

The Pleasure Playlist

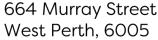
A social media campaign educating viewers on how to pleasurably use barrier methods







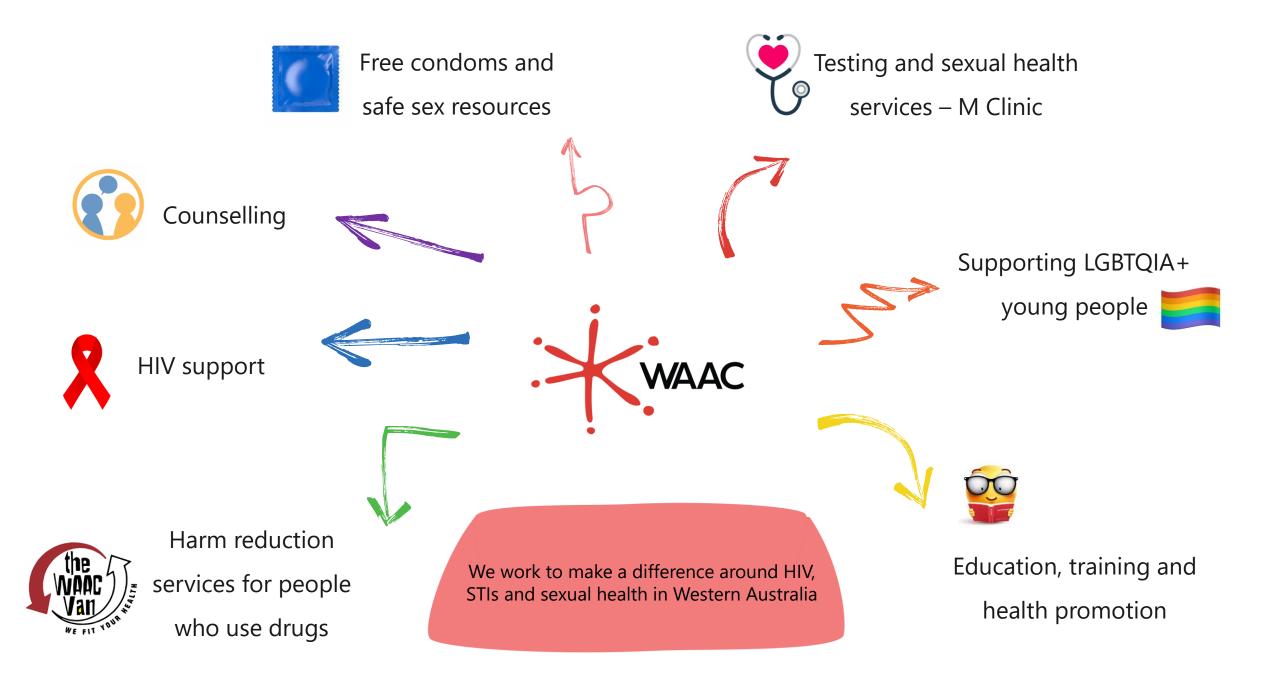




NGALA KAADITJ WADJUK MOORT KEYEN KAADAK NIDJA BOODJA

We acknowledge the Wadjuk people of the Noongar nation, the first and true custodians of the land on which we meet today. We pay respect to the Elders, past, present and emerging and their immutable strength and resilience.







What is it?

Social media campaign targeted at young people launched Friday 16th of September

Aim

increase the number of young people using barrier methods and lube

Objectives:

- Increase knowledge of how to make condom us more pleasurable (including, finding a correctly sized condom)
- Increase knowledge of dams and how to make dam use pleasurable
- Increase knowledge of different types of lube, and how to choose the best lube for you!







What resources are available?

- Social media tiles •
- TikTok videos ٠
- Brochure ٠
- Posters available by request from Friday 16th ٠
- Products on the WAAC store •









Why

Rationale

- Perceived reduction in in pleasure is one of the main reasons people choose not to use condoms (and other barrier methods) (Webster, Michie, Estcourt, Gerressu, Bailey, 2016, Bailey et al., 2016).
- The majority of STI notifications in WA are in young people 29>
- Digital based individual behavior change interventions targeting sexual health/STI related behaviors are an effective means for targeting young people (Flowers et al., 2017)

This campaign will aim to increase the number of young people using barrier methods and lube, by discussing how to use them pleasurably.







Where will you see it?

- Socials -TikTok, Instagram, Facebook
- Website
- Leavers flyers, posters and playlist
- WAAC store wider selection of products 1kg lube, 5 kg lube, Find Your Right Fit – Condom Pack
- Spotify you can listen to the playlist







A sneak peak...

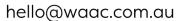
Ready for the pleasure playlist?

Tips for using dams, condoms and lube....pleasurably.















WAAC Brochure

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:





Learn more about how to use condoms, dams and

CONTACT US

(08) 9482 0000

www.waac.com.au



Condoms, Dams and Lube

NAAC 💡 664 Murray Street, West Perth

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!



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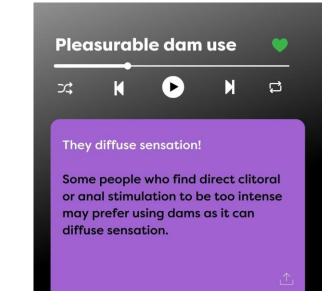


About Dam Time





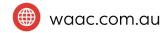
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hello@waac.com.au





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Pleasurable lube use 🔍					
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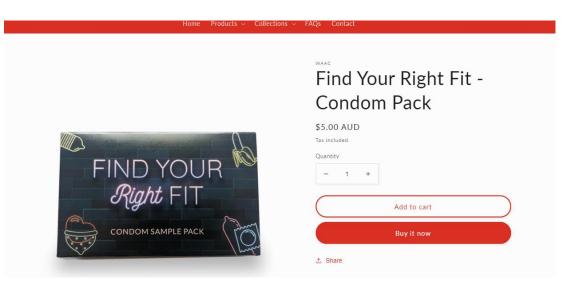


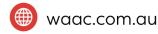


WAAC Store

https://thewaacstore.com.au/

(or the store button in the top right corner of our webpage)





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Questions/ feedback?

