



Why should open relationships be avoided

Many couples consider open relationships, but choose not to follow through with the idea. If a person attempts to approach their committed monogamous partner about starting an open relationship, the monogamous partner may convince or force them to either stay monogamous or pursue a new partner. There may also be concern that when beginning an open relationship, a partner may become only concerned in their personal development and pay less attention to their partner. Jealousy is often present in monogamous relationships, and adding one or more partners to the relationship may cause it to increase. Results of some studies have suggested that jealousy is the problem in open relationships because the actual involvement of a third party is seen as a trigger

There is also the high risk of contracting diseases such as HIV and other sexually transmitted infections.

Cultural pressure may also dissuade switching to an open relationship. There is a commonly-held societal stereotype that those involved in open relationships are less committed or mature than those who are in monogamous relationships; and films, media, and self-help books present the message that to desire more than one partner means not having a "true" relationship.

Desiring an open relationship is also often claimed to be a phase that a person is passing through before being ready to "settle down". The logistics of an open relation may be difficult to cope with, especially if the partners reside together, split finances, own property, or parent children.

Some Tips

- *Throughout the talk show make the link to the TV drama episode synopsis and what audiences saw on their screens on Tuesday.*
- *Advertise that the repeat of Intersexions can be watched on www.youtube.com/sabc. The video will only be displayed for 7 days.*
- *Refer to Resources:*

Provincial Department of Health: [insert the contact details here]

FAMSA: 012 460 0733/8 to get your regional FAMSA number

LIFELINE: 011 715-2000 to get your regional Lifeline number

AIDS HELPLINE: 0800 012 322