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“You should spend most of your time with your partner”



Alone time is a boundary that we are rarely taught to protect. Although people are social creatures, time away from romantic partners can be important for self-development, recharging, and maintaining social support systems.

We are misled when we're taught that relationships require us to sacrifice parts of ourselves or our life. This can lead to harmful cycles of codependency, neglect, and isolation.

Myth 2. Boundaries

Myth 3. Access

“Your partner should get exclusive access to you.”



Romantic relationships are often held to a different standard than non-romantic relationships. We're taught that the romantic relationship should be the most important and central relationship in our lives.

This can lead to isolation from friends and family members. It can also lead to intense feelings of devastation when romantic relationships come to an end.



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“You should want to be in a relationship.”



We are taught from a very young age to aspire to be in monogamous, romantic relationships.

Children start experimenting with dating as young as elementary school, and as they age into early adolescence, the kinds of relationships that children have together take on shapes that can begin to mimic the restrictive model based on compulsory monogamy, heteronormativity, and other societal norms.

Myth 4. Attraction

“You can't be attracted to other people if you're in a relationship”



Human attraction doesn't have an on and off switch. The idea that your partner should “be enough” for your romantic and sexual desires is a myth that reinforces compulsory monogamy.

Discussions about monogamy and boundaries are essential when it comes to expressing attraction outside the relationship, but the expectation that attraction should disappear entirely is often unattainable.



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relationship myths and misconceptions

A zine exploring common myths and misconceptions in relationships, regarding boundaries, access, priority, break-ups, and more.

a queer sex ed community curriculum zine

Myth 5. Fulfillment

“Your partner should make you completely happy.”



It's difficult to find anyone who would admit to being completely happy. Being in a relationship with someone might bring your joy, but it won't lead to total fulfillment.

It's important to have sources of happiness and fulfillment that come from outside of a romantic relationship, such as pursuing a passion or connecting with your community.



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“You should hate your ex after a break-up.”



Although break-ups can often be complicated and painful, there is a common misconception that you must hate your ex-partner. In reality, many people choose to maintain platonic or even sexual relationships with a partner after they are no longer romantically involved. As long as clear communication is involved, there is no rule that you must despise and avoid your ex-partner after a break up.

Myth 7. Break-ups

Myth 6. Classification

“Romantic relationships are in a league of their own.”



This myth might be so deeply embedded that we don't even consider it a myth. Romantic relationships are often seen as entirely different from platonic relationships, like close friendships. In actuality, these types of relationships aren't all that different. Behaviors like affection, physical touch, and quality time are often present in relationships, regardless of if the relationship is platonic or romantic. People in romantic relationships might have different negotiations of these behaviors, but romantic relationships are not in a separate classification from non-romantic relationships.



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