

Polyamorous Relationship Agreement

1. To establish emotional and physical safety for our sex-positive Poly community.
2. To increase connection and harmony while reducing misunderstandings and unnecessary jealousy or suffering.
3. To support each other in our highest expression of polyamorous and sacred sexuality.

AGREED:

- *All partners are equals and enter into these polyamorous relationship rules in full awareness with informed consent. Each individual is responsible for their own well-being and if that is compromised in any way, it takes priority over anything else.*
- *All partners understand that these relationship rules are not all-encompassing, and we may make verbal agreements in addition to these bottom lines.*
- *If you cannot keep a relationship contract, be sure to discuss it with your partner(s) responsibly BEFORE breaking it. If you are unsure about your boundaries or bottom lines, err on the safe side and **communicate**.*

AGREEMENTS:

1) DO NO HARM.

- The prime directive is to experience *love and connection*.
- Do not disregard other people's needs, but you are not responsible for them.
- Recognize that maintaining a relationship takes work, and you should work to keep a relationship healthy. However, you should not put the relationship ahead of your own well-being.
- You should only make agreements in relationships that you feel genuinely comfortable with. If you feel as though you are being pressured or coerced into a decision, it can be an immediate **no**, even if you previously might have said yes or maybe. If you do realize that you have been pressured into something, you can correct it as soon as possible.
- If you are feeling jealous, uneasy, uncomfortable, or unhappy, you should tell your partner instead of complaining to others or letting it stew. You should not expect them to fix how you feel, but can ask for reassurance, or ask them to correct the behavior that you feel is harmful.
- **As a last resort**, if a partner or a potential lover is causing harm or breaking any of the following agreements, the primary has the right to veto any new relationships in order to work on love, trust, and connection.

Best Practices for VETO POWER:

The Vetoing partner must hear and respect the unmet needs of the person they are vetoing.

A veto is appropriate when someone is too stretched and can remove vetoes once they have come back into balance.

Sometimes a veto-ing partner may say yes even though we are uncomfortable because it is a growth opportunity.

Don't veto it until you have worked through all your partner's objections and the partner is in acceptance of your decision. (Acceptance is NOT the same as toleration.)

2) BE TRUE TO YOURSELF.

- You are responsible for your own well-being and if that is compromised in any way, it takes priority over anything else.
- You will not work on another person's issues for them, even if it is affecting your relationship with them, and you will expect them to work on their own issues in order to maintain the relationship. You can help in ways that do not cause undue harm or stress to others.
- ***Do not remain in a relationship with someone that is abusive or violates your consent or remain in a relationship with someone that is in an abusive relationship.***
- Remember, We can only love others to the degree we love ourselves...if we want to love a lot of other people we must love ourselves A LOT!

3) TOTAL TRANSPARENCY.

- Every relationship requires honesty, trust, respect, and open communication. You will practice all of these.
- Let any/all prospective new lovers know that you are polyamorous and tell them about your primaries.
- As soon as possible, you should tell your partners about new partners, scheduling they need to be aware of, or a new development in relationships that they need to be aware of.
- You should discuss privacy with any partners and ask them what they would prefer to keep private and what they are comfortable with being shared. You will not agree to keep secrets that would be detrimental to all partners, but if there are certain things said or done that are to be kept private, you will accept that.
- If you are not sure of what your partner would say or think about something, you will ask, not assume.
- It is ***not*** better to ask for forgiveness than permission. You will not deliberately breach your partners' consent in that way, and a partner using that one should be a dealbreaker.

- The sooner it is known pretty much anything, the better. Whether this is about a new partner, a date or outing that you want to go on, a new event or activity that affects your partner, or a new level in a relationship. You do not need to ask permission, just made aware.
- Expected that partners will be in contact with their other partners as needed, but also expect that they will respect the requested focus more on time together as needed.

Best Practices around Total Transparency:

Let your partner(s) know if:

- A condom slips
- Someone you are seeing:
 - is pregnant
 - has an STD
 - is married
- You are interested in starting a new relationship.
- You are sexting with someone new
- Someone's safe sex policies have changed.
- If you are feeling jealous.
- If you have feelings of rejection/hurt/loss.
- If drugs are being used (what kind and how often?)
- Any and all new experiences with Kink and/or BDSM
- Share attractions, curiosities, interests, and fantasies when they arise.

