



# The Ethical Slut

A Practical Guide to Polyamory, Open Relationships & Other  
Adventures 2<sup>nd</sup> edition by Dossie Easton and Janet W. Hardy

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Signature Project

# Ethical Sluthood Beliefs

“ We believe that sex and sexual love are fundamental force for good, activities with the potential to strengthen intimate bonds, enhance lives, open spiritual awareness, even change in the world. Furthermore, we believe that every consensual sexual relationship has these potentials and that any erotic pathway, consciously chosen and mindfully followed, can be a positive, creative force in the lives of individuals and their communities.”  
*The Ethical Slut* (Dossie Easton 288)

# What is a Ethical Slut?

- ❖ A individual who believes in free love and that sex is natural.
  - ❖ A individual who know themselves and their sexuality.
  - ❖ A truthful and honest individual
  - ❖ A individual that communicates their boundaries.
  - ❖ Individuals from all communities and cultures.
  - ❖ Consensual individuals.
  - ❖ Individuals who are open and know how to share. ;)
  - ❖ Handles their emotions such as jealousy in a healthy and positive way.
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- *“Sex is part of nature. I go along with nature.”*  
— Marilyn Monroe

# Who is a Ethical Slut

- ❖ Asexual
- ❖ BDSM individuals
- ❖ Bisexuals
- ❖ Gays
- ❖ Heterosexuals
- ❖ Lesbians
- ❖ Sex workers
- ❖ Transgender/Genderqueer Folks
- ❖ Tantra and Spiritual Sex Practitioners



# Types of Ethical Sluthood Relationships



- ❖ **Celibacy:** a form of ethical sluthood where person chooses to find their inner self. The ethical slut is always re-discovering themselves.
- ❖ **Platonic Relationships:** Friendships and ‘friends with benefits’ are a form of ethical sluthood for the physical and emotional connection the relationship can provide.
- ❖ **One Night Stand:** ‘Friendly Sex’ provides only the physical needs of the individuals. However, sexual needs are part of ethical sluthood.
- ❖ **Singles:** is a relationship with yourself to better understand you desires, needs and boundaries which is encourage in ethical sluthood.
- ❖ **Partnership:** Open, Polyamorous, Tribes, swing relationships regardless of sexuality are base on trust, understanding, communication, openness, consent and sexual desires. All these are qualities the ethical sluts has.
- ❖ **BDMS/Dominance and Submission:** these type of relationship are very sexual and communication is a must! The ethical slut listen to their lover’s wants and need with affection. Safety is always first in ethical sluthood.
- ❖ **Group Sex/ Orgies:** multiple sex partners are natural and fine with consent and safe sex. Sexual expression and fulfillment are very important to the ethical slut.

# Do's and Don'ts of Ethical Sluts

## It's Ok:

- ❖ Flirting, cruising and asking someone out on a date or sex.
- ❖ Engaging in sex with another consensual person.
- ❖ Act upon your sexual desires with consent.
- ❖ Talking freely about your wants and needs with lovers.
- ❖ To try new things.
- ❖ Staying true to yourself.

## It's Not Ok:

- ❖ Force, pressure or guilt trip anyone into sex or dating
- ❖ Enforce sex or sexual desires upon a non-consensual being such as children, animals or anyone under any influence.
- ❖ To treat anyone with disrespect or as a object.
- ❖ To turn out your lover's wants and needs.
- ❖ To physically or mental abuse your lovers.
- ❖ To be unfaithful and lie.
- ❖ Not communicating with your lovers and yourself.

# Review on The Ethical Slut

The book *THE ETHICAL SLUT: A Practical Guide to Polyamory, Open Relationships & Other Adventures 2<sup>nd</sup> edition* by authors Dossie Easton and Janet W. Hardy is a delightful read with varieties of insight. This book is a guide on non-traditional and traditional relationships; with explanation on all types of sexuality and the term 'slut' in a positive light. Easton and Hardy are firm believers in open communication and knowing where personal boundaries are for each lover involved. The book is outlined in four parts and twenty-two chapters. Topics are arranged with each part of the book.

Part One "Welcome": what Ethical Sluthood is and what their beliefs. It goes on explaining different types of sexually, relationship styles and the positive and negative look on ethical sluthood.

Part Two "The Practice of Sluthood": The person skills such as:

- communication
- letting go
- Emotional honesty
- affection
- faithfulness
- limit-setting
- Knowing yourself
- Planning
- Owning your feelings
- Easy on one's self
- Telling the truth
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Part Two also talk about boundaries , how important it is to set them and inform your lover of them. Also part two brings up flirting/cruising, safe sex and childbearing.

Part Three "Navigating Challenges": How to deal with the emotion of jealousy. How to deal with conflict between you and lovers, agreements made in the relationship and how to open an existing relationship to this lifestyle.

Part Four "Sluts in Love": Making a connection with someone, being a single slut or a couple. How to deal with the flow and end of relationships. Finishes off with sexual pleasure and public sex, group sex and orgies.

*The Ethical Slut* has to do with human sexuality in emotional sense. The book is helpful for anyone who is questioning their sexuality, needs to find who they are and wants to try something new; I recommend this book to anyone. The authors were very insightful with their information and the language style was easy to understand and relate. There is journal type of activities in each part that I found fun and help me better understand where I stand with boundaries, my inner self and sexuality.

# The Authors of The Ethical Slut



<http://www.dossieeaston.com/index.html>

**Dossie Easton:** *Is a licensed marriage and family Therapist specializing in alternative sexualities and Relationships, with twenty years of experience counseling Open relationships. She is the author of four other books. She has been an ethical slut since 1969*  
[www.dossieeaston.com](http://www.dossieeaston.com)(Dossie Easton 288)



<http://janetwhardy.com/images/jh%20at%20bea.jpg>

**Janet W. Hardy:** *Is the author of more than 10 books and founder of Greenery Press, a San Francisco Bay Area book publisher specializing in Sexually adventurous books. She has a MFA in creative writing from St. Mary College. She swore off monogamy in 1987.*  
[www.janetwhardy.com](http://www.janetwhardy.com)(Dossie Easton 288)



# Work Cited:

Dossie Easton, Janet W Hardy. *THE ETHICAL SLUT: the Practical Guide To Polymory, Open Relationships & Other Adventures*. 2nd. Berkeley, CA: Celestial Arts, 1997, 2009. 288. Print.

- Quote was by Marilyn Monroe.
- Pictures:
- [http://www.johnnervin.org/images/betty\\_page\\_000.jpg](http://www.johnnervin.org/images/betty_page_000.jpg)
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