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PEERS**



Why should I use a dental dam?



Dental dams are a single-use barrier method that helps to prevent sexually transmitted infections (STIs) and blood borne viruses (BBVs) during oral sex on a vulva or anus.

Dental dams can feel great! They are very thin.

Dental dams can be used with external sex toys such as a vibrator.

Dental dams can make sex more comfortable for those who experience discomfort due to sensitivity.

Dental dams can be great for people who want to feel more at ease when receiving oral sex.

Note

Dams are a single use item. Change your dam if:

- You put it on the wrong way
- Are having sex with multiple people
- Are having oral sex on different body parts (vulva/anus)



You can purchase dams online, at some sexual health clinics or community locations.



You can also make one out of a condom! Check out our other resource to find out how.