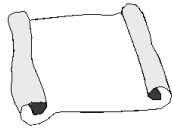


I know about condoms, but what is an ORAL DAM?

An oral dam is simply a thin, rectangular piece of latex that is laid (not stretched) over the vulva or the anus to protect those areas during oral sex. Oral dams can be found at youth and sexual health centres.



You can even make your own from a non-lubricated condom. Simply cut off the tip, cut up its length and you will have a flat piece of latex. It's not as big, but it will work.

CAUTION

A condom does not give 100% protection

Always use one, but be wise. Look at your partner's genitals. Talk to your partner about their sexual history (# of partners, use of condoms, etc.). Some STIs are passed by skin-to-skin contact and a condom only protects the penis, vagina and anus. Avoid sex if you or your partner have any of the signs on the previous page.

Hey!
We're not saying never have sex. We're saying *if and when* you do, be responsible.



There are free condoms at The Sexual Health Centre in Bridgewater. In order to make them accessible in our rural area, some organizations keep a supply of them for us: most junior and senior high schools, Teen Place in New Germany, Second Story Women's Centre in Lunenburg, the Walk-in Clinic at South Shore Regional Hospital (Bridgewater), etc. We also have Oral Dams. Call us for more information.



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United Way of Lunenburg County



**SEXUAL
HEALTH CENTRE**

LUNENBURG COUNTY



CAUTION

The Pill
is Not Good
Enough

What You Need to Know About

STIs

SEXUAL HEALTH CENTRE
Lunenburg County

The experts in sexual and reproductive health

CAUTION

In Canada, teens are 9 times more likely than adults to get an STI

Most teens and young adults who become sexually active are only worried about getting pregnant or getting their partners pregnant. You may think that Sexually Transmitted Infections (STIs) are not your concern, because you may think your partner is 'clean'.

Or that good looking people don't have germs. Or it won't happen to you. NOT TRUE.

Nice people with good hygiene get and give infections. It's a fact. So play it safe, and use a condom or oral dam. Every time.



CAUTION

1 in 4 teenagers will get an STI

That's 25% of teens. Are those odds worth risking unprotected sex? One in four. Need we say more?

CAUTION

Many STIs have few or no symptoms

It is very important to know your body, get yearly checkups, and see your doctor at the first sign of anything unusual.



Many STIs, if left unchecked, cause infertility (men and women), and in women, difficulty carrying a baby to term (they miscarry a lot). Some can also cause cancer, brain damage and/or death. Some can be easily cured with antibiotics.

Others, like Herpes, will not cause further damage to the body, but you have it for *life* and you will have to tell all your sexual partners.

CAUTION

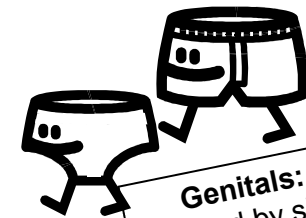
You can catch and pass most STIs through oral sex

If you are a guy getting oral sex then protect yourself and your partner by wearing a condom. If you are a girl getting oral sex then protect yourself and your partner by using an oral dam.

CAUTION

Watch for these signs

- A sore, bleeding or not
- An area with an odd colour (white, red, darker or lighter than usual)
- Bumps or lumps, soft or hard, rough or smooth, one or many
- A rough spot
- Small blisters with fluid or pus
- An unusual discharge—yellow, green, white, bloody, thick or thin, frothy, lumpy, or smelly
- An unusual smell from the genitals or from the discharge
- A rash, itchy or not
- Itchy or tingly areas
- Swollen areas
- Pain or burning when peeing
- Fever, tiredness, diarrhea, nausea



Genitals: anywhere covered by shorts or underwear. This includes vulva, penis and scrotum, anus, thighs, and butt cheeks.