

Types of Consensual Non-Monogamy

Consensual Non-Monogamy

- The practice of (sexual, usually) non-monogamy entered into with the full consent of one's primary partner.
- One or more partners choose to have sex (to some degree) with people outside the partnership.
- Generally, the primary partner retains some "veto power" over the nature and frequency of the non-monogamous activities.

Swinging

- Recreational sex, "swapping", "The Lifestyle"
- Modern American origins: 1950's, California military bases
- In general, less emotional involvement
- Casual relationships/friendships
- No expectation of commitment (except between original partners)

Fulfills need for: Same-sex play, voyeurism / exhibitionism, more sex, social contact

Polyamory

- Multiple partners
- Primary/secondary model
- Long distance relationships (LDRs)
- More emotional involvement
- Cohabitation
- Group marriage (polygamy)
- Family of choice

Fulfills need for: Same-sex play, voyeurism / exhibitionism, more sex, emotional intimacy, communal living, shared child-rearing

Open Relationships

- Extremely variable
- Separate dating
Dating may be casual or committed.
- Primary may or may not know details of other relationships
- Relationships may or may not overlap
- Catch-all term with some negative connotations (among the wider population and among both Swingers and Polys)

Fulfills need for: Same-sex play, voyeurism / exhibitionism, more sex, separate experiences

For information about Families of Choice and CNM issues:

<http://www.plab-group.org/>



families of choice mean choices for families.

Portrait and intimate photography for couples, singles and groups

<http://www.CoppertoneStudios.com/>

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STUDIOS

Resources for Further Information

SWINGING

In Print	<p><i>The Lifestyle: A Look at the Erotic Rites of Swingers.</i> Terry Gould, Firefly Books 2000. ISBN: 1552094820</p> <p>Overview of the swinging lifestyle, includes interviews with participants and denigrators. Gould looks at the lifestyle through anthropological and sociological lenses and vigorously defends it.</p> <p><i>Considering Swinging.</i> Ed and Dana Allen, Momentpoint Media 2001. ISBN: 0971044813</p> <p>Operators of “The Swinging Life” website, authors of <i>Together Sex</i>, and a couple who have been swinging together for 20 years, the Allens examine the reasons why couples might want to consider swinging.</p> <p><i>Swinging for Beginners: An Introduction to the Lifestyle.</i> Kaye Bellemeade, New Traditions 2003. ISBN: 193242007X</p> <p><i>Together Sex: The Playful Couple's Key to Better Sex Parties.</i> Ed and Dana Allen, Grove Press 2001. ISBN: 0394409477</p> <p>The authors, a husband and wife team, spend most of the book on the broader issues of how and why we are attracted to non-exclusive sexuality, and the issues that must be addressed when approaching these uncharted waters. The authors address these issues in the context of swing parties, but they obviously come up in a variety of other non-conventional relationship formats and environments, too. And yes, the “how to” part is very interesting and well-written, too. Includes a great glossary and an unfortunately dated (the book was originally written in 1976 and has just been updated and re-released) but well-researched and thorough bibliography.</p> <p><i>Recreational Sex: An Insider's Guide to the Swinging Lifestyle.</i> Patti Thomas, Peppermint Publishing Company 1997. ISBN: 0966439805</p> <p>A ‘swinger's bible’ and practical guide by an experienced expert. A third edition was released in 2002 with updated content.</p>
On The Web	<p>The Lifestyle Lounge http://www.lifestylelounge.com</p> <p>Self-proclaimed “Swinger Lifestyle” site that includes in-depth personals validated by other users, photo contests, forums, chat. A very active community based in Minnesota but with national and international membership. Primarily swinger and bi-female play focused</p> <p>ZacNZoey's Help for New Couples of Bi-curious Females http://www.zacnzoe.com/</p> <p>Advice site run by two Florida swingers, focusing on straight male, bisexual female f/f play.</p>

