

Types of Relationships



There are lots of different types of relationships. This Fact Sheet provides information about some of them.

Monogamous relationships

Monogamous relationships are between only two people. They are the most common type of relationship in Australia and involve two people romantically committing to each other.

Polyamorous relationships

Polyamorous relationships involve three or more people.

Open relationships

Open relationships are a mix between monogamous and polyamorous relationships. Like monogamous relationships, open relationships involve two people who are committed to each other romantically but may have other sexual partners.

Casual sex relationships

In a casual sex relationship, the people involved agree to have sex on a regular basis - and that's it. There is no relationship commitment on top of this. The people in this type of relationship may be friends, but they also may not be.

Long-distance relationships

A long-distance relationship is when people maintain a relationship even though they are far away from each other.

They are generally for a specific period of time – not forever and involve communicating over the phone or by internet regularly.

Heterosexual relationships

Heterosexual relationships are relationships between a man a woman, who are usually heterosexual or straight.

Homosexual and lesbian relationships

Homosexual relationships are relationships between two men or two women who are usually homosexual, or bi-sexual.

A-sexual relationships

When someone is a-sexual, they do not have a desire to have sex or take part in other sexual activities.

