

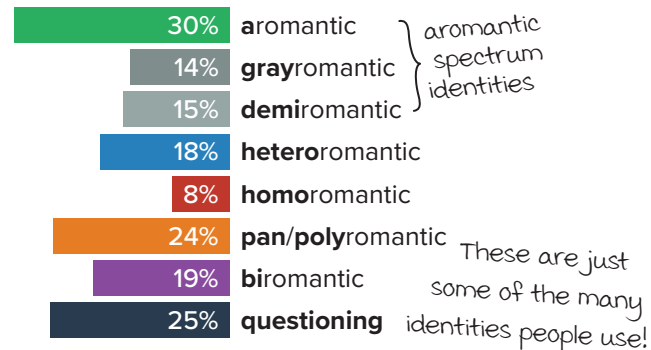
Understanding Attraction

Sexual attraction is a type of attraction to another person that involves a sexual interest toward them. This is distinct from **romantic attraction**, which typically involves a desire to form a romantic relationship with someone.

Many aromantic people identify with a **sexual orientation** that describes the pattern of sexual attraction they experience — for example, a person could be aromantic and bisexual.

Similarly, many asexual people identify with a **romantic orientation** that describes their pattern of romantic attraction.

The following chart, based on the *2016 Asexual Community Survey*, shows what percentage of the asexual community identifies with each romantic orientation.



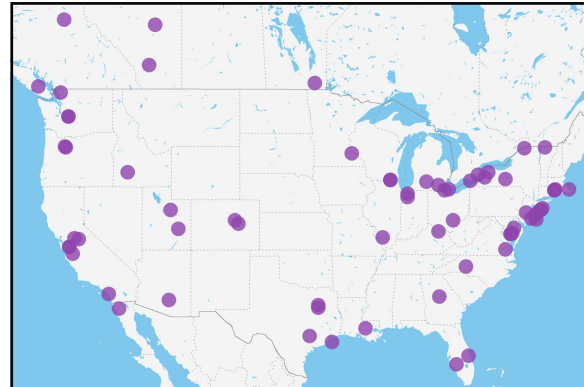
Likewise, aromantic people identify with a wide variety of sexual orientations.

Learn More

We've only just skimmed the surface of what there is to learn about asexuality and aromanticism. If you want to discover more, our online resources are a fantastic place to start.

acesandaros.org/learn

Get Involved



Across the country, you'll find dozens of asexual and aromantic communities providing support, resources, and social spaces. Getting involved with these communities can be a great way for people to meet others like them and to find comfort in their identities.

Our online map can help you connect with communities in your area.

acesandaros.org/groups

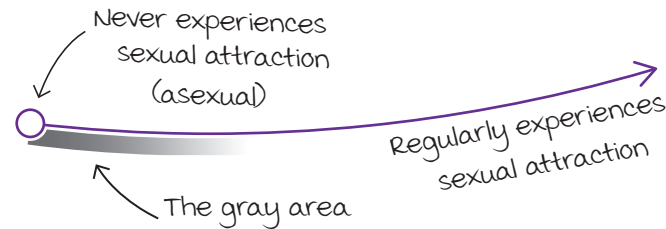
UNDERSTANDING ASEXUALITY AND AROMANTICISM

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Identities

Asexual is a term that people use to identify their lack of sexual attraction or desire.

It can be useful to think of asexuality as being one end of a spectrum that shows how often someone experiences sexual attraction.

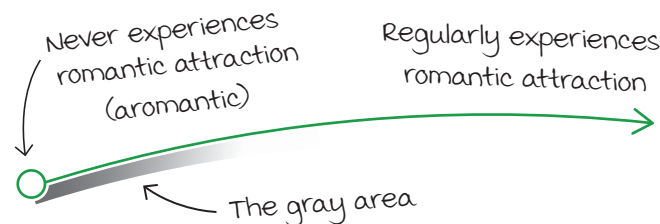


In the middle, we find a **gray area** where people sit close enough to asexuality that they might identify with that community even though they still experience sexual attraction in some situations. **Demisexual** and **gray-asexual** are some identities people use to describe this experience.

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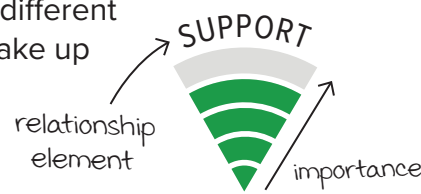
Aromantic is a term that people use to identify their lack of romantic attraction.

Similar to asexuality, aromanticism sits on one end of a spectrum of romantic attraction, with identities like **grayromantic** and **demiromantic** falling somewhere in the middle.



Relationships

There are many different elements that make up relationships.



KIARA & JALEN
CASUAL FRIENDS



In any relationship, some elements are prioritized while others are left out.

For example, these casual friends don't prioritize romance in their relationship

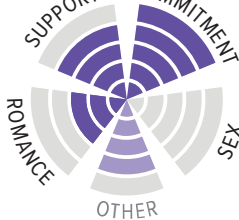
As these fictional examples show, relationships can take a variety of forms. No two relationships will look exactly the same.

JOSE & CALEB
GAY COUPLE



Asexual and aromantic people may leave sex or romance out of their relationships and instead prioritize other elements.

NIA & RAVEN
ASEXUAL PARTNERS



A relationship isn't any less important simply because it lacks sex, romance, or any other element.

MIKA & TERRY
AROMANTIC PARTNERS



Issues

Asexual and aromantic people face a wide range of issues, and many of these stem from invalidation and a lack of awareness.

I didn't even learn the word "aromantic" until I was 37!

When I came out to my partner as asexual, they said they could "fix me" with sex.

People never believe that I am happy being single.

Often, someone's other identities (such as their race, gender, age, or disability) will shape the challenges they experience.

My friends told me that my identity didn't matter because "disabled people can't have sex anyway."

When I came out to my parents, they told me I would grow out of it.

As a Black woman, I am often sexualized by others. People don't believe me when I say I'm asexual.

Supporting asexual and aromantic people begins with listening to their unique experiences, respecting their identities, and continuing to learn more.