Ace 101

An SSIS introduction to asexuality

SSIS

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The Asexual Manifesto, 1972

"We chose the term "asexual" to describe ourselves because both "celibate" and "anti-sexual" have connotations we wished to avoid: the first implies that one has sacrificed sexuality for some higher good; the second, that sexuality is degrading or somehow inherently bad. "Asexual", as we use it, does not mean "without sex" but "relating sexually to no one". This does not, of course, exclude masturbation, but implies that **if one has sexual feelings, they do not require another person for their expression.** Asexuality is, simply, self-contained sexuality."

Resources:

The Asexual Visibility & Education Network (AVEN):
Asexuality.org

The Asexuality Handbook:
asexuality-handbook.com

r/Asexuality on Reddit:
https://www.reddit.com/r/asexuality/

The complete Asexuality Manifesto is available through the Internet Archive

Ace: What Asexuality Reveals About Desire, Society, and the Meaning of Sex, **by Angela Chen**

Refusing Compulsory Sexuality: A Black Asexual Lens on Our Sex-Obsessed Culture, **by Sherronda J. Brown**

What is Asexuality?

Asexuality is the umbrella term used to describe a sexual orientation held by individuals who **experience little to no sexual attraction.**

Asexuality is a **spectrum**; it encapsulates many diverse identities and there is **no correct way to identify.**

Common Terms and Identities

Demisexual: Someone who only experiences sexual attraction once they have formed a strong emotional connection with someone

Allosexual: The opposite of asexual on the spectrum; someone who experiences sexual attraction to others

Grey-A/Grey Asexual: Individuals who identify somewhere on the spectrum between asexuality and allosexuality

Queerplatonic: A type of non-sexual, non-romantic relationship where there is an emotional strength that goes beyond that of a "traditional" friendship

Asexuