

2015 – Session One Schedule of Topics

DATE	TOPIC	DESCRIPTION
JAN. 5 TH	HOW DO YOU POLY?	<ul style="list-style-type: none"> Develop / establish group code of etiquette. Common relationship models. – Draw your polycule. Relationship hierarchies, pros and cons. Commonly negotiated boundaries in poly partnerships. Poly jargon – frequently used terms.
JAN. 12 TH	DEFENDING POLYAMORY	<ul style="list-style-type: none"> Deconstructing common stigmas about polyamory. Polyamory in the media. Fears of being “outed”. Coming out common feedback. How to tell others that you’re poly. Language used. Helping others understand polyamory.
JAN 26 TH	SEXUAL KNOWLEDGE	<ul style="list-style-type: none"> Allen B., Safe sex educator from the Montrose Center – Presentation and Q&A.
FEB 2 ND	SAFER SEX BOUNDARIES	<ul style="list-style-type: none"> Establishing / discussing sexual needs and boundaries with your partner(s). Respecting metas’ boundaries. Prepare for the worst, hope for the best: Developing risk-appropriate action plans for unwanted consequences. Disclosing sexual health information (when/how/to whom?). Respecting others’ rights to privacy. Fluid exchange & fluid bonding. How to tell a partner that you have an STI. Coping with rejection.
FEB 9 TH	JEALOUSY	<ul style="list-style-type: none"> Identifying and addressing the underlying source(s) to one’s jealousy. Possessiveness – feelings of ownership. Coping & helping others cope with feelings of jealousy. Expressing jealousy in a healthy/constructive manner.
FEB 16 TH	COMPERSION	<ul style="list-style-type: none"> What is compersion? Are compersion and jealousy mutually exclusive? Underlying source(s) of compersion. Developing and fostering feelings of compersion.
FEB 23 RD	EFFECTIVE COMMUNICATION	<ul style="list-style-type: none"> Effective communication strategies. Fair fighting rules & conflict resolution skills.
MAR 2 ND	FOSTERING HEALTHY RELATIONSHIPS	<ul style="list-style-type: none"> How to establish healthy boundaries with your partner(s) – physical, emotional, digital, etc. Identifying abuse – types of abuse, recognizing the signs, the abuse cycle (patterns of abuse). How to safely exit / help others exit an abusive relationship. Where to get help (resources). Safety considerations for survivors of domestic violence. Helping friends who (you suspect) are victims of abuse. How to prevent yourself from becoming an abuser.
MAR 9 TH	RELATIONSHIP TRANSITIONS	<ul style="list-style-type: none"> The changing shape of a polycule. Types of transitions –relationship structures / from monogamous to poly (and vice versa). Aftermath of losing a member of your polycule. Considerations when adding new relationships. Potential impact of relationship changes on various members of a poly family. How to cope with changing relationships. How to be supportive throughout transitional periods. Seeking professional support.
MAR 16 TH	TIME MANAGEMENT	<ul style="list-style-type: none"> Demonstration – Google Calendar as a time management tool. Other commonly used time management tools (scheduling apps). Pros and cons of schedules and calendars. Partners with children – managing time when kids are involved. How to cope with down time spent alone.
MAR 23 RD	PLANNING OUR FUTURES	<ul style="list-style-type: none"> Guest speaker – A polyamorous family law lawyer currently practicing in Houston. Discuss the legalities & legal loopholes related to polyamory. The logistics of family planning (finances, property rights, employment laws, inheritance, power of attorney, insurance). Child rearing in a poly family. Navigating custody battles? Titles of individual members of polycule. Discipline. Caretaking responsibilities – what responsibilities are extended to non-parenting adults, and when? Discussing your partner(s) role(s) with your children. Common obstacles faced when living with multiple members of a polycule.
MAR 30 TH	MARGINALIZING THE MARGINALIZED	<ul style="list-style-type: none"> Commonly marginalized groups within the (Houston’s) poly community. Advantages experienced and taken for granted. Coping with marginalization. Developing a sense of community.