No sleeping with someone who is married, unless their partners are in full consent.

4) SAFER SEX STANDARDS.

- All sex is to be safe, sane, and consensual.
- Safer sex is essential. Penetrative sex without condoms will only happen after extremely clear negotiation and after all partners and metamours are made aware of the possibility, so that they may make informed decisions about their own safety. The use of barrier methods for other forms of contact (such as oral) should be used but can be renegotiated on a case-by-case basis, and is not required unless there is an existing STI that needs to be protected against.
- Get tested 6 months - once a year for HIV, Gonorrhea, Syphilis, Chlamydia, and Trich, and ask for throat and anal swabs. Get visual tests for MCV and HPV. Share your results.
- Women get Paps once a year to test for HPV and to detect pre-cancerous cell growth which can be better treated if caught early.

- If you discover you've been exposed to STDs, tell your primary partners immediately. You may request proof of a partner's latest STI test, especially if they have not been tested in the past year.
- There is a discussion with full disclosure about limits before engaging in sex with any first-time partners or if it has been a while since you have slept with that partner.
- Do not have sex with someone for the FIRST time if they are under the influence of drugs or alcohol.
- **Do not have sex during an active STD.**
- If you want to fluid bond with someone, talk it over with all pre-existing partner(s) and both partners must first get a Full panel STD screening.
- In the case of accidental pregnancy, discussions must be had about decisions to be made.

Best practices around SAFER SEX:

- Washing hands, genitals, and mouth before and after sex.
- When possible Shower before and after sex with new partners.
- Only have sex with people who you know to be honest.
- Use Safe words in BDSM: (Red = stop and Yellow = slow down.)
- Keep a log of who you make love with and when to allow for notification of lovers in case of any STDs.
- It's best to only fluidly bond with one partner at a time.
- If you come out positive for an STD tell everyone that you have slept with during the window between your last negative test.
- If someone is having an active outbreak, instead of sexual connection increase intimacy in other ways.

5) REDUCE DRAMA.

- Listen to your primary partners about their feelings and thoughts about new potential partners.
- Communicate often and thoroughly with your partners, the more checking in the better.
- Connect with your lovers frequently to increase understanding, reassurance, and inclusion.
- Before talking about other lovers, ASK if it is a good time to talk about other lovers, this gives the person you are with a choice.
- Don't make assumptions, if you are running a story in your head...check it out with that person.
- No Gossiping: Don't say anything about someone that you wouldn't say to their face unless you have that person's permission to talk about them.
- No venting: Speak of your lovers and their lovers in ways that are neutral or positive.
- Journal
- Respect for other lovers: Make every attempt to welcome, connect, and share with other lovers.

Best practices to REDUCE POLY DRAMA:

- No relationship processing after 9:30
- If someone is upset ask them if
 - 1) they want a hug,
 - 2) to take space, or
 - 3) to talk about it.
- If you are arguing, don't say anything you will regret. Stop the fight by calling: **"Red Light"** Stop, shift, and don't start again unless you are able to look each other in the eyes and take 3 calm breaths.
- Don't make big decisions unless you are centered, wait 72 hours after an argument.

TIME FRAME:

- At any time, any member can communicate if any of the relationship agreements feel restrictive or not safe enough.
- If something is already planned, with a partner or friends, that takes priority over time that another partner wants to schedule, unless there is an emergency or urgency. you will support your partner in the same.
- Try to have a habit of staying in touch with your partners pretty consistently, even if through texting. This can include spending time with other partners. If the person/people you are with at the time feel that you are neglecting time together, they can ask that you end the conversations, and this should be done at the earliest opportunity.

Best Practices for Poly SCHEDULING

- Relationships are best maintained with regular dates. Strive to make that time/space sacred. Relationships run smoothly when there are times for:
 - 1) play,
 - 2) process and
 - 3) spiritual practice.
- Do not postpone or cancel a date with one partner to see someone else. There are exceptions for emergencies and one-time things. But these exceptions should not become the rules.
- If the only way you can date a new person is by rearranging schedules and taking time away from pre-existing partners, that means you DON'T have room for a new partner in your life.

Proposer's Signature

Consenter's Signature

Date

Date