

## Resources & Readings

<sup>1</sup>Haupt ML, Gesselman, AN, Moors AC., Fisher HE, Garcia JR. Prevalence of Experiences With Consensual Nonmonogamous Relationships: Findings From Two National Samples of Single Americans. *J Sex Marital Ther.* 2017; 43(5): 424-440. doi:10.1080/0092623X.2016.1178675

<sup>2</sup>Levine EC, Herbenick D, Martinez O, Fu T, Dodge B. Open relationships, nonconsensual nonmonogamy, and monogamy among U.S. adults: Findings from the 2012 National Survey of Sexual Health and Behavior. *Arch Sex Behav.* 2018;47:1439-1450. doi:10.1007/s10508-018-1178-7

<sup>3</sup>Vaughan M Jones P, Taylor BA, Roush J. Healthcare experiences of consensually non-monogamous individuals. *J Sex Med.* 2019; 16: 42-51 doi: 10.1016/j.jsxm.2018.11.006

<sup>4</sup>Witherspoon R. Exploring Polyamorous Resilience and Strength Factors: A Structural Equation Modeling Approach. Doctoral dissertation, California School of Professional Psychology.

<sup>5</sup>Swan DJ, & Thompson SC. Monogamy, the protective fallacy: Sexual versus emotional exclusivity and the implication for sexual health risk. *J Sex Res.* 2016; 53:64-73. doi: 10.1080/00224499.2014.1003771

<sup>6</sup>Conley TD, Moors AC, Ziegler, A, Karathansis C. Unfaithful individuals are less likely to practice safer sex than openly non-monogamous individuals. *J Sex Med.* 2012;9:1559-1565. doi: 10.1111/j.1743-6109.2012.02712.x

<sup>7</sup>Conley TD, Moors AC, Ziegler A, Matsick JL, Rubin JD. Condom use errors among sexually unfaithful and consensually non-monogamous individuals. *Sex Health.* 2013;105:463-4. doi: 10.1071/SH12194

<sup>8</sup>Lehmiller J. A comparison of sexual health history and practices among monogamous and consensually nonmonogamous sexual partners. *J Sex Research* 2015; 12:2022-2028 doi:10.1111/jsm.12987

## Additional Resources

Association of Reproductive Health Professionals. What you need to know: Talking to patients about sexuality and sexual health. 2008. <http://www.arhp.org/uploadDocs/sexandsexfactsheet.pdf>  
Centers for Disease Control. Sexually Transmitted Diseases Treatment Guidelines: Screening recommendations and considerations referenced in treatment guidelines and original sources 2015. <https://www.cdc.gov/std/tg2015/screening-recommendations.htm>  
Nusbaum MRH, Hamilton CD. The proactive sexual health history. *Am Fam Physician* 2002;66(9): 1705-17.

Consensual Non-Monogamy Task Force

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CONSENSUAL  
NON-MONOGAMY  
TASK FORCE

— APA DIVISION 44 —  
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# Relationship and Sexual Diversity Card

Promoting  
inclusive healthcare  
for people engaged in  
Consensual Non-Monogamy  
(CNM)



CONSENSUAL  
NON-MONOGAMY  
TASK FORCE

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## Consensual Non-Monogamy (CNM) 101

- Individuals who practice CNM have an interest in multiple romantic and/or sexual relationships with the knowledge and consent of all parties involved. Approximately 1 in 5 Americans (22%) have been involved in a CNM relationship at some point during their life<sup>1</sup>, with approximately 4-5% currently engaged in a CNM relationship<sup>2</sup>.
- There are many terms to describe different types of CNM relationships, such as polyamory, swinging, open relationships, monogamish, and relationship anarchy.
- Those who practice CNM are often stereotyped and face broad-based negative treatment in society and by healthcare providers.<sup>3,4</sup>

## Inclusive Medical Practices

- Nonjudgmental, open-ended questions about sexual behaviors, partners, safer sex practices, STI status/testing practices and related agreements between sexual partners
- Protect privacy/confidentiality regarding partners & sexual information
- Seek empirically-informed education/resources on CNM

## Relationship Diversity Facts

- People in CNM relationships do not have higher rates of STIs than those in monogamous relationships<sup>8</sup>
- Infidelity (non-consensual non-monogamy) is common among married/partnered individuals, with up to 1/3 of monogamous adults reporting being sexually unfaithful to a partner<sup>5</sup>
- Sexual behaviors between partners vary and may or may not include intercourse
- CNM people are more likely to seek regular STI testing<sup>6</sup>
- CNM people have high rates of consistent and correct use of safer sexual behaviors<sup>6,7</sup>

## Possible Requests & Needs

- Broad, frequent, STI testing
- Easy Access to STI results to share with partners
- Long-term birth control
- HPV vaccine
- PrEP
- Including multiple partners in visits/medical decisions

## Tear & Share with Your Provider

**The name I use is:**

**My personal pronouns are:**

**My gender is:**

I have \_\_\_\_\_ current sexual partners.  
I have had \_\_\_\_\_ sexual partners since my last STI test.

**I describe my sexual orientation as:**

Gay                      Straight                      Lesbian

Bisexual                      Pansexual                      Asexual

Sexually fluid    Queer

Something else: \_\_\_\_\_

**I describe my relationship style as:**

Polyamorous                      Open

Swinger/In the Lifestyle

Relationship Anarchy                      Monogamous

Consensually non-monogamous

Something else: \_\_\_\_\_

**Today I'd like to talk about:**