



**ASEXUAL
OUTREACH**

Asexuality is a sexual orientation. Sexuality is a spectrum and the umbrella term for individuals who identify toward the asexual end of the spectrum is **ace**.

Additionally, within the ace community many aces have disabilities, are neurodivergent, and/or have survived sexual assault. Some aces come to identify with the asexual spectrum via these experiences, and this does not make their identity any less valid than any other sexual identity.

The following are examples of ace identities:

Asexual: a person who experiences little or no sexual attraction to anyone, and/or does not experience desire for sexual contact.

DEMISEXUAL: a person who experiences sexual attraction to someone only after forming a close emotional bond with that person. They may also identify as gray-aseexual (or graysexual).

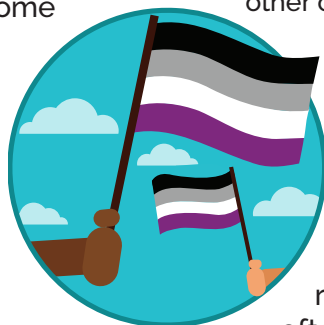
ASEXUALITY 101

GRAY-ASEXUAL (OR GRAYSEXUAL):

A person who lies on the spectrum between asexual and z-sexual*.

*z-sexual describes those who do not identify on the asexual spectrum. The term was coined in order to convey the idea of a spectrum (from A to Z) and not to set ace in opposition to non-ace, which would imply that "non-ace" was the default.

Most who identify as gray-aseexual tend to lean more toward the asexual end of the spectrum as opposed to an inclination to any other orientation on the spectrum



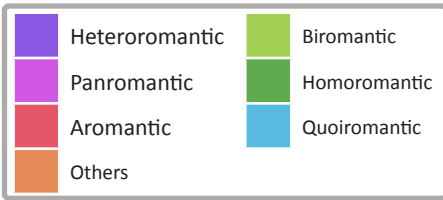
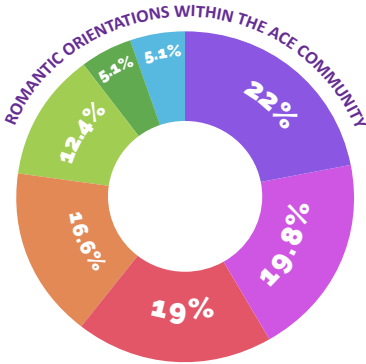
ROMANTIC ATTRACTION:

describes how one is drawn to others in a strictly "romantic" way. As with sexual attraction, people who experience romantic attraction

often do so to people of (a) particular gender(s). That pattern of romantic attraction is called **romantic orientation**. Each sexual orientation that exists has a corresponding romantic orientation, and for many people, these two align (for example, many bisexual people are also biromantic). However, this is not always the case, especially among ace people. The terminology for discussing romantic orientation came from the ace community's need to differentiate between these two types of attraction.

“Many aces will experience romantic attraction, even though they do not experience sexual attraction.”

Like sexuality, romanticism is a spectrum.



SOURCE: [HTTPS://ASEXUALCENSUS.FILES.WORDPRESS.COM/2014/11/2014CENSUSPRELIMINARYREPORT.PDF](https://asexualcensus.files.wordpress.com/2014/11/2014censuspreliminaryreport.pdf)

The following are example of aromantic spectrum identities:

AROMATIC: a person who does not experience romantic attraction to anyone.

DEMIROMANTIC: a person who experiences romantic attraction to someone only after forming a close emotional bond with that person.

GRAYROMANTIC: often used to describe someone who falls between aromantic and romantic. Some people also use terms like **quoiromantic** to express that they experience romantic attraction but that it is nebulous and difficult to identify how that attraction works.

INTERSECTING IDENTITIES

Aces come from different backgrounds and are often members of other marginalized groups. Because of this, there are barriers specific to their lived experiences, and interacting within ace-friendly spaces can become difficult because of the oppressive systems in place.

Some examples are the hypersexualization and desexualization of certain racialized

groups, disabilities, etc. These difficulties persist in ace spaces, which often do not include marginalized people, just as society is not structured to include them properly. These exclusionary environments can perpetuate other forms of oppression on top of the difficulties that people already face while being ace.

visit www.asexualoutreach.org to learn more about the asexual spectrum and how you can help raise awareness of it.