



LESSON T · TOOLS · SKILL CARD

BUILD A DAM: 4 MOVES

Turn a condom into a dental dam in four moves — practiced before you need it.

A dam is a thin barrier for oral contact with the vulva or anus. Ready-made dental dams exist — when there isn't one in the kit, you can make one from a condom.

1 UNROLL

Unroll a **non-lubed** condom all the way.

2 SNIP THE TIP

Cut off the tip.

3 SNIP THE BASE RING

Cut off the rolled ring at the base.

4 SLICE & UNFOLD

Cut down one side and open it into a sheet.

Then add one drop of water-based lube on the body side. Keep that same side toward the body the whole time.

FIELD RULES

- **Flipped it or moved between areas?** Use a fresh one. One dam, one use.
- **Blunt-tip scissors only**, and never cut near skin.
- **Field conditions:** there are no perfect scissors at 1 a.m. Practice now so your hands know it.

TIMED PRACTICE — GOAL: UNDER 30 SECONDS

Try 1: _____ sec

Try 2: _____ sec

Try 3: _____ sec