

## Accompanying teacher notes for dental dam demonstration

For this demonstration you will be using a dental dam available at some drug stores or clinics. *If you can not access dental dams* you will be able to show your group how to make one using a male condom. You will need an unopened male latex condom and a pair of scissors. Flavoured condoms are preferable but unflavoured will also work. (If you do not have a dental dam to use skip to step 3).

1. Explain that dental dams are used during oral sex to protect partners from sexually transmitted infections (STI) and HIV. They are usually flavoured.
2. If you have a dental dam, take it out of the package and show it to the group. Note that they have a large surface area and act to provide a barrier between one partner's genitals and the other partner's mouth. If the dental dam was used during oral sex on a female it would be placed over the vulva and vagina to provide the barrier.
3. Review that dental dams are used during oral sex to protect partners from sexually transmitted infections STI and HIV. As they are not always easily available they can be made using a male condom, flavoured or unflavoured.
4. Carefully open the male condom. Using a pair of scissors cut off the tip/reservoir of the condom (note that this is the only time a pair of scissors should be used with a condom!). You will then have something resembling an "O". Cut along the "O" and unroll the condom. You now have a dental dam. A simple way to remember the steps is *SNIP, CLIP and UNROLL*.
5. Explain that dental dams are **one time use only** and should be disposed of in the garbage.