Best Practices for CNM

- Are you aware of cultural differences and are you making sure that the language you're using has the same meaning with everyone involved?
- Are you basing your consent on your autonomous desires rather than what you are being asked to do, or rather than what you've seen someone do with other people?
- Are you aware that consent to one thing doesn't mean you have to consent to anything else and that current consent does not imply future consent?
- Do you feel that you understand everyone's limitations or barriers to their ability to consent to the planned activities, such as age, diminished mental capacity, or use of drugs or alcohol?

For more **Best Practices for Consensual Nonmonogamy**, go to: https://ncsfreedom.org/key-programs-2/consent-counts/

how you can help

The NCSF relies overwhelmingly on contributions from individuals and local BDSM, swing and polyamory groups for financial support. Ask your group to organize a fundraiser for NCSF, and contact us at ncsfreedom@ncsfreedom.org to find out how easy it can be!

You can also participate in NCSF activities, ranging from writing letters to the media and government officials, to joining in community outreach. Get information about NCSF actions as well as coverage of mainstream news concerning sexual freedom issues by subscribing to our free newsletter at www.ncsfreedom.org.

NCSF Mission Statement

The NCSF is committed to creating a political, legal and social environment in the U.S. that advances equal rights for consenting adults who engage in alternative sexual and relationship expressions.

The NCSF aims to advance the rights of, and advocate for, consenting adults in the BDSM, Lifestyle, leather, fetish, swing, and polyamory communities.

Diversity, Equity and Inclusion Vision

NCSF's goal is to fulfill our mission through a better understanding of a diverse range of voices and experiences in our communities. We recognize the similarities and differences between people that make us all unique. We aim to be inclusive by creating opportunities for more people of various backgrounds to be represented and heard by NCSF.

NCSF
national coalition for sexual freedom inc.

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Got Consent?

for Consensual Non-monogamy

ethical nonmonogamy
the Lifestyle
open relationships
polyamory
swinging

NCSF
national coalition for sexual freedom inc.

consent

is the mutual creation of agreed "yes," not just the absence of "no."

You can ask these questions and many others:

Who will be involved or observing?

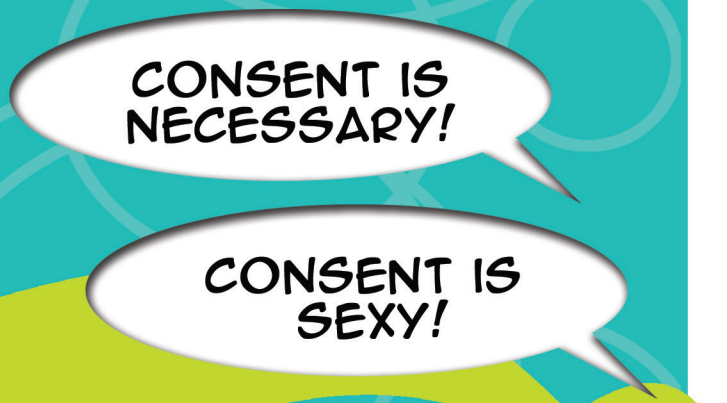
What do you want to do?

Where is it okay to touch?

What is your STI status?

How can we stop what is happening?

Ethical Nonmonogamy:
a relationship arrangement in which each participant gives informed consent to simultaneous, multiple intimate, romantic and/or sexual relationships.



Sexual Freedom Bill of Rights

Keeping in mind the complexity and variety of ethical nonmonogamous relationships, consider the following when evaluating your own:

Consensual

- You have an equal say in deciding the form of your relationship with each of your partners.
- You have enough information to know what you're agreeing to do.
- You can express your feelings and clarify any previous agreements.
- Interactions happen within the limits and boundaries you agree to.
- You can make your own choice about STI and pregnancy protection.
- You understand and agree to the risks involved, and inform each other about any change.
- You can request an environment that you feel provides a sense of safety.
- You can request an outside party be in proximity during any activities.
- You have direct access to the other parties who are affected to verify information.
- You have the right to third-party verification for safety when entering into new relationships.

Nonconsensual

- You are forced into relationships or sexual interactions against your will.
- You aren't told what will happen and have no chance to agree or refuse.
- Your questions aren't answered truthfully.
- You are tricked, coerced or pressured into doing things outside your comfort zone.
- You are lied to or aren't told about someone's STI status.
- You aren't allowed to decide what kind of sexual protection you use.
- You are pressured to do activities that aren't appropriate for the location or social environment.
- You are forced to drink, take drugs or necessary medication is refused.
- You are afraid to be honest about what you think and feel.
- You are isolated and cut off from outside support, information or counsel.
- You are coerced by means of economics, mental health, intellect, history and/or experience.

Exit Strategy:

You can create the ability to leave prior to or during any activities. You do not have to justify or validate the different reasons and/or need for an exit. You have the right to keep your exit strategy from being modified by anyone else.