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

Olivia McLeod  
*Chapman University, mccleo112@mail.chapman.edu*

Ashley Ramos  
*Chapman University, ramo164@mail.chapman.edu*

Amy Moors  
*Chapman University, moors@chapman.edu*

Heath Schechinger  
*dr.schechinger@gmail.com*

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

McLeod, Olivia, Ramos, Ashley, B.A., Moors, Amy C., Ph.D. | Chapman University
Schechinger, Heath, Ph.D. | University of California, Berkeley

**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**
1. Collaborated with a panel of experts to develop key content (mini-Delphi method)
2. Compiled relevant information into a concise, digestible fact sheet
3. 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

**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.

**Key Insights**

**How prevalent is CNM?**
- 21% of people have engaged in CNM at some point in their life
- 12% of people desire to engage in CNM
- 5% of people are currently engaged in some form of CNM

**How do CNM relationships compare to monogamous relationships?**

**Do people who engage in CNM practice safe sex?**

**References**