

## Do Asexuals Have Relationships?

Asexual people can experience a wide variety of attractions beyond sexual attraction, and many form relationships based on those attractions. Many asexual people find it useful to describe their romantic interest in others in terms of romantic orientation in much the same way that people describe their interest in others sexually in terms of sexual orientation.

## Romantic Orientations

- **Aromantic:** experiences little or no romantic attraction to others
- **Biromantic:** romantically attracted to their same gender as well as genders not their own
- **Grayromantic:** a romantic orientation somewhere between aromantic and romantic
- **Demiromantic:** only experiences romantic attraction after establishing a strong emotional connection
- **Heteroromantic:** romantically attracted to genders not their own
- **Homoromantic:** romantically attracted to their same gender
- **Panromantic:** romantically attracted to others, irrespective of gender
- **WTFromantic:** is unsure, does not identify with labels or find them useful.

## Why Does Awareness About Asexuality Matter?

Sexuality is an important aspect of culture. However, sexuality is not something that everyone experiences similarly, and sex is not something that everyone desires equally. When society insists that all people should experience sexuality and a desire for sex in the same, normative way, asexual spectrum individuals often feel broken or ashamed and face harassment from peers, because they don't fit a model of normative sexuality.

By raising awareness about asexuality, we hope to show others in the asexual spectrum community that they are not alone and do not need to feel ashamed. We seek to validate asexual spectrum individuals' sense of self. We aim to build a culture that recognizes asexuality as a valid sexual orientation: not a choice, not a disease, and not something to be cured or "fixed."

## Resources



Asexual Visibility & Education  
Network (AVEN)  
**asexuality.org**

Ace Week  
(formerly Asexual Awareness Week)  
**aceweek.org**



Asexuality Archive  
**asexualityarchive.com**

New England Aces  
**neaces.org**



# Asexuality

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## A Brief Introduction

New England  
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## What Is Asexuality?

Asexuality is a sexual orientation describing people who experience little or no attraction towards others, regardless of gender. There is considerable diversity within the asexual community; each asexual person experiences arousal, attraction, and relationships differently.

## Is Asexuality Caused By Trauma or Illness?

There is no indication that trauma or mental illness can cause asexuality, and there is no data to support a connection between trauma or mental illness and sexual orientation in general. As in most communities, some asexuals have experienced trauma and mental illness, while many others have not. Just as surviving trauma or living with mental illness doesn't "turn" an individual asexual, it doesn't invalidate an asexual's self-described identity.

## Have Asexuals Just Not Met the Right Person Yet?

Some asexuals have tried engaging in sexual relationships, and some asexuals choose to experiment sexually. Some asexuals are in sexual relationships, and some in non-sexual relationships. Some asexuals have found the right person, and some do not feel drawn to find the right one and have a sexual/romantic relationship. The unifying experience for a majority of asexuals is the knowledge that sex is not how they **intrinsically** feel drawn to connect with others intimately.

*Asexuality: (n.) a sexual orientation describing people who experience little or no sexual attraction towards others.*

## Is Asexual Another Word for Celibate?

No. Celibacy is choosing to abstain from sexual activity. Asexuality is not a choice, but rather a sexual orientation. Some asexuals do not consider themselves celibate. Some asexuals choose to have sex and are therefore not celibate.

## The Asexual Spectrum

Like all sexual orientations, asexuality exists on a spectrum. Some people are not "100% asexual"; they fall into a gray area between asexual and sexual and may identify with a variety of sublabels, such as:

**Demisexuality:** describes people who do not experience sexual attraction until they form a strong emotional connection. Even when an emotional connection is present, it is not inevitable that sexual attraction will accompany it.

**Graysexuality:** describes people who do not usually experience sexual attraction, but do experience it sometimes; people who experience sexual attraction, but lower sex drive; people who experience sexual attraction and drive, but not strongly enough to cause them to seek out sex; people who can enjoy and desire sex, but only in very specific and limited circumstances.

Asexuality  
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