

# CONDOMS

Condoms help protect against STIs and pregnancy

## Things to look for on a condom

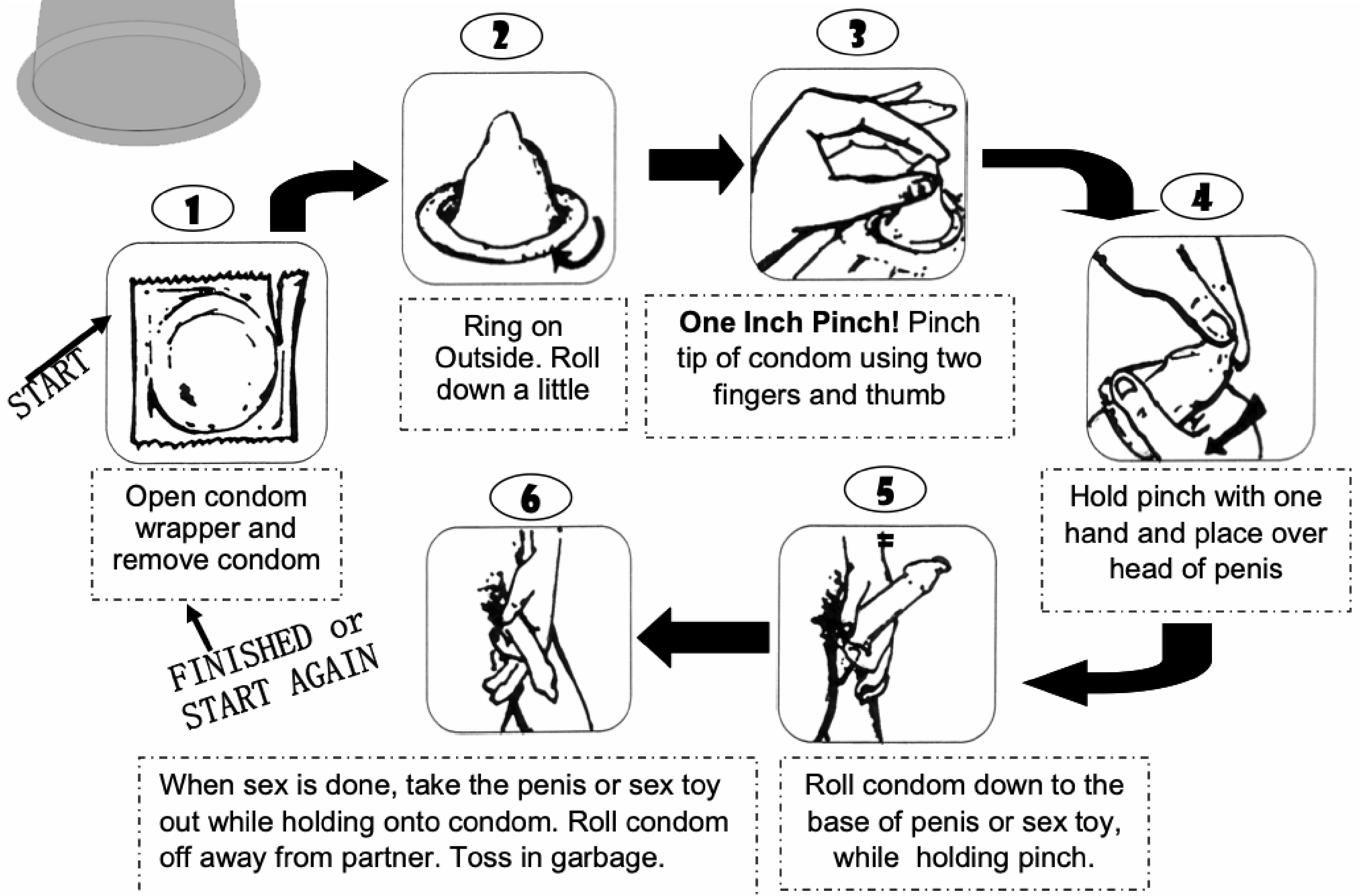
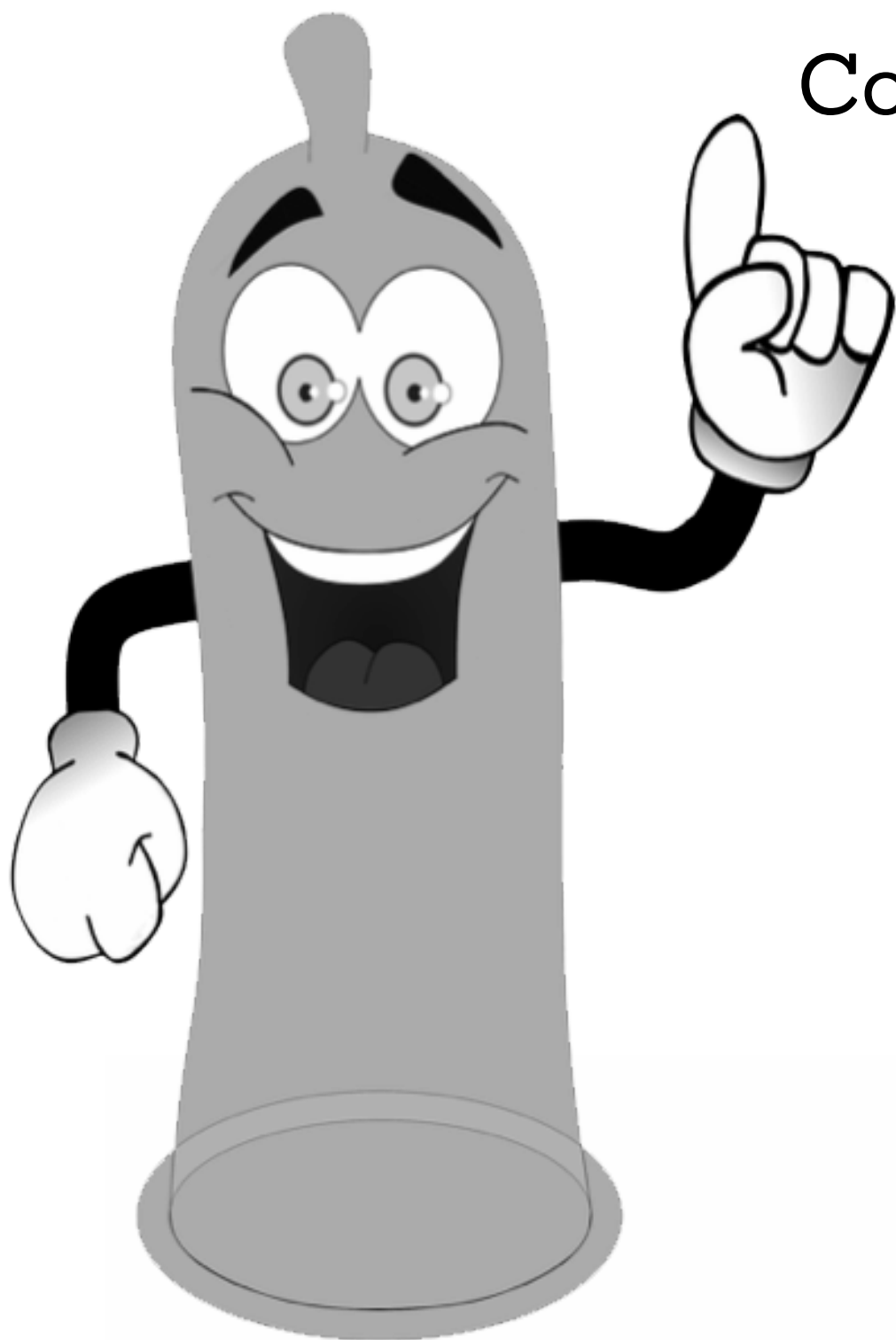
Expiry Date

