

# Sex Dam Demonstration

## Goal

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

## Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

### **Family Studies**

- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 5.1.5 Examine how decisions affect one's wellbeing.*
- *S1, S2, S4 2.4.1 Differentiate between various contraceptive options (e.g., abstinence, male condom, male condom plus spermicide, female condom, birth control pill, no vaginal intercourse, diaphragm and jelly, cervical cap, spermicides, IUCD, sponge, Depo-Provera, Norplant, vasectomy, tubal ligation, rhythm method).*

**Guidance Education** GLOs under Personal/Social Component.

### **Physical Education**

- *K.5.S1.E.1b Describe the potential consequences and risks associated with sexual behaviour and different types of contraceptive methods.*
- *K.5.S1.E.3c & K.5.S2.E.3c Review personal responsibilities and sources of support with regard to sex-related health issues.*
- *K.5.S1.E.4a Examine behaviours that may decrease the risk of contracting HIV, and behaviours that increase the risk of contracting HIV.*
- *K.5.S2.A.2 Demonstrate knowledge of healthy lifestyle practices that contribute to disease/ illness prevention.*
- *K.5.S2.E.4b Describe ways to prevent STIs to promote the health of society.*

## Have Ready

- Condom
- Scissors (optional)

## Introduction

- 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. (All parts except the penis.)

## 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 picture.)
- 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 Information

- 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

