

Polygamy and Couple Privilege

Polygamy is illegal in all 50 states in the U.S. However, it is not federally banned.

As such, there are some ways monoamorous relationships are given more credence than polyamorous ones. Here are a few examples of how this is exhibited‡:

- **Accommodations.** You can check into a hotel as a couple and expect to share a room with one bed. Many hotels have policies forbidding them from renting a room with one bed to three or more adults
- **Sentiments.** Ability to easily find greeting cards in any store that will describe your relationship
- **Endorsement.** Most of the world's major religious doctrines value heterosexual monogamy above all other sexual and romantic relationships
- **Housing.** In monoamorous relationships, a couple can easily expect to find an apartment that will rent to them; many property management companies won't rent a one-bedroom apartment to more than two adults
- **Marriage.** You can get married to one partner, but not two. Marriage affords over 1,100 legal privileges of its own.

Polygamy around the World

There are many countries around the globe that legally recognize polygamous marriages. Some of them include:

- **Iraq**
- **Libya**
- **Kenya**
- **Solomon Islands**
- **Sri Lanka‡**
- **India‡**
- **Singapore‡**

‡Only under specific circumstances

To Learn More

- **More Than Two**
www.morethantwo.com
- **Multiamory**
www.multiamory.com
- **Polyamory Weekly**
www.polyweekly.libsyn.org
- **National Coalition for Sexual Freedom**
www.ncsfreedom.org

*We would like to note that, despite a lot of overlap between polyamory/non-monogamy and queer identities, being polyamorous/non-monogamous does not inherently make someone queer

**For more information on queer identities, check out our Sexual Orientation 101 pamphlet

‡Examples pulled from More Than Two:

<https://www.morethantwo.com/coupleprivilege.html>

††Pamphlet written and compiled by the LGBTQ Student Resource Center staff

Lovestyles 101



Understanding Relationship Structures

Some Definitions

- **Lovestyle** is one's preference in intimate and/or sexual relationships. Also referred to as one's relationship orientation
- **Polyamory** is the practice of being in multiple meaningful intimate and/or sexual relationships simultaneously
- **Monoamory** is the practice of being in one meaningful intimate and/or sexual relationship at a time
- **Non-Monoamory** is usually the practice of engaging in one meaningful intimate and/or sexual relationship while allowing for other, commonly not as meaningful, relationships with other people
- **Monogamy** is the practice of marrying, or being married to, one person at a time. This is currently the only kind of marriage recognized by the United States government
- **Non-Monogamy** is the practice of being married to one person while allowing for sexual and/or intimate relationships with other people
- **Polygamy** is the practice of marrying, or being married to, more than one person at a time
- **Triad** is a relationship composed of three people, each of whom are in a relationship exclusively with the other two; also called a "throuple"
- **Quad** is a relationship composed of four people, each of whom are in a relationship exclusively with the other three
- **Tribe** is the term to describe the network of people involved in a polyamorous relationship

Communicate, Communicate, Communicate!

When it comes to relationships, communication is key. This is no different in polyamorous relationships. In fact, most people in polyamorous relationships name communication as the most important aspect of their love life.

- **Polyfidelity** is when more than two people are in a relationship that does not allow for newcomers
- **Compersion** is the feeling of contentment one feels when their partner is engaging in another meaningful and healthy relationship
- **Wibble** is the feeling of discomfort one feels toward a partner when they feel their needs are not being met
- **Metamour** is a partner's partner
- **Hierarchical Polyamory** is a relationship system in which one has a primary partner who has the most priority, and subsequent partners have less priority
- **Vee** refers to a relationship structure in which one person has two partners who are not involved with each other, as indicated by the letter "V"
- **Cheating** occurs when someone engages in activities outside of the parameters set by those involved in a relationship, often without the consent of their partner(s) and is denoted by a violation of trust
- **Polyamorist** is someone who has a polyamorous or non-monoamorous lovestyle
- **Relational Fluidity** occurs when someone fluctuates between being in polyamorous and monoamorous relationships

What is Poly Living?

There are a lot of questions about what life is like when someone has more than one intimate partner. To help understand this concept better, here are a few things it entails, and some it does not:

What Polyamory Is

- **Intimacy.** Polyamory is based on fostering emotional intimacy with one or more partners
- **Communication.** Polyamory is centered on effectively voicing one's needs, desires, and expectations with all of one's partners
- **Trust.** In all relationships, there needs to exist a foundation in which each partner acts with integrity, or else they are prone to crumble
- **Consent.** Polyamorists are often open about their relational needs and desires, but setting boundaries and operating within them is also very important

What Polyamory Is Not

- **Secrecy.** Polyamory is not sneaking behind your partners' backs. Rather, it is about being upfront about your needs, desires, and expectations
- **Deception.** Polyamory is about keeping an open and honest line of communication among all partners
- **Control.** Polyamorists understand their partners are autonomous people, and not objects to be owned
- **Promiscuity.** Polyamory is mostly about creating and maintaining meaningful relationships, and not about finding casual sexual partners