

CONDOMS

Condoms help protect against STIs and pregnancy

Things to look for on a condom

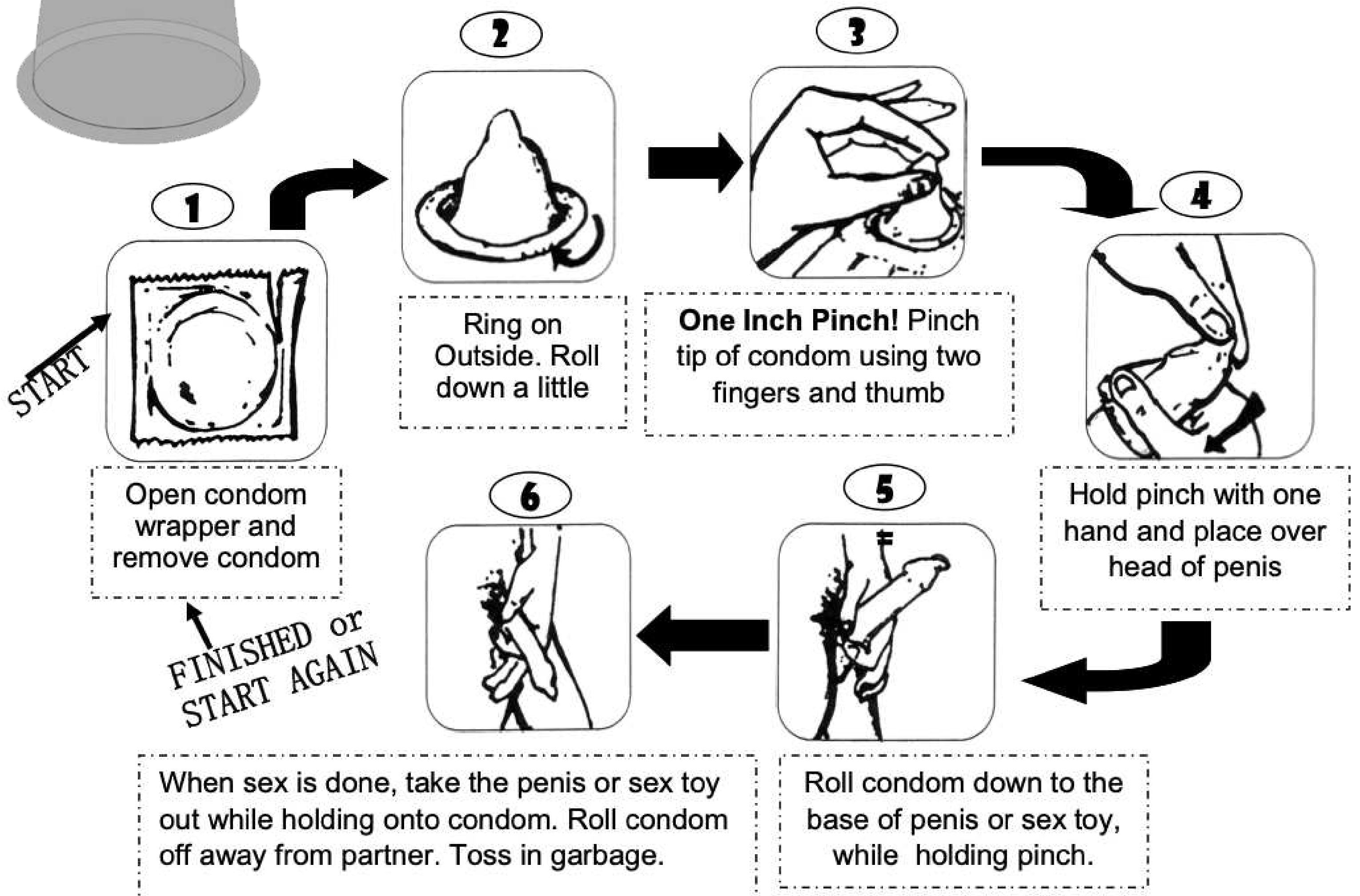
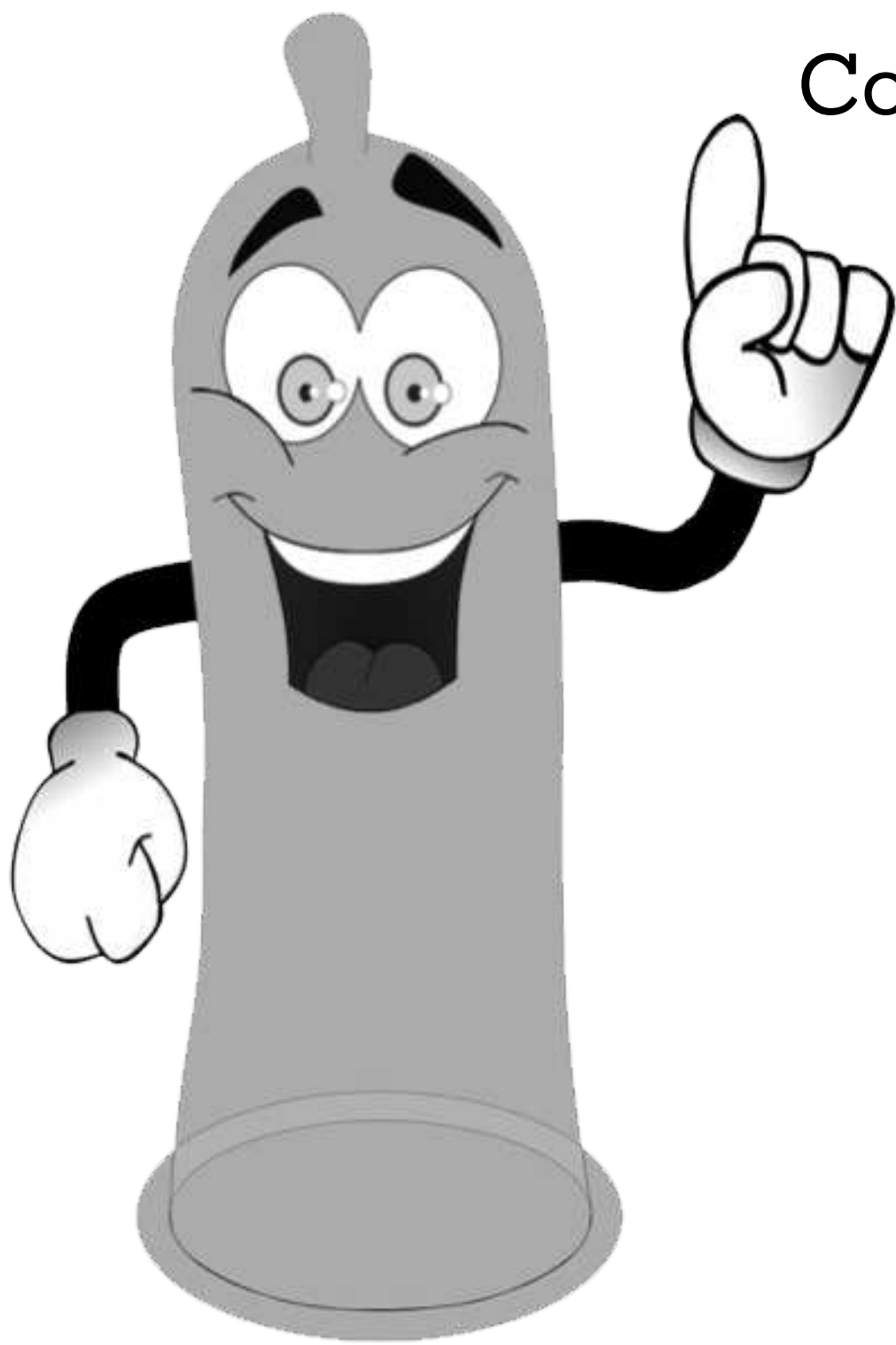
Expiry Date

