Handout 12.1: Recommended Multimedia Resources

**Read online about polyamory and ethical non-monogamy**

[Loving More website](https://www.lovingmorenonprofit.org/). Supporting Polyamory, Ethical Non-Monogamy & New Models for Relationships

[Unitarian Universalists for Polyamory Awareness](http://www.uupa.org/) website; [*Polyamory and the UUA Principles and Purposes*](http://www.uupa.org/Literature/polyprinciples.pdf), revised 2005

[What Ethical Non-Monogamy Really Means & Why People Practice It](https://www.mindbodygreen.com/articles/ethical-non-monogamy-guide) by Kelly Gonsalves on the MindBodyGreen website

[Black and Poly](http://blackandpoly.org/) website; [polyamory dictionary, short version](http://blackandpoly.org/dict/) (2020)

Kim Tallbear writes on consensual nonmonogamy and other topics in the online newsletter, [Unsettle](https://kimtallbear.substack.com/). Read or listen to a podcast, [“Couple-centricity, Polyamory and Colonialsm.”](https://kimtallbear.substack.com/p/couple-centricity-polyamory-and-colonialism) From one of her posts: “ In Indigenous Studies and Indigenous communities we are always complaining about blood quantum and tribal citizenship rules, the colonial imposition of blood and racial ideology, and those kinds of exclusions, but going hand in hand with that was the imposition of monogamy and marriage, solo-marriage not plural marriage like my ancestors had—we were non-monogamist**.**

**Videos and podcasts**

J. Koyanagi, ["The Real Reason I'm Polyamorous"](https://www.youtube.com/watch?v=VhjvacJvm5M) (11:11).

Nirel Marofsky TEDx Talk, [“Changing the Way We Think About Consensual Non-monogamy”](https://www.youtube.com/watch?v=1_3ZHePuZ9U) (19:14)

**Books about polyamory and ethical nonmonogamy**

*Polysecure: Attachment, Trauma, and Consensual Nonmonogamy*, by Jessica Fern (Thorntree Press, 2020)

[*The Ethical Slut, Third Edition: A Practical Guide to Polyamory, Open Relationships, and Other Freedoms in Sex and Love*](https://www.amazon.com/Ethical-Slut-Third-Practical-Relationships/dp/0399579664/ref%3Dsr_1_1?dchild=1&keywords=Ethical+Slut&qid=1612540550&sr=8-1), by Janet Hardy and Dottie Essen (2017)

*When Someone You Love Is Polyamorous: Understanding Poly People and Relationships*, by Dr. Elisabeth Sheff (Thorntree Press, 2016)

*More Than Two*, by Franklin Veaux and Eve Ricker (Thorntree Press, 2014); [More Than Two](https://www.morethantwo.com/), Franklin Veaux’s website

*Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships*, by Christopher Ryan and Cacilda Jetha (Harper Perennial, 2012)

*Opening Up: A Guide to Creating and Sustaining Open Relationships*, by Tristan Taormino (Cleis Press, 2008)

**Children’s picture book**

*A Color Named Love* by M. Ellery, illustrated by Clara Reschke. “Meet Anna and her 4 parents in this book that embraces love in all its forms and celebrates the beauty found in all kinds of families.”