

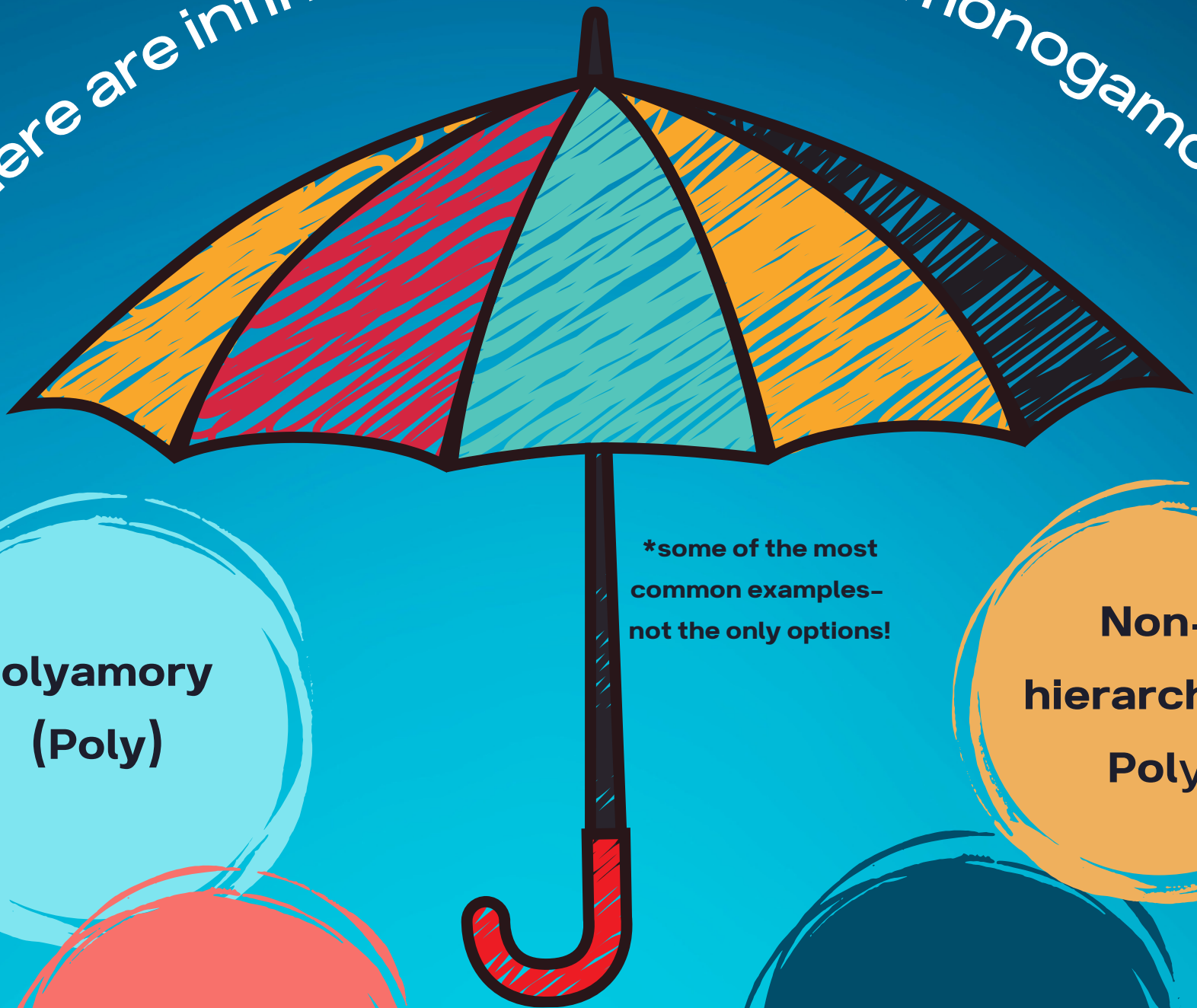
WHAT IS NON- MONOGAMY?

BACK TO BASICS

WHAT DOES "NON-MONOGRAMY" MEAN?

An umbrella term for relationship structures that are not monogamous.

There are infinite ways to be non-monogamous!



**Polyamory
(Poly)**

**Hierarchical
Polyamory**

**Open
Relationship**

Polyfidelitous

**Non-
hierarchical
Poly**

**some of the most
common examples -
not the only options!*

Polyamory (Poly):

An agreement between partners to have multiple romantic and/or sexual partners, if desired with all partners, having **honest knowledge of other partnerships, boundaries, and agreements.**

Non-hierarchical Poly:

A polyamorous relationship structure where there is not a single "anchor" or primary partner.

Hierarchical Poly:

A polyamorous structure where there is (usually) a "primary" or "anchor" partner and then additional partner(s).

Polyfidelitous:

Partners (three or more) who are in equal relationships with each other and agree to contain sexual and romantic relationships exclusively with members of the group.

Open Relationship:

Partners are not sexually exclusive; specifics of this agreement depend on each specific relationship. Often, these structures are not considered polyamorous.

BUSTING NON-MONO GAMY MISCONCEPTIONS



Non-monogamous folks don't get jealous.

Sounds like:

"I could never be non-monogamous, I'm just too jealous"

Jealousy is a feeling that comes in varying degrees for most people! Non-monogamous folks often learn more skills to manage jealousy and communicate about it! Non-monogamy has more to do with a skill set than an innate ability to "do it."

Non-monogamous people are just greedy!

Sounds like:

Why isn't one person enough? Just pick one!

This is a phobic thing to say, relationships are not a limited resource to "hoard" or be greedy over. The number of ethical partners someone has is not a moral issue. **Do not perpetuate this!**

Non-monogamy is new and only for young people.

Sounds like:

They'll grow out of it, it's just trendy right now to date everyone"

Non-monogamy is not new or just a "trend" for young people. Across history and different settings, many adults of all ages have practiced ethical non-monogamy.