

ASEXUAL:
A PERSON WHO DOES NOT
EXPERIENCE SEXUAL ATTRACTION

Asexual people MAY:

- want friendship and understanding just like everybody else
- fall in love
- experience arousal and orgasm
- be of any age, gender or background

Asexuality is NOT:

- celibacy
- androgyny
- sexual repression or aversion
- sexual dysfunction
- loss of libido due to age or circumstance
- fear of intimacy
- the inability to find a partner



AVEN
THE ASEXUAL VISIBILITY AND
EDUCATION NETWORK

WWW.ASEXUALITY.ORG

Since 2001, the Asexual Visibility and Education Network (AVEN) has worked to build an asexual community and to increase public understanding and acceptance of asexuality. The AVEN web site contains information on asexuality as well as an active online forum.

ASEXUALITY

**NOT EVERYONE IS
INTERESTED IN SEX**

WHAT IS ASEXUALITY?

Simply put, asexuality is a sexual orientation describing people who do not experience sexual attraction. This pamphlet is designed to provide some general information about the asexual orientation. Whether you think you might be asexual or know you are not, we hope this pamphlet will give you a better understanding of what asexuality means.

IS ASEXUALITY THE SAME AS ABSTINENCE OR CELIBACY?

No. Celibacy is a choice to abstain from sexual activity. Asexuality is not a choice, but rather a sexual orientation describing people who do not experience sexual attraction. While most asexuals do not form sexual relationships, some asexuals participate in sexual behavior for the pleasure of others.

WHAT CAUSES ASEXUALITY?

As with all other sexual orientations, the causes of asexuality are still unknown. While several studies have been done in recent years, they have mostly concerned the demographics of the asexual population. We hope that, as research about human sexuality continues to move forward, we will learn more about the nature of asexuality.

CAN ASEXUAL PEOPLE FALL IN LOVE?

Yes. Asexuals can experience romantic attraction without sexual attraction. Asexual people have the same range of emotional needs as everyone else, and vary widely in how they fulfill or express these needs. Some asexuals are happiest on their own or with a group of close friends, while others have a desire to date and seek long-term partners.

WHAT DO ASEXUAL RELATIONSHIPS LOOK LIKE?

Asexual relationships are based on elements that are also important for many sexual people, like understanding, commitment, trust, emotional intimacy, and communication. Physical intimacy may either be important or minimal in asexual relationships. Asexual people have few expectations about the way their relationships should work and often blur the lines between friendship and romance.

HOW DOES ASEXUALITY RELATE TO OTHER IDENTITIES?

Many asexuals can be emotionally and/or romantically attracted to other people and may further identify as straight, gay, lesbian, or bi. There are also aromantic asexuals, who are not romantically attracted to anyone. Asexuals can also have any gender identity and may identify as male, female, transgender, androgynous, or any other variation.

WHY DOES AWARENESS ABOUT ASEXUALITY MATTER?

Sexuality is such an important aspect of our culture that people who don't relate to the heterosexual norm can feel inadequate or isolated. Because asexuals make up such a small percentage of society, they may feel they are alone. They, or their friends or family members, may believe they should be 'fixed' by a therapist or doctor. Awareness about asexuality helps people who don't experience sexual attraction feel comfortable with themselves and enables them to be open and honest without fear of alienation or misunderstanding.

STILL HAVE UNANSWERED QUESTIONS?

Please visit www.asexuality.org for more information.