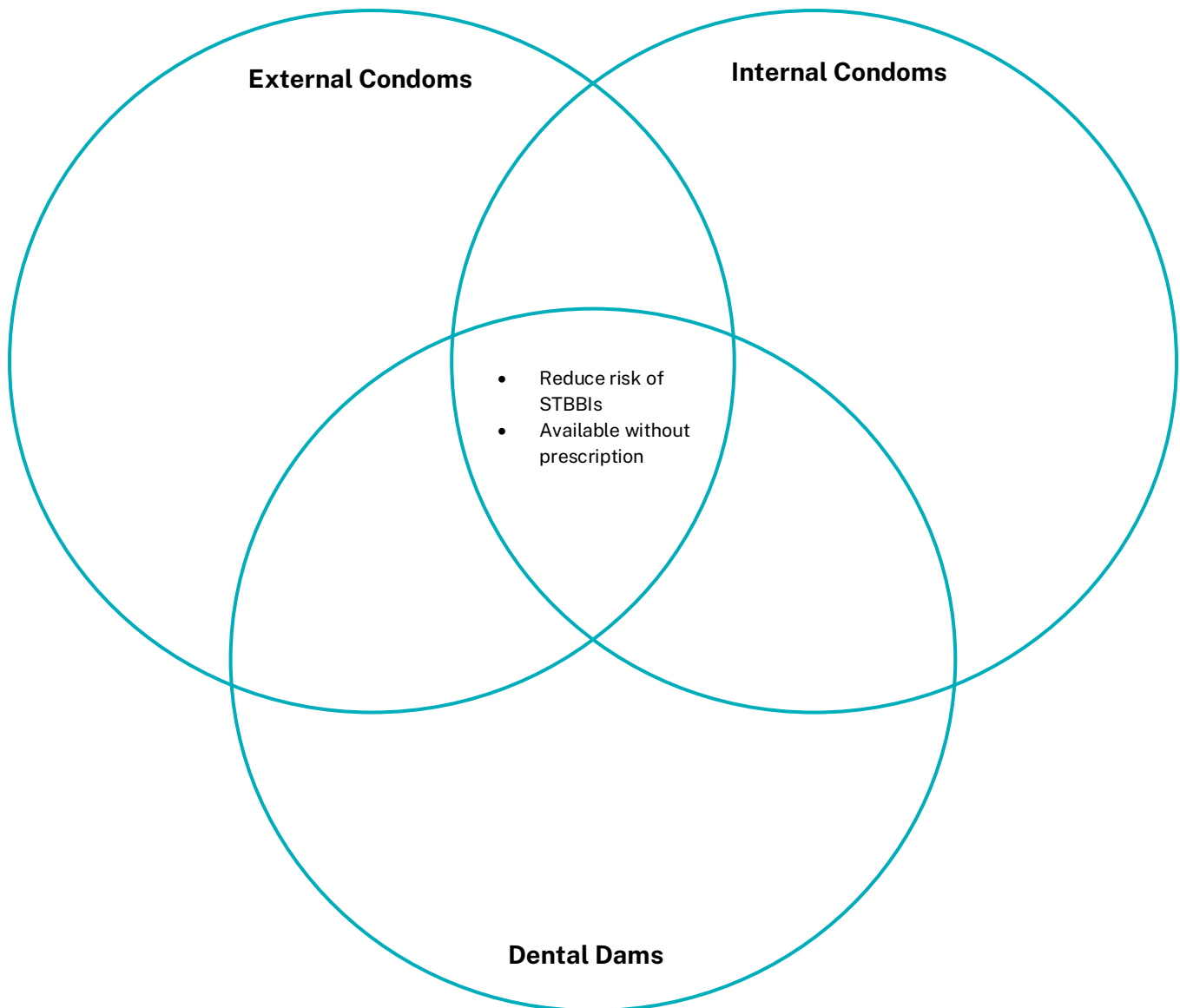
W-9.12 determine “safer” sex practices, e.g., communicate with partner, maintain abstinence, limit partners, access/use condoms/contraceptives properly





Part 1: Similarities and differences

What are some of the similarities and differences between external condoms, internal condoms and dental dams? For example, where can you get them, how are they used, how much do they cost? Fill in the Venn Diagram below with your answers. Two examples are included to get you started.





Part 2: Does it make sex safer?

Engaging in sexual activity of any kind comes with a risk. Even if you use protection, there may be certain scenarios where you are more at risk of acquiring an STBBI. Always talk with your partner and make a plan of how you can best avoid risks linked with sexual activity, such as STBBIs and unintended pregnancy, for both of you.

| Action | Does it make sex safer? | Why or why not? |
|--|-------------------------|-----------------|
| Dual Protection | | |
| Double Bagging (using two condoms at once) | | |
| Oral Sex | | |
| Anal Sex | | |
| Outercourse (sexual activity without penetration) | | |
| Abstinence | | |





