

How to:

Dental Dams!

1. Oral sex can be super fun, but it isn't for everyone! Make sure you have a conversation about if it'll be fun, enjoyable, and comfortable for you and your partner(s) before starting this activity.
2. If you're both on the same page, then use a dental dam to enhance your oral sex experience! Dental dams are flavored latex sheets that cover a vulva or anus during oral sex to prevent the transmission of sexually transmitted infections (STIs). Find a flavor you like (mint, strawberry, vanilla, and more!) and enjoy the experience a little extra knowing that you and your partner(s) are less likely to get an STI.
3. Check the expiration date on the dental dam. Examine the wrapper to make sure there aren't any rips or tears in the package - if there are, then the dental dam might also be torn! You should throw away a package with any tears and grab a new one.
4. Slide the dental dam to one edge of the wrapper, and tear the other side of the wrapper, so you don't accidentally tear the dental dam.
5. Place the dental dam over the vulva or anus. The flavored side should be facing up, so it comes in contact with your mouth. If you accidentally place it on the wrong side, don't flip it over and keep using it - it might already have sexual fluids and infections on it! Just grab a new dental dam.
6. Perform oral sex over the dental dam. Check in with your partner(s) throughout to make sure you're both feeling comfortable and enjoying yourselves.
7. Throw away the dental dam in a trash can! Don't flush it or reuse it!

hot tip:

Don't use dental dams for penetrative sex with a penis or a sex toy! It won't stay in place like a condom will, making it super easy to transmit sexual fluids, which could contain sperm and/or infections.

no dental dam? cut a condom!