POLYAMORY

In Print	<p><i>Polyamory: The New Love Without Limits: Secrets of Sustainable Intimate Relationships.</i> Deborah M. Anapol, Intinet Resource Center 1997. and</p> <p><i>Loving More: The Polyfidelity Primer.</i> Ryam Nearing, Loving More 1992. ISBN: 0962214418</p> <p>These are two of the core text on Polyamory.</p> <p><i>Lesbian Polyfidelity: A Pleasure Guide for the Woman Whose Heart Is Open to Multiple, Concurrent Sexualloves, or How to Keep Non-Monogamy Safe, Sane,...</i> Celeste West, Booklegger Press 1996. ISBN: 0912932163</p> <p><i>Plural Marriage for Our Times: A Reinvented Option?</i> Philip L. Kilbride, Bergin & Garvey 1994. ISBN: 0897893158</p> <p>A researcher of polygamy and polyandry, Kilbride examines how polyfidelitous relationships continue in modern times and whether they might be an answer to societal relationship problems.</p> <p><i>The Lesbian Polyamory Reader: Open Relationships, Non-Monogamy, and Casual Sex.</i> Marcia Munson and Judith P. Stelboun, Harrington Park Press 1999. ISBN: 1560231203</p> <p>The editors bring together a wide variety of arguments for and examples of open relationships from a lesbian perspective. Authors vary from academics to women in polyamorous relationships and articles vary from how-to to theoretical and historical pieces.</p>
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<i>On the Web</i>	<p>Poly and Proud http://www.polyandproud.com</p> <p>A new website put together by Seattle polyamory activists Jak and Karawynn. They are looking to help the polyamory community gain the type of recognition and public acceptance that the GLBT community is beginning to experience as a result of being “out and proud.”</p> <p>Polyamory.org http://www.polyamory.org</p> <p>The old alt.polyamory. A very comprehensive online source of information and FAQ about polyamory. Somewhat difficult to navigate.</p> <p>“Polyamory: What? Why? How?” Franklin Veaux http://www.xeromag.com/fvpoly.html</p> <p>An excellent poly site including FAQs, basic dos and don’ts, a “guide to dating a couple,” and the excellent “Poly 101” (which includes a glossary and overviews of myths and resources) at http://www.xeromag.com/poly101.pdf/.</p> <p>Our Little Quad http://www.ourlittlequad.com</p> <p>A practical guide to polyamory, written by a quad in a long term relationship. A great guide of “everything you’ve ever wanted to know about the day-to-day details of living in a polyamorous relationship.”</p> <p>Loving More: New Models for Relationships http://www.lovemore.com</p> <p>Produced by “Polyfidelitious Educational Productions.” The site includes information about polyamory, poly discussion forums, terms and definitions, and personal ads, and access to some articles from the Loving More magazine. Good FAQ.</p> <p>Livejournal Polyamory Community http://www.livejournal.com/community/polyamory</p> <p>An interactive online “group journal” in which members of the community contribute ideas, thoughts and questions related to the topic of polyamory. Sometimes drama-heavy, but also good resource for advice.</p> <p>A personals site for polyamorous individuals seeking new partners. Not a site for people looking primarily for sexual encounters, but instead for people looking for potential friendship and romantic, long-term relationships.</p> <p>PLAB Group http://www.plab-group.org</p> <p>Personal and informational website by our polyamorous quad, who are documenting the processes they are going through as they develop their relationships and go through life together. Some informational and biographical pages as well as a FAQ. (This is the presenters’ website.)</p> <p>Poly Matchmaker http://www.polymatchmaker.com</p> <p>A personals site for polyamorous individuals seeking new partners. Not a site for people looking primarily for sexual encounters, but instead for people looking for potential friendship and romantic, long-term relationships.</p>
<i>Real World</i>	<p>Minnesota Polyamory Discussion Group http://www.mnpoly.org</p> <p>Website housing information for meeting with others interested in polyamory in the Twin Cities. Houses a listserv in order for individuals to connect on-line as well as in person.</p>

