Asexual people (or aces) experience little or no sexual attraction. While most asexual people desire emotionally intimate relationships, they are not drawn to sex as a way to express that intimacy.

**ASEXUALITY ISN’T**
- Abstinence because of a bad relationship
- Abstinence because of religious reasons
- Celibacy
- Sexual repression, aversion, or dysfunction
- Loss of libido due to age or circumstance
- Fear of intimacy
- Inability to find a partner

**ACES MIGHT**
- Want friendship, understanding, and empathy
- Fall in love
- Experience arousal and orgasm
- Masturbate
- Have sex
- Not have sex
- Be of any gender, age, or background
- Have a spouse and/or children

**USEFUL TERMINOLOGY**

*Aromantic* – people who experience little or no romantic attraction and are content with close friendships and other non-romantic relationships.

*Demisexual* – people who only experience sexual attraction once they form a strong emotional connection with the person.

*Grey-A* – people who identify somewhere between sexual and asexual on the sexuality spectrum.

*Queerplatonic* – One type of non-romantic relationship where there is an intense emotional connection going beyond what is traditionally thought of as friendship.

*Romantic orientations* – Aces commonly use hetero-, homo-, bi-, and pan- in front of the word romantic to describe who they experience romantic attraction to.
Instead of saying... | Try saying...
---|---
Asexuality can’t exist. | Asexuality is a sexual orientation just like bi, gay, lesbian, and pan.
You will know when it’s time to have sex. | Love doesn’t equal sex.
Have you seen a doctor? | There are many happy, healthy relationships that don’t have sex involved in them.
This will pass, it is just a phase. Everyone wants sex sometimes. | Sexuality is fluid and exists on a huge spectrum. There are many different types of sexuality.
Sex is a natural part of adult relationships. | Sex and sexuality are complicated to figure out. Give yourself time and space to explore what you are feeling.

Rejection by a partner or love interest for coming out.

Teenagers who choose not to have sex are bullied because of it and are called “anti-social,” “weird,” “broken,” or “sick.”

Commentary that excludes or degrades non-sexuality, such as “Everybody has sex, what’s wrong with you?”

LGBT communities aren’t universally supportive of asexuality.

Feeling empty, isolated, and/or alone.

Asexual people can feel broken or damaged and can foster internalized distress over asexuality.

Some aces voice a fear of never finding a partner who would accept them for who they are and/or worry that they will grow old alone.

Female identified asexual students can be singled out for being “prudes” or “selfish.”

Parents and friends can have a variety of reactions to someone coming out as ace, even ones who are supportive of LGBT issues.

Asexual-asexual relationships are rare; many asexual people date and form relationships with non-asexual people.

Aces who choose to be out on campus may be targets of bullying.

**ADDITIONAL RESOURCES**

AVEN [http://www.asexuality.org](http://www.asexuality.org)
Asexual Awareness Week [http://www.asexualawarenessweek.com](http://www.asexualawarenessweek.com)
Asexual Explorations [http://asexystuff.blogspot.com/](http://asexystuff.blogspot.com/)
Being an Ally [http://tinyurl.com/BeAnAceAlly](http://tinyurl.com/BeAnAceAlly)
Hot Pieces of Ace [http://www.youtube.com/HotPiecesofAce/](http://www.youtube.com/HotPiecesofAce/)

![Asexual Pride Flag](attachment:image)