Rips or Holes

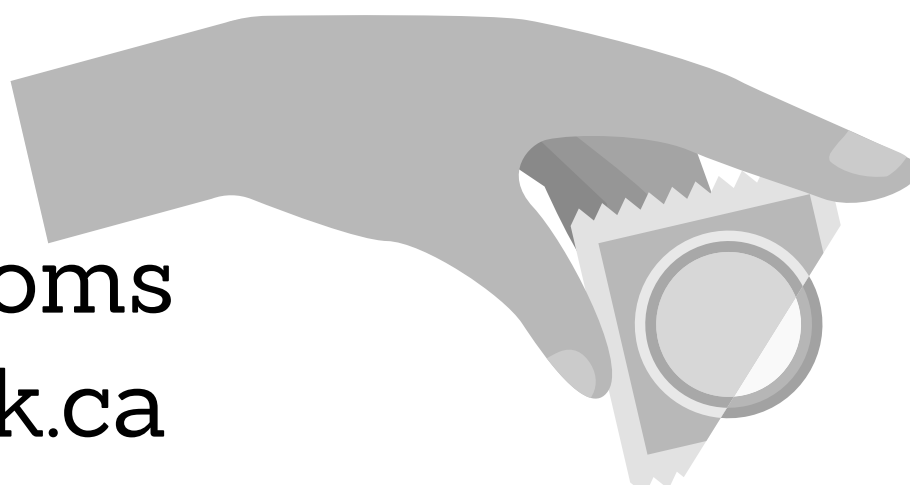
Type of Condom

Get free condoms from Teen Clinics.

Visit teenclinic.ca to find one

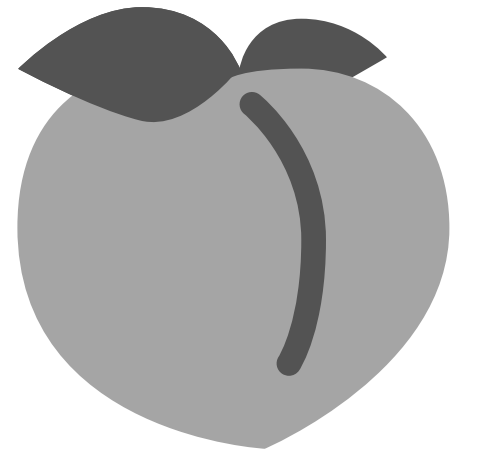
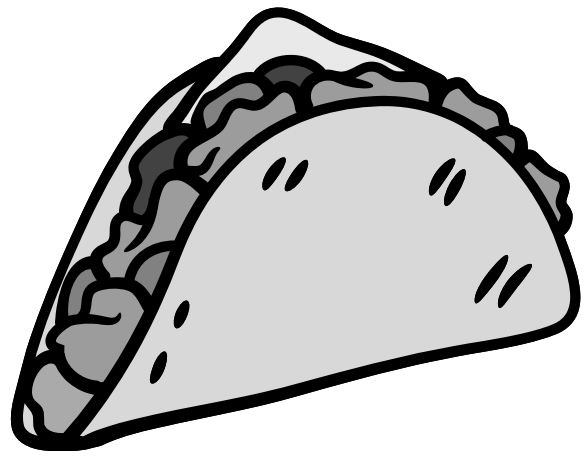


Scan this code for a video on using condoms or check out teentalk.ca



SEX DAMS

Sex dams protect against STIs for mouth on vagina or mouth on anus sex.



