

## LUBE IT UP

Using lube can make sex more pleasurable and gets things moving. It also reduces friction and prevents chafing, which means condoms and dams are less likely to break.

### Which lube is best for you?

Different lubes vary in texture, flavour and how frequently you may need to reapply. When using condoms and dams only use water or silicone based lube (oil or lotion can make condoms break more easily). If you're using silicone sex toys only use water-based lube.

## HOW TO ASK

Everyone has a right to have safe and pleasurable sex. You have the right to ask someone to use protection, here are some ways to ask:

"I'm really into this, can I grab a dam so we can keep going?"

"I don't want to worry about STIs or pregnancy, can I grab a condom?"



Learn more about how to use condoms, dams and lube in a pleasurable way at [waac.com.au](http://waac.com.au)




# Condoms, Dams and Lube

How to make barrier methods more pleasurable



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## WHAT ARE BARRIER METHODS?

Barrier methods (like condoms and dams) reduce transmission of sexually transmitted infections (STIs) by acting as a physical barrier between sexual fluids, skin and the body. STIs are a normal part of being sexually active, so it's important to protect yourself and your partners.

Did you know 76% of young people use condoms with casual partners? Condoms are the only form of prevention that can reduce the risk of both unplanned pregnancy and STI transmission.

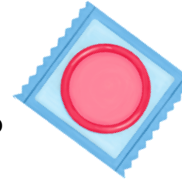
We know people want to stay safe and feel good. So this resource is designed to show you how to make sure sex is pleasurable while using barrier methods.



## PLEASURABLE CONDOM USE

### Find the right fit

Every penis is different!  
Try different sized condoms to find the size that fits you best.



Condoms should fit snugly, but not be too tight. If it feels uncomfortable, or it's difficult to stay hard, you may need a larger size. If the condom feels loose or comes off during sex you may need a tighter fit. It can be helpful to practice putting a condom on solo and masturbate to see how it feels.

Different sized condoms can be found online or at some supermarkets and pharmacies.

### Add lube before the condom

Put a few drops of lube on the penis before putting on the condom to increase sensitivity and pleasure.

### Think of the benefits

Using barrier methods has a range of mental benefits too. For example, some people feel more relaxed because they're less worried about pregnancy or STIs. Also, using condoms can delay orgasm for the person wearing it, so penetrative sex may last longer.

### Put the condom on in a sexy way

You can make putting a condom on fun and sexy, for example, putting it on together.

## PLEASURABLE DAM USE

Dams are thin latex or polyurethane sheets used during oral sex to act as a barrier between the mouth and the vagina or anus.



### Benefit of dams

Dams are made from very thin material to maximise pleasure. Some people who find direct clitoral/anal stimulation to be too intense may prefer using dams as it diffuses sensation.

### A little lube goes a long way

Put a few drops of lube on the vulva/anus before using the dam, to increase sensitivity and pleasure.

### Make your own

You can also make a dam from a condom, scan the QR code on the back to find out how!

