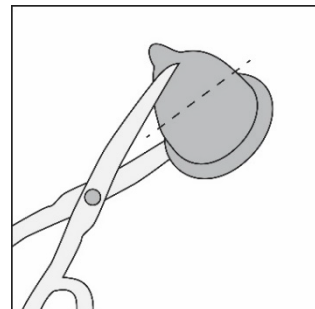


# Teacher Notes for Dental Dam Demonstration

1. For this demonstration you will need an unopened external condom. Consider using a flavoured condom if available, as they help emphasize the importance of using condoms to prevent STI transmission during oral sex. Dental dams are available for purchase but they are hard to find and much more expensive than making them out of external condoms.
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/using-a-dental-dam/>
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 look for when opening 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.

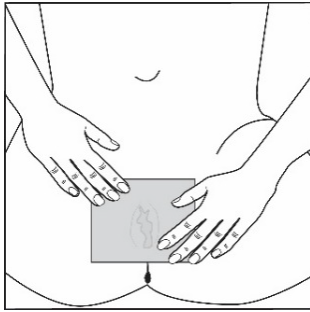
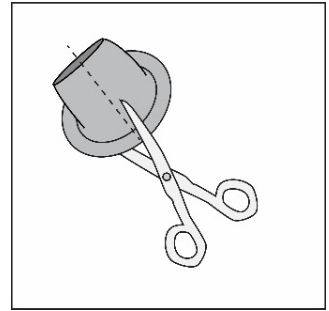
Now is also a good time to remind students that condoms need careful storage. They are sensitive to heat, cold, folding, sunlight, and rubbing.

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. Using teeth or scissors could tear or cut the condom inside 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.

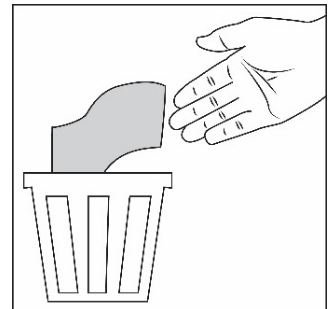
8. Unroll the condom. You now have a square piece of material to be spread out over a vulva or anus to act as a barrier.



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 to hold the dental dam in place and ensure it doesn't flip over so that the vulva or anus only touches one side of it. The point is to keep each partner's body fluids apart.

11. After sex, throw the dental dam away. 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.



12. Now is a good time to remind students to use a new dental dam each time they have oral sex on a vulva or anus. If they switch sexual activities, like going from vaginal sex to oral sex, they need to use a new condom/dental dam.

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