



Sound Bites on Non-monogamy

You need to develop your own sound bites in your own words. These are suggestions that you can use to build your own set of sound bites to discuss non-monogamy, polyamory and the Lifestyle.

Sometimes there is no graceful way to segue into a sound bite. The point is that you are setting the tone of the conversation, not the reporter. Don't answer any question you don't have a prepared sound bite for because likely that is the answer they will pull to use in their article or piece. Out of a 1/2 long interview, you will only see one or two quotes in print, or be on the air for about 10 seconds. So don't ad lib because the off-the-cuff remark is the one the reporter will use.

Relationship Enhancement

Millions of adults are looking for a way to add a bit more spice to their sex lives.

Everyone involved needs to be able to state their limits freely, and have their limits respected.

Couples discuss what they want to do before doing it to make sure that it is mutually satisfying. People who are non-monogamous must learn how to communicate exactly what they want with their partners.

Couples who are in a non-monogamous relationship are better educated about safe sex, sexual responsibility and communicating about their desires and limits.

Having an open relationship can meet more emotional, intellectual, and sexual needs through accepting that one person cannot provide everything.

Couples who decide to open their relationship to include others must be secure in the strength of their partnership bond, and comfortable in developing relationships with new people.

Jealousy is a natural emotion and is a signal that additional communication and negotiation must occur in order to keep the relationship healthy.

Of course, many people prefer monogamy and aren't interested in developing intimate relationships with more than one person. Adults should be able to live how they choose, and no one has the right to dictate our personal choices.

Education for Adults

Like the gay and lesbian community in the 1960-70's, people need a place where they can get the support of their peers, and they don't have to be ashamed or afraid of who they are.

Workshops about sexuality are held every weekend in communities around the country without any incidents.

Colleges that offer sex weeks are providing much-needed education for young adults to learn about safe and consensual sexual expression.

Clubs like these are legally located in communities around the country for decades without any problems.

Many educational and social groups are made up of volunteers who teach other adults how to be responsible about their sexuality. These groups educate about communication, negotiation and setting limits.

This group (or club) is only one of over 500 educational and social organizations that exist in America for adults. Only the people looking for this education know about them and access them.

These attacks are not about sex, this is about a threat to our most basic constitutional rights – our freedom of assembly and the right to privacy.

If one group of people can shut down a private, legal event because they disagree with it, then everyone should be concerned about who is targeted next. Will it be a political convention? A religious gathering? As we've seen throughout history, when you start violating one group's constitutional rights, it can become a very slippery slope

Everyone should be concerned about attacks someone's personal lifestyle. Religious groups are using scare tactics to try to impose their beliefs on everyone. That isn't the American way.

Sex & Spirituality

People can have deeply spiritual experiences that involve the sexual, physical life force.

Science backs the transformative power of intense physical stimulation, like those who participate in Native American rites such as the sun dance. Disparaging these spiritual practices narrows our view of religion and worship.

Historically, the religions of humanity combined sexual and spiritual practices – Greek, Roman, Druids, etc. It just so happens that the dominant religions in this day and age are sex-negative.

If you truly believe in religious freedom, then you must support the individual's right to choose their own beliefs. Imposing your religion on someone else is the worst form of intolerance – the oppression of one church over another, the kind of bigotry this country was founded to oppose.

Definitions

Non-monogamy can refer to a wide range of relationship styles, from open marriages to polyamory to swinging, more popularly known as the Lifestyle. It's an ethical practice where everyone involved is informed and has agreed to the relationship dynamic.

Destigmatizing Sex

Research shows that most Americans support privacy rights for consenting adults to choose and practice safe, sane and consensual sexual loving relationships, regardless of their marital status.

You really have to wonder what motivates people who would go to such extraordinary lengths to sensationalize someone else's private life. It's obvious that sex makes some people uncomfortable, and they should deal with their own issues.

In 2013, the American Psychiatric Association officially stated in the paraphilias criteria for the Diagnostic and Statistical Manual (DSM-5) that kinky sex is a healthy form of sexual expression.

According to the most recent National Coalition for Sexual Freedom surveys, 70% of the respondents are closeted about their sex life to the rest of the world out of fear of being discriminated against – losing their job or housing or child custody.

Statistics of Practitioners

According to a YouGov report (September 23 - 25, 2016) 39% of the respondents said they were not completely monogamous.