Consensual Non-Monogamy: Stigma

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Non-monogamy relationship styles

- Consensual Non-Monogamy (CNM)
  - Swinging
  - Polyamory
    - Mono poly
    - Poly fidelity
    - Solo poly
  - Casual sex
  - Dating around
- Polygamy
  - Polyandry
  - Polygyny
- Cheating
Source types

- Academic research papers
- Magazine articles
- Blogs
- YouTube videos
- Newspaper articles
- Movies
- TV/Netflix shows
- Documentaries
- Books
- Non-academic Personal experiences and observations
Everyone seems to have an opinion, even if they don’t know they do.

- It’s good (and I practice it).
- I don’t care what consenting adults do with their own time.
- It’s bad, because it’s immoral, destructive, selfish, shallow...etc.
Let’s Talk About Monogamy (Marriage)

Stephanie coontz author of “Marriage, A History”
“I was raised in the 60’s and in that time the anthropological theory was that marriage was invented to protect women and children. That women traded sexual monogamy in return for the man going out and hunting the meat protecting them from the sabre tooth tigers. But then in the 70’s a lot of female anthropologists came along and they pointed out if the men were out hunting and the women were who was protecting the women from the sabre tooth tiger? Then you got a totally different theory of the invention of marriage. That it was invented to oppress women.”
“Eventually, I came to the conclusion that, marriage had nothing to do with the relationship between the husband and the wife and the children. It was a way of getting in-laws. In-laws were the reason for marriage. ‘I marry my son to your daughter and therefore we have a relationship. I owe you things. You owe me things.”
Monogamy by default

Which is better? Consensual non-monogamy or monogamy?

According to Tristan Taormino, Author of Opening Up: A Guide to Creating and Sustaining Open Relationships, practitioners of Consensual non-monogamy feel that most people enter into a monogamous relationship by default.
Religious views

Christianity, Islam, Judaism, and some forms of Buddhism

Adultery or fornication

Polygamy (vs Polyamory)
Polygyny

Seen as consensual

Polyandry

Polygamy

Polyamory

Seen as cheating
People who hold the stigma think that CNM:

- Practitioners are “freacko pervert(s)”
- Is twisted
- Is just a fancy way to say “cheating”
- Is physically unsafe
- Is destructive to the fabric of our society
- Is for people who can’t commit
- “(Polyamory) is what Mormons do”

- Is all about sex, sex, sex
- Is an unsafe environment to raise children
- Is inferior to Monogamy
- Is a sign of selfishness and promiscuity
- Is an excuse to have shallow meaningless relationships.
- Is for people who haven’t met the “right person” yet.
- Is unnatural. Like the emperor penguin, monogamy is human nature.
“Consensual Non-Monogamy practitioners are not happy”
Direction for Future Research

Brown vs Buhman
April Devilbiss
V.C. and C.B v. J.E.B. and C.C.


