

Dental Dam Game - Instructions

Using multiple decks of cards, break the participants into groups of 2-4 and ask them to put the cards in order. The smaller groups allow everyone to participate. The steps don't have an exact order, but some steps must come before others. Walk around the room as the groups are organizing their cards and offer assistance where you think it is needed. As you are walking around give each group a condom (to make into a dental dam). Depending on the group, you may wish to hand out the condoms after they have completed ordering the cards to ensure they stay focused.

Before you hand out condoms, be sure to ask if anyone has latex allergies. If a participant is allergic or sensitive to latex they should not touch the latex condoms. You can bring non-latex condoms, as well as, flavoured condoms, internal condoms, gloves, dental dams and lube. An explanation of these is beneficial.

Also beneficial is a demonstration of how an internal condom is inserted and how to make a dental dam out of a glove, as well as a discussion about the types of lube that should and should not be used with condoms.

When they are finished ask one group to volunteer to read out the order of their cards. Have a discussion as this is happening about each step. Discussion points are listed below.

When all the steps are completed, do a demonstration for the group of making a dental dam out of a condom. Then let the group know they can practice themselves if they are comfortable. Let them know it is not a race and it is more important to do it properly than quickly.

You will need:

- Dental Dam Cards (multiple sets depending on the number of participants)
- Condoms
- Scissors

Discussion Points

1. Mutually decide to engage in sexual behaviour

- Important that both people agree to have sex and what type of sex
- Enthusiastic consent
- What are some other things you can do that are fun – kissing, touching breasts/nipples, hand job, digital sex/fingering, dry humping, masturbation, etc.
- What is your definition of sex?
- What is your definition of a virgin?

2. Talk to partner(s) about safer sex (e.g. dental dams, condoms, gloves, birth control if applicable)

- If you are embarrassed to talk to a partner about sex, it might be a sign you are not ready to have sex with them
- Discuss what internal condoms are and how they are used
- Discuss what dental dams are and how they are used
- Discuss how gloves can be used
- Discuss birth control (different types, how they work, how effective they are and where you can get them)
- Discuss dual protection
- Is there a latex allergy or sensitivity?
- Are drugs and/or alcohol involved in your decisions or actions?
- What if a partner of yours does not want to use protection?

3. Talk to partner(s) about STI testing/treatment

4. Buy dental dams or get them for FREE

- Where can you get condoms or dental dams for free? SHORE Centre, ACCKWA, Public Health etc.

5. Talk to partner(s) about the type of sexual activity you are comfortable participating in

- Are you ready to have sex?
- Do you need to have sex to be intimate?
- What are some other activities you can participate in, both sexual and non-sexual, that can make you feel close with another person?
- What are you curious about or interested in sexually?
- What are some things you absolutely do not want to do? How do you talk to a partner of yours about that?
- Time frames of participating

6. Store dental dams in a dry place at room temperature

- Where should you store condoms/dental dams?
- When you go out you can carry them in knap sack, front pants pockets, hoodie pockets, jacket pockets – not in your wallet or back pocket
- Not in the car or freezer
- Not in a bathroom with a shower (the steam and temperature changes are not good for latex)
- Who should carry condoms/dental dams?
- Does someone want to have sex if they have condoms/dental dams with them?

7. Give and get consent

- Discuss the importance of giving and getting consent at each step of sexual activity
- Enthusiastic consent
- People can change their mind
- Communication is key to a happy and healthy sexual relationship
- What are ways you can ask for consent? Examples of what to say/do.
- What are ways you can give consent? Examples of what to say/do.

- What are examples of how someone might say YES, examples of how someone might say NO (verbal and body language)
- Important that all people agree to have sex and what type of sex
- Sexual activities with less risk of STIs and pregnancy – kissing, touching breasts/nipples, hand job, digital sex/fingering, dry humping, masturbation, etc.
- What is your definition of sex?

8. Check the type of dental dam

- Some people like flavoured dental dams
- Some people are allergic to latex

9. Give and receive consent to have oral sex

- Discuss the importance of giving and getting consent at each step of sexual activity
- People can change their mind
- Communication is key to a happy and healthy sexual relationship
- What are ways you can ask for consent? Examples of what to say/do.
- What are ways you can give consent? Examples of what to say/do.

10. Decide who will hold the dental dam in place and how they will do it

- It can be held by the person giving or receiving or both
- Some people use crotchless underwear

11. Add lubrication to side of dental dam that will be placed on the vulva or anus (optional)

- If you make a dental dam from a condom it may already have lubricant on it

12. Perform or receive oral sex

- You can always change your mind
- You can stop during sexual activity
- Make sure you don't mix up the 2 sides (mouth/body) and it is not flipped accidentally

13. Orgasm (or not)

- What are some reasons a person might not ejaculate or orgasm?
- Orgasms for people with vulvas and vaginas often left out, not expected.
- Is sex over once a person with a penis ejaculates?
- Discuss myth of "blue balls" for a person with a penis who does not ejaculate.
- Do most people with vulvas orgasm with penetration alone? What is the purpose of the clitoris?
- What are other ways people can orgasm without penetrative sex?
- Masturbation

14. Throw dental dam in garbage

- Never in the toilet! They clog toilets and often pop back up after you flush
- Wrap in toilet paper or tissue first
- Never use a dental dam more than once

Mutually decide to engage in sexual behaviour

Add lubrication to side of dental dam that will be placed on the vulva or anus (optional)

Talk to partner(s) about safer sex (e.g. dental dams, gloves, condoms, birth control if applicable)

Talk to partner(s) about STI testing/treatment



A partner of yours does not think they need to get tested because they have no symptoms.

Buy dental dams or get them for FREE (at SHORE, Public Health, ACCKWA, Public Health Nurse at school, etc.)



Can't find a dental dam? Make one from a condom!

- 1. Do "puff" test, check expiry date**
- 2. Carefully open the condom package**
- 3. Unroll the condom and use scissors to cut the tip off the condom so you are left with a tube that is open on both sides**
- 4. Use scissors to cut along the condom so that you are left with an open rectangle of latex**

Talk to partner(s) about the type of sexual activity you are comfortable participating in (e.g. kissing, cuddling, touching genitals, oral sex on a vulva or anus, etc.)



**A partner of yours says they don't consider oral sex to be "real sex" so a dental dam isn't needed.
What do you say?**

Store dental dams in a dry place at room temperature out of direct sunlight



**A partner of yours pulls a dental dam out of their wallet and wants to use it.
What do you say/do?**

Give and get consent



**A partner of yours says “Hmm, I don’t know, maybe” when you ask if they’d be into a certain activity.
What do you say/do?**

Check the type of dental dam (flavoured, latex, brand, etc.)



**A partner of yours is allergic to latex. They don’t want to use a dental dam because of this.
What do you do?**

Give and receive consent to have oral sex



**You begin having sex with a partner of yours and all of a sudden you’re just not feeling it anymore.
What do you do?**

Decide who will hold the dental dam in place and how they will do it.



**You ask a partner to use a dental dam and they say it is too much work to hold it, so they don't want to use it.
What do you do?**

Perform or receive oral sex



**The dental dam slides off and your mouth touches the other person's body.
What do you do?**

Orgasm (or not)

Throw dental dam in garbage