GENERAL INFORMATION ON OPEN RELATIONSHIPS AND SEXUALITY

In Print	<p><i>The Ethical Slut: A Guide to Infinite Sexual Possibilities.</i> Dossie Easton and Catherine A. Liszt, Greenery Press 1998.</p> <p>The ultimate guide to CNM, but also great for people in any type of relationship or alone. Easton and Liszt focus on affirming pleasure. Includes great advice on communication, managing jealousy, and practical concerns.</p> <p><i>What is Marriage For?</i> E. J. Graff, Beacon Press 1999. ISBN: 0807041149</p> <p>An extremely well researched work on the origins of marriage, written by a lesbian journalist seeking to understand the reasons for excluding her life partner and herself from the institution of marriage. Extremely valuable in understanding how and why heterosexual, lifelong, sexually exclusive marriage came to be recognized as the ‘one true legitimate form’ of intimate relationship (and who really benefited).</p> <p><i>Redefining Our Relationships: Guidelines for Responsible Open Relationships.</i> Wendy-O Matik, Regent Press 2002. ISBN: 1587900157</p> <p>“Manifesto on alternatives to monogamy.” Matik tells of her experiences and asserts that open relationships reduce the hazards of exclusive, over-dependant monogamous relationships. She offers useful advise about jealousy and challenges readers to confront the societal status quo and their own possessiveness.</p> <p><i>Open Marriage: A New Life Style for Couples.</i> Nena and George O’Neill, M Evans & Co 1984. ISBN: 087131438X</p> <p>A somewhat-outdated look at maintaining self-hood and separateness while also growing with and maintaining a long-term relationship with a partner. Has been called a classic but may now be superseded by newer titles.</p> <p><i>The New Intimacy: Open-Ended Marriage and Alternative Lifestyles.</i> Ronald Mazur, Author's Choice Press 2000. ISBN: 0595001025</p> <p>Mazur, ordained minister, university health educator, clinical sexologist, developer of “Lifestyles Ministry” on the internet and the sexuality curriculum <i>About Your Sexuality</i>, examines how and why people can open themselves to “our universal polyamorous potential.”</p> <p><i>Myth of Monogamy: Fidelity and Infidelity in Animals and People.</i> David P. Barash and Judith Eve Lipton, WH Freeman & Co 2001. ISBN: 0716740044</p> <p>A behavioral scientist and a psychologist examine the roots of infidelity and assert that monogamy is not consistent with human evolutionary history.</p> <p><i>Threesome: How to Fulfill Your Favorite Fantasy.</i> Lori Gammon and Bill Strong, Triad Press 1997. ISBN: 0965071669</p> <p>A how-to guide that also explores why we want threesomes and why many of us are afraid to ask for them.</p>
On The Web	<p>Jane's Guide http://www.janesguide.com</p> <p>The on-line guide to sex related resources. Listings and reviews of sexual entertainment, services, products and much more. Sex-positive and friendly to alternative sexuality.</p> <p>Spring Street Personals http://www.ssnpersonals.com</p> <p>A hip mostly-vanilla personals portal. Parent personals site for The Onion, City Pages, Salon, Nerve, and countless other sites and publications.</p>
Real World	<p>The Institute for 21st Century Relationships http://www.lovethatworks.org</p> <p>“The Institute for 21st Century Relationships exists to facilitate the fulfillment of the human potential for relating, and to support the freedom of consenting adults to discover and to practice the intimate relationship structure that best meets their emotional and human needs. They champion the basic human right to do so free of governmental, societal or institutional coercion or favoritism. They seek, through education, research, and support, to create a climate in which all forms of ethical, consensual and fulfilling relationship styles are broadly understood and are equally respected and honored as legitimate choices.”</p> <p>Bisexual Organizing Project ("TCBOP") http://www.tcbop.org</p> <p>“The Bisexual Organizing Project or BOP is a non-profit organization dedicated to serving the needs of the Twin Cities bisexual community and providing resources and information to the community at large.” Not specifically related to non-monogamy, but helpful for those who identify as non-monogamous and bisexual.</p>