Rips or Holes

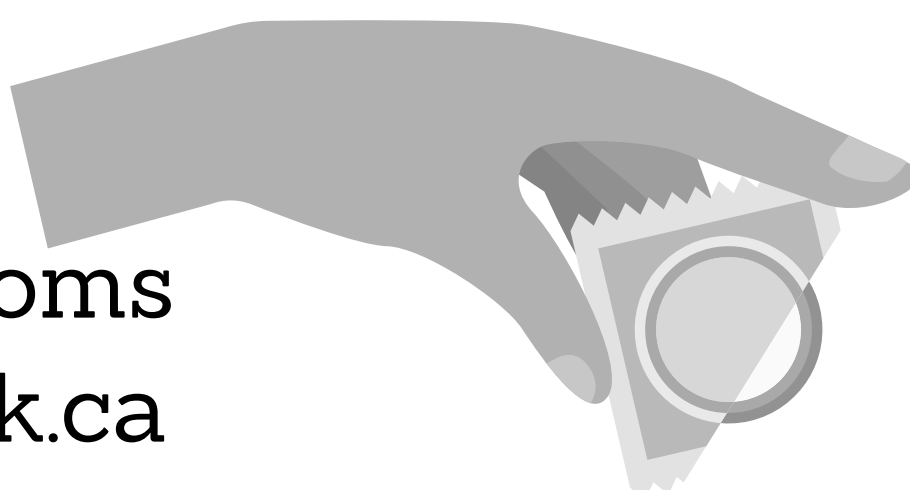
Type of Condom

Get free condoms from Teen Clinics.

