

Sex Dam Demonstration

Goal:

- To demonstrate how to make a sex dam out of a condom.

Have Ready:

- Condom
- Scissors (optional)

Things to Know:

- A sex dam is a sheet of latex/polyurethane that can be made from a condom or bought ready-made.
- Dams are used for making oral sex safer from STIs.
- Dams are typically used on the vulva (the outside of the vagina), anus, or scrotum.

Instructions:

- To make a sex dam without scissors, take a condom out of the package and unroll the condom all the way down.
- Pull the ring off the condom.
- Rip the condom down one side to the tip of the condom.
- Open up the condom, it should now be one sheet. (see below for pictures)
- To make a sex dam with scissors, take a condom out of package.
- Using scissors, cut off the tip of the condom, then cut the ring and unroll.

Additional Info:

- The dam can be held in place by either partner.
- The dam is to keep sex fluids separate, so don't flip it over during oral sex.

- Applying lube to the receiving parts before placing the sex dam overtop may increase sensation while still staying safer!

How to Make a Sex Dam

