

Online Resources

- Aromantic.wikia.org
- Arocalypse.com
- Aromantic.lgbt
- Aromanticism.org

Find other Pamphlets on introductory information about aromanticism and aromantic identities at our website below



A Beginner's Guide to Being an Aromantic Ally



Aromantic-spectrum Union for Recognition,
Education, and Advocacy

Aromanticism.org

Why are allies necessary?

Being aromantic means being part of a marginalized community, and like any marginalized community, having others know about and stick up for us helps us feel safe and included.

Because an ally might have more privilege than the aromantics they support, their voice is a powerful tool for helping aromantics be heard.

DOs:

- If someone comes out to you as aromantic, do believe them and thank them for telling you. Do ask them if they need any accommodations and if you can learn more about them.
- Do your research. Inform yourself about aromantic identities and experiences.
- Do correct others when they make mistakes or false assumptions, even when there aren't aromantic people present.
- Do amplify aromantic voices.

DON'Ts

- Don't assume that every aromantic person feels the same way.
- Don't belittle aromantics by saying that others are "more oppressed" than they are.
- Don't expect praise, being an ally isn't about stroking your own ego
- Don't expect aromantics to always speak up for themselves. It is sometimes dangerous or exhausting to do so.

Common misconceptions

- ✗ Aromantic is an asexual identity
- ✓ Aromantic is a romantic orientation and is separate from asexuality, which is a sexual orientation. Some aromantic people are also asexual, but some aren't
- ✗ Aromantic people "can still love"
- ✓ While some aromantic people do feel some romantic attraction or want to pursue significant relationships, this phrase is alienating. It often assumes that romantic love is the only valid type of love, when there are actually many types of love people can feel. It also assumes that all aromantics desire significant partnerships which is not the case.
- ✗ Queerplatonic Relationships (QPRs) are just friendships/just "romance lite"
- ✓ QPRs are significant relationships defined by being outside the norms for friendships and romance

How to handle mistakes

You're human and humans make mistakes. That's OK. But what can you do when you realize you've done it? Every situation is different and common sense and personal discretion will always apply first. With that in mind, below are some general tips.

- Apologize, even though you didn't intend to make the mistake. Say "I'm sorry."
- Focus on who was hurt. Ask "Are you OK?"
- Listen to aromantics who correct you. Ask "What do you think would have been better to say/do?"
- Correct yourself now and in the future. Say "Actually, what I should have said was..."

Sometimes being confronted can feel uncomfortable. Although it may be easy to get angry at someone's tone or to disagree, it's better to set those feelings aside, take a deep breath, and react calmly.