Visit [teenclinic.ca](http://teenclinic.ca) to find one

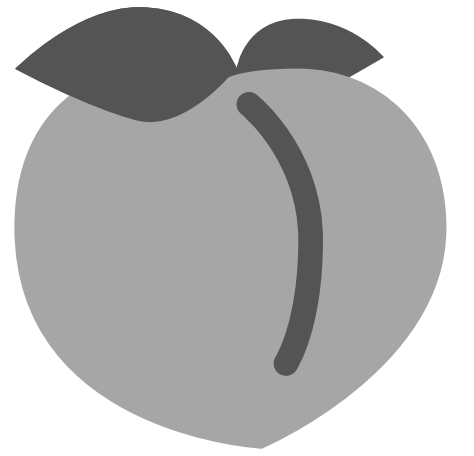
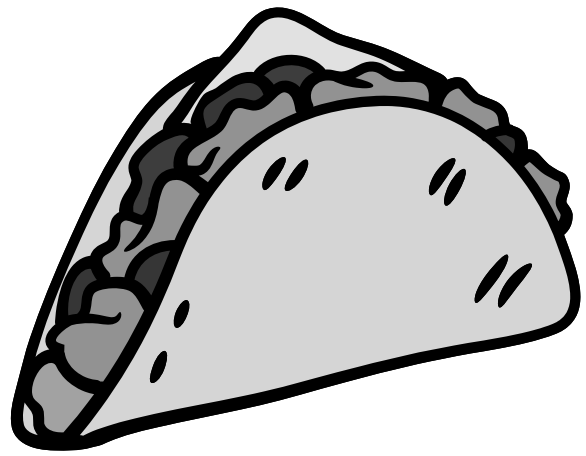


Scan this code for a video on using condoms or check out [teentalk.ca](http://teentalk.ca)



