

Resources & Readings

¹Haupt 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

²Levine 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

³Vaughan M, Jones P, Taylor BA, Roush J. Healthcare experiences of consensually non-monogamous individuals. Manuscript under review. *J Sex Med.*

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

⁵Swan 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

⁶Conley 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

⁷Conley 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

⁸Lehmiller 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/sexandsexfactssheet.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
<http://www.apadivisions.org/division-44/leadership/task-forces/index.aspx>

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CONSENSUAL
NON-MONOGAMY
TASK FORCE

— APA DIVISION 44 —
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Relationship and Sexual Diversity Card

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



CONSENSUAL
NON-MONOGAMY
TASK FORCE

— APA DIVISION 44 —



September 2018 Version

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 life¹, with approximately 4-5% currently engaged in a CNM relationship².
- 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.^{3,4}

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 relationships⁸
- 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 partner⁵
- Sexual behaviors between partners vary and may or may not include intercourse
- CNM people are more likely to seek regular STI testing⁶
- CNM people have high rates of consistent and correct use of safer sexual behaviors^{6,7}

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: