**What Polyamory is Not**

Ethical non-monogamy comes in several forms. It is important to make the distinction between this and polyamory standing alone. There seems to be an ongoing debate in B&P regarding this issue. This discussion is not meant to minimize any form of ethical non-monogamy, rather clear up the differences between them.

* The Practice of Ethical Non-Monogamy
* More Than Two Poly Lexicon

<https://www.morethantwo.com/poly101.pdf>

**Questions for discussion:**

1. Many Poly discussions refer to non-monogamy and polyamory as two separate things. Are they, in fact, one and the same?
2. There are some dynamics that include a monogamous person as a branch within a poly relationship. Is it possible for the poly person to remain ethical within the confines of the don’t ask, don’t tell monogamous mindset?
3. How can one combat the notion that non-monogamy is NEVER ethical in a world where honesty is frowned upon?

* Polygamy, Polygyny, Polyandry
* Serolynne Blog

<http://www.serolynne.com/polyvspolygamy.htm>

* More Than Two Poly Lexicon Definitions for Polygamy, Polygyny, Polyamory

**Questions for discussion:**

1. How do these differ from Polyamory?

2. Why has it been so hard for the distinction to be made between Polygamy an

Polyamory?

3. In the Black community, many times polygamous relationships are based

around the Muslim faith. Is there room for polyamory within that faith?

* Swinging
* More Than Two Lexicon Definition for Swinging
* The Cottage Social Swinging Club Website & Definitions

<https://www.thecottageinpa.com/index.php/about2/what-is-swinging>

**Questions for discussion:**

1. Why are swinging and polyamory so often thought to be one and the same by people in the swinging community? Why is it so hard for them to see the distinction between the two?
2. What brings swingers to polyamory when many times emotional connections are discouraged between play partners?
3. The polyamorous community tends to treat swingers as a stain on the community. What are some ways that we can discourage this type of behavior within our own community?

* Contagious
* Polyamory No Thanks Blog

<http://urbanvegan-polyamorynothanks.blogspot.com/2011/09/why-i-am-against-polyamory.html>

* Huff Post Polyamory Not Harmful to Society

<http://www.huffingtonpost.com/angi-becker-stevens/polyamory_b_4179696.html>

* Multiple Match Responses to Anti-polyamory & Plural Marriage

<http://www.multiplematch.com/2013/09/19-responses-for-answering-anti-polyamory-plural-marriage/>

**Questions for discussion:**

1. Do you feel that friends and family treat your polyamorous situation as if it is contagious? (As if they are scared that their mates may find your situation appealing and want to try it themselves)
2. How do you address the claims of polyamory contributing to the degradation of society?
3. Have you found that coming out as polyamorous has made the people around you more inclined to open up to you about their private lives? More specifically, their escapades into unethical non-monogamy?