How to Use

Hold the sex dam over the genitals.
Make sure it doesn't twist while using
Water-based lube on the genital side can add pleasure

Where to Find Sex Dams

Teen Clinics
(teenclinic.ca)

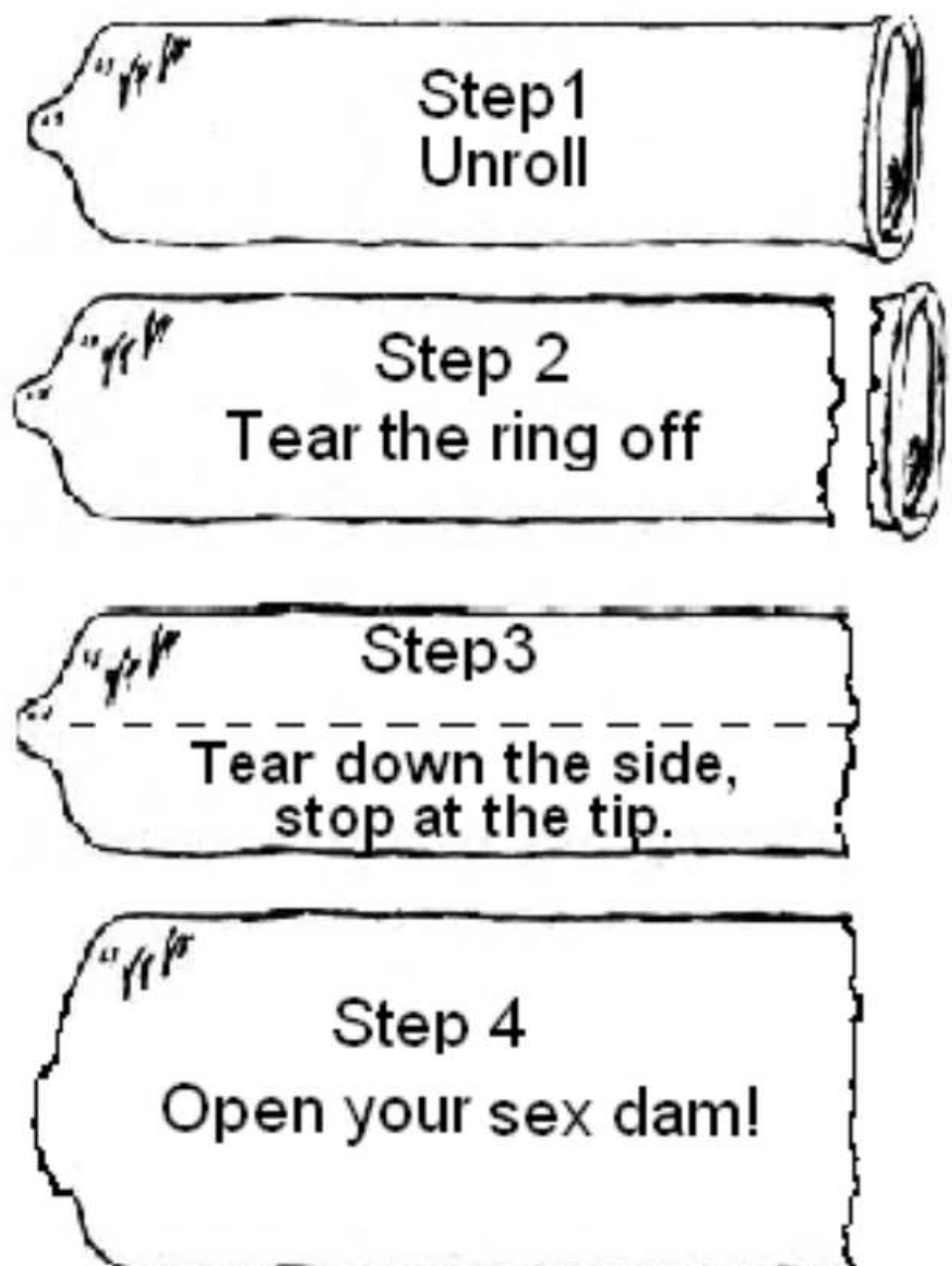
Most Community
Health Centres

SERC
(serc.mb.ca)

Most Nursing
Stations

Rainbow Resource Centre
(rainbowresourcecentre.org)

Make a Sex Dam from a Condom



Scan this code for a video on making sex dams or check out teentalk.ca