

Being an Ally to Asexuals

What Is Asexuality?

- An asexual is a person who **does not experience sexual attraction**.
- Asexuality differs from celibacy in that celibates have a sexual attraction, but choose to abstain from sex.
- **Demisexuals** experience sexual attraction only to people with whom they have a strong emotional connection.
- **Gray-A's (gray asexuals)** are in the gray area between asexuality and sexuality: they sometimes experience sexual attraction or to a lesser degree.

Who Are Asexual People?

- Studies estimate that around 1% of people are asexual.
- Asexual people, while lacking sexual attraction to any gender, may engage in purely romantic relationships.
- Asexuality is equally as common among male- and female-assigned people.

Asexual ≠ Aromantic



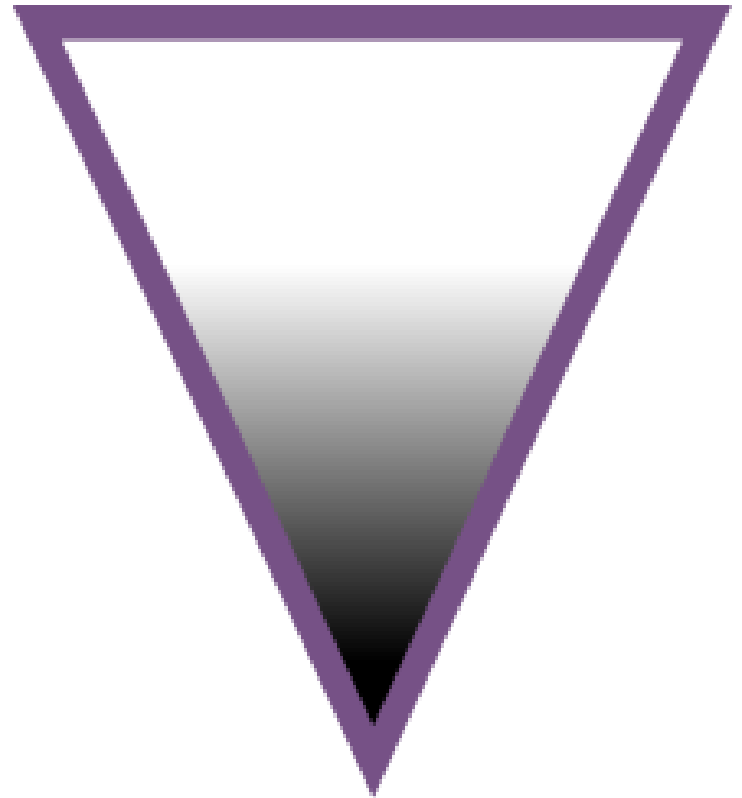
- Asexual people are often involved in romantic relationships.
- Even if asexual people may not want to have sex, many asexual people enjoy other physical forms of showing affection, like cuddling and kissing.

Asexuality Can Be Different for Everyone

- Like all human sexuality, asexuality can be fluid and have varying degrees.
- Some asexuals have had sex before out of curiosity, for a sense of release, or to please a partner.
- Other asexual people are simply unable to be sexually aroused.
- Asexual people can discover asexuality at different times in their lives.

Asexual Pride

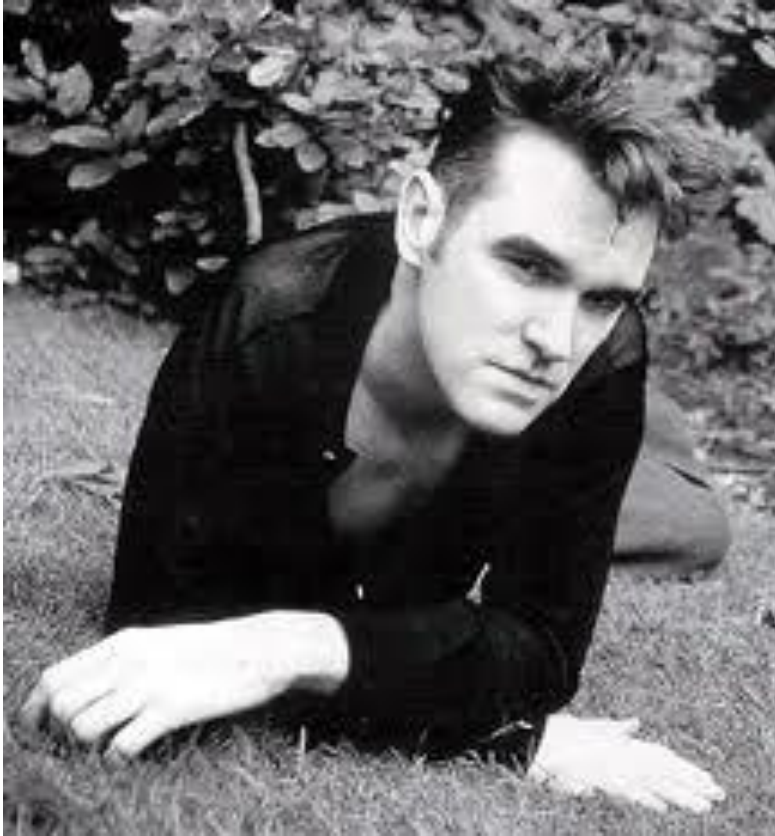
- Asexuals have their own sense of community and pride.
- The colors of the asexual pride are black, grey, white, and purple.
- Asexual Pride Week is in October.
- Another word for asexual people is “aces.”



What NOT to Say to an Asexual

- Asexual people do not have a disease. Their lack of sexuality is simply a part of who they are.
- Asking an asexual person questions about their sexual history can be invasive.
- Asexual people can decide their sexuality without actually having to experiment with sex.

Famous Asexuals



Some people who identify or who are thought to have been asexual, include

- Florence Nightingale
- Nicola Tesla
- Janeane Garofalo
- Steven Patrick Morrissey
- Paula Poundstone
- Tim Gunn
- T.E. Lawrence (Lawrence of Arabia)
- J.M. Barrie (author of *Peter Pan*)