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Addressing Stigma Through Evidence Based Recommendations: An Introductory Fact Sheet on Consensual Non-Monogamy

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Addressing stigma through evidence based recommendations: An introductory fact sheet on consensual non-monogamy



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- Purpose**
- Bridging the research-outreach gap by creating public education materials.
 - Our goal is to make findings easily accessible to researchers, mental health professionals, and the general public with the purpose of helping the public view CNM as a valid area of diverse intimate relationships.

- Method of Development**
- Collaborated with a panel of experts to develop key content (mini-Delphi method)
 - Compiled relevant information into a concise, digestible fact sheet
 - Made suitable for a diverse audience


- Content**
- An overview of recent research
 - Empirically supported recommendations for clinical practice and research
 - Ways to reduce stigma surrounding CNM relationships
 - Resources for further reading

References

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Consensual non-monogamy (CNM) is an umbrella term for relationships in which all partners involved explicitly agree on terms of having (or not having) concurrent sexual and/or romantic relationships. Three main types include **swinging, open relationships, and polyamory** 

We are bridging the **research-outreach gap** in human sexuality research by offering a concise, digestible fact sheet on **Consensual Non-Monogamy**.

 Are you interested in gaining a better understanding CNM?
Curious about strategies to make your research/practice more inclusive?
Wondering what the main findings are in this body of scholarly work?

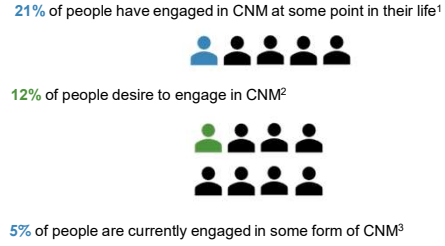


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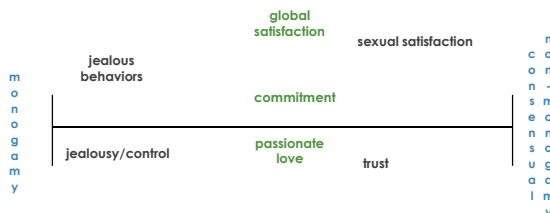


Key Insights

How prevalent is CNM?



How do CNM relationships compare to monogamous relationships?⁴



Do people who engage in CNM practice safe sex?