# 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](http://teenclinic.ca))

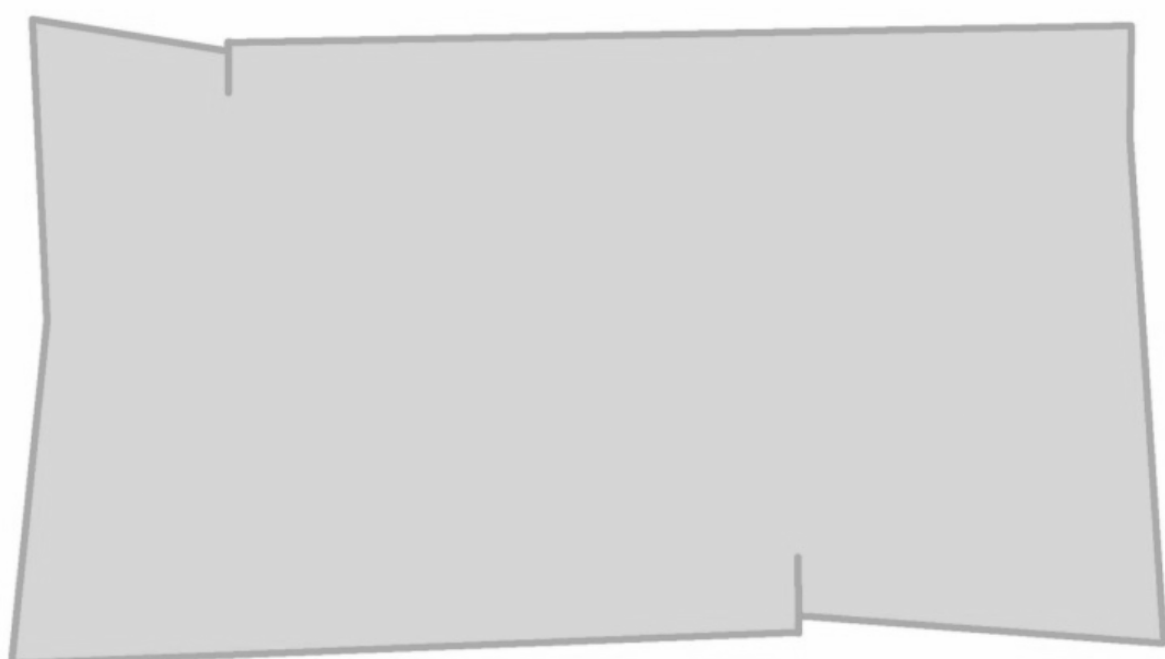
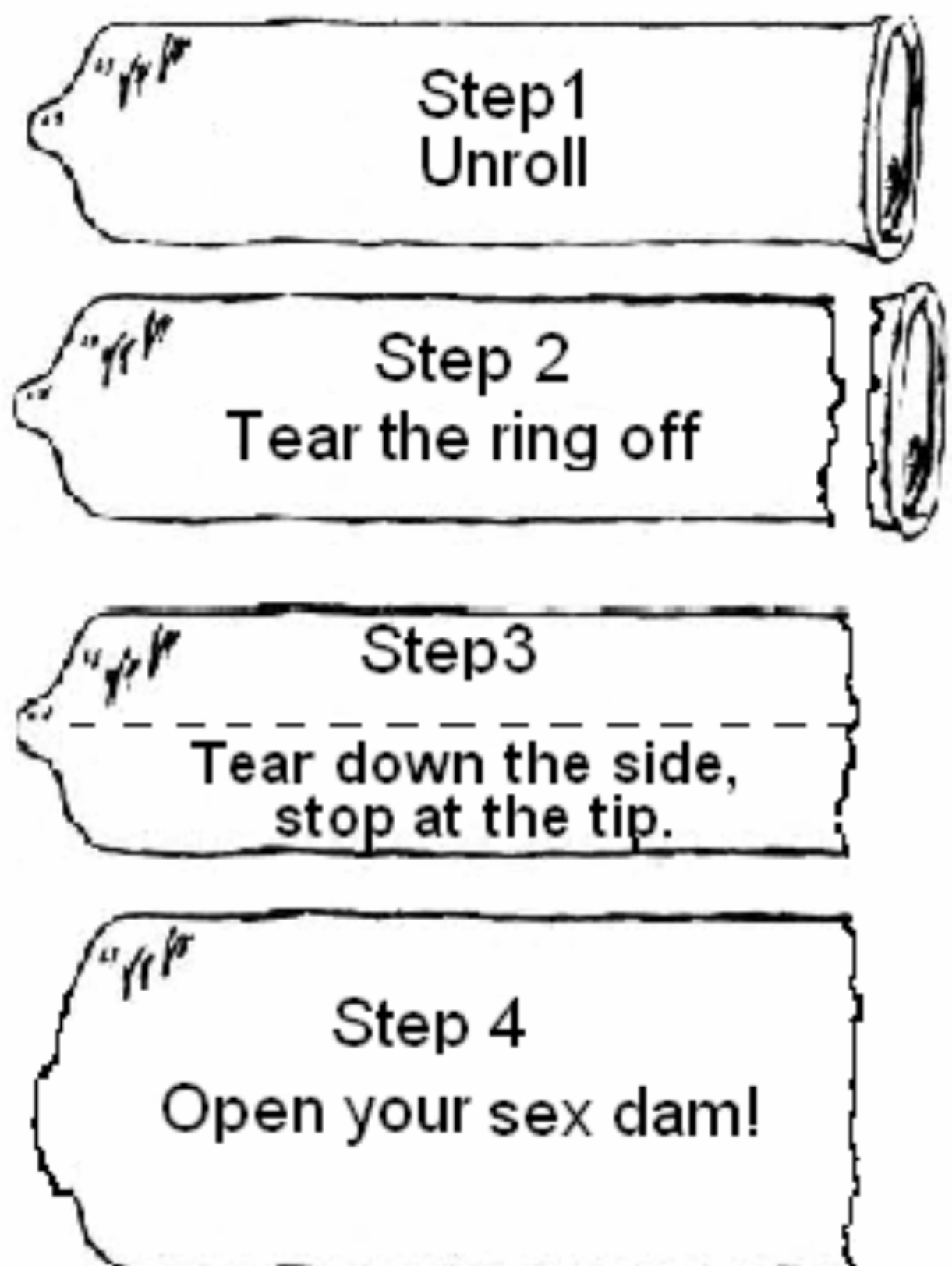
Most Community  
Health Centres

SERC  
([serc.mb.ca](http://serc.mb.ca))

Most Nursing  
Stations

Rainbow Resource Centre  
([rainbowresourcecentre.org](http://rainbowresourcecentre.org))

## Make a Sex Dam from a Condom



Scan this code for a video on making sex dams or check out [teentalk.ca](http://teentalk.ca)