2015 – Session One Schedule of Topics

DATE	TOPIC	DESCRIPTION
JAN. 5TH	HOW DO YOU POLY?	▪ 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. 12TH	DEFENDING POLYAMORY	▪ 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 19TH	SEXUAL KNOWLEDGE	▪ Safe sex educator from the Montrose Center – presentation and Q&A.
JAN 26TH	SAFER SEX BOUNDARIES	▪ 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 2ND	JEALOUSY	▪ 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 9TH	COMPERSION	▪ What is compersion? Are compersion and jealousy mutally exclusive? ▪ Underlying source(s) of compersion. Developing and fostering feelings of compersion.
FEB 16TH	EFFECTIVE COMMUNICATION	▪ Effective communication strategies. ▪ Fair fighting rules & conflict resolution skills.
FEB 23RD	FOSTERING HEALTHY RELATIONSHIPS	▪ 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 2ND	RELATIONSHIP TRANSITIONS	▪ The changing shape of a polycule. Types of transitions –relationship structures / from monogamous to poly (and vise 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 9TH	TIME MANAGEMENT	▪ 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 16TH	PLANNING OUR FUTURES	▪ 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 partern(s) role(s) with your children. ▪ Common obstacles faced when living with multiple members of a polycule.
MAR 23RD	MARGINALIZING THE MARGINALIZED	▪ Commonly marginalized groups within the (Houston's) poly community. ▪ Advantages experienced and taken for granted. ▪ Coping with marginalization. Developing a sense of community.