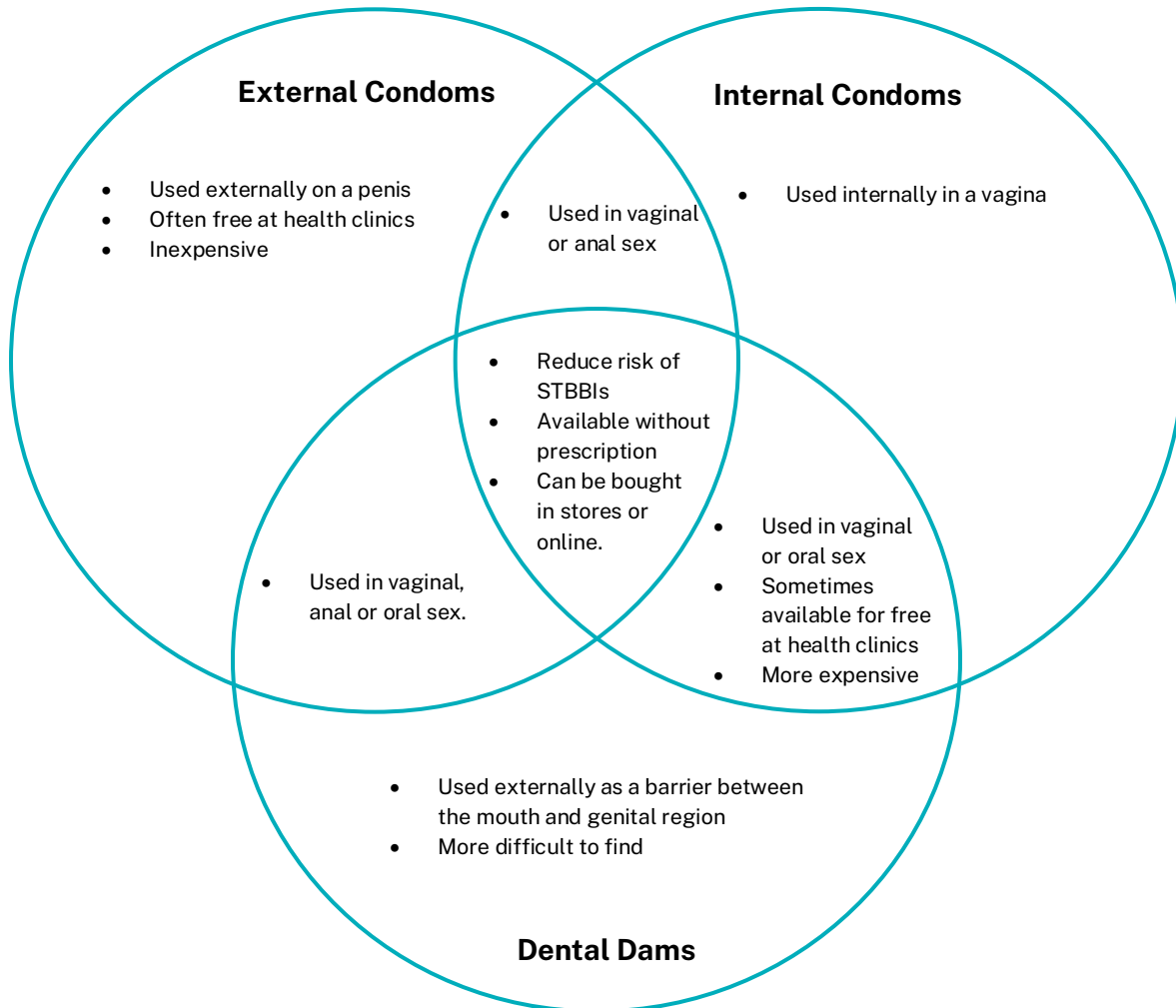
What actions can someone take to best protect themselves and any sexual partners from pregnancy and STBBIs?

A large, empty rounded rectangular box with a thin blue border, intended for students to write their answers to the question above.





Answer Key





Answer Key

| Action | Does it make sex safer? | Why or why not? |
|--|-------------------------|---|
| Dual Protection | Yes | Using an internal or external condom and another method of birth control (e.g. birth control pill) is recommended for the best protection against pregnancy and STBBIs. |
| Double Bagging | No | Using two condoms or using an internal and external condom together will not reduce the chances of pregnancy or STBBIs. In fact, using two condoms together increases the risk of the condom slipping or breaking, which increases the likelihood of pregnancy or STBBI transmission. |
| Oral Sex | No | While the risk of pregnancy is removed, the risk of STBBIs is not. STBBIs such as, gonorrhea, syphilis, herpes and HPV can be transmitted through oral sexual contact. |
| Anal Sex | No | While the risk of pregnancy is removed, the risk of STBBIs is not. STBBIs such as chlamydia, gonorrhea, syphilis, herpes, HPV, HIV and hepatitis B can be transmitted through anal sex. |
| Outercourse (sexual activity without penetration) | No | While the risk of pregnancy is removed, the risk of STBBIs is not. STBBIs such as herpes, syphilis and HPV can sometimes be transmitted through outercourse if there is direct contact with infected skin or sores. |
| Abstinence | Yes | Abstinence is the most effective method of protection from pregnancy and STBBIs. |





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