

What is asexuality+?

Asexuality+ might mean something different for each person who identifies that way. The easiest way to understand the word "asexuality+" is as an umbrella term used to people who either don't experience sexual attraction or who aren't interested in having sex.

REMEMBER:


Everybody has the right to self-identify! No matter what definition you've learned, each person may define themselves differently.


The term "asexuality+" is generally used to describe any person who identifies as not experiencing sexual attraction or who isn't interested in having sex.


If you want to learn about asexuality+, here are some words to understand. Keep in mind that these are just the way we understand these words; each person who identifies this way might understand a term differently:

 **ASEXUAL**
a person who does not experience sexual attraction

 **AROMANTIC**
a person who does not experience romantic attraction





 **DEMISEXUAL**
a person who requires romantic attraction to a person before experiencing sexual attraction

 **DEMIROMANTIC**
a person who requires sexual attraction to a person before experiencing romantic attraction

 **GREY-ASEXUAL**
a person who usually does not experience sexual attraction, but can experience attraction depending on the circumstance

 **ZEDSEXUAL**
a person who experiences sexual attraction

Check us out online!

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Things to Know:

- Most asexual+ people consider asexuality+ as a spectrum.
- Asexuality+ is not the same thing as celibacy or abstinence. It's important to remember that asexuality+ is a sexual orientation, and not a lifestyle choice.
- People often call asexual+ people "ace" for short.
- Not all asexual+ people refrain from having sex. Some asexual+ people choose to have sex, and some don't.
- Asexual+ and aromantic+ people have meaningful relationships, even if they aren't what's "normal".
- Asexuality+ is not related to a past history of violence, abuse or trauma. Being ace+ is completely normal, and it does not mean that there's something wrong with somebody's way of relating to other people

NOTE ON TERMINOLOGY:

When a word has an asterisk (*) or a plus sign (+) after it, it means that the word is being used as an umbrella term.

Am I asexual+ or aromantic+?

The important thing to remember is that you don't have to use certain words to describe yourself, just because that's the "box" you fit into, but here are just some of the things that might apply to you if you're a part of the ace+ community:

- you find yourself romantically attracted to people, but never or rarely interested in being sexually intimate with them;
- you find yourself sexually attracted to people, but never or rarely interested in being romantically intimate with them.

Discrimination:

Asexual+ people often experience discrimination because people believe that there's something abnormal with not wanting to have sex or not experiencing romantic love.

Discrimination against asexual+ people is called "acephobia" and discrimination against aromantic+ people is called "arophobia".

Acephobia is...

Acephobia is the fear, hatred or intolerance of asexual+ people.

An example of acephobia is when asexual+ people are told that their marriage isn't "real" because they've never had sex with their partner.

Another example of acephobia is when an asexual+ person is assumed to have been abused because they don't experience sexual attraction.

Arophobia is...

Arophobia is the fear, hatred or intolerance of aromantic+ people.

An example of arophobia is when aromantic+ people are accused of being heartless or hypersexual because they don't experience romantic attraction.

Another example of arophobia is when a person insists that aromantic+ people just need to find the "right" person to fall in love with.

RCYK 201:

"201" sections are meant to provide you with a bit extra. It's helpful if you have a little background on queer and trans issues.

Amatonormativity

Amatonormativity is a term that was coined by Elizabeth Blake that refers to "the assumption that a central, exclusive, amorous relationship is normal for humans" and that these types of relationships should be aimed for and preferred as opposed to other forms of relationships.

A culture that is inclusive of ace+ identities would recognize and value platonic, sexual relationships and romantic, sex-less relationships just as much as the traditional partnership dynamic.

Amatonormativity creates a hierarchy where people are forced to prioritize romantic, sexual partnerships over all the other relationships that exist in people's lives.

Support & Help

If you're an asexual+ person, and you need some support, don't hesitate to give us a shout.

We support all asexual+ people, no matter the age, gender, race, or where they live in the NWT.

You can reach us by:

- calling us at 867-444-RCYK (7295)
- emailing us at info@rainbowcoalitionyk.org
- finding us online by searching "Rainbow Coalition of Yellowknife"
- visiting us in person at 5112 52nd Street in Yellowknife.