

# Sex Dam Demonstration

**Recommended Age: 12+**

## Goal

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

## 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 the risk of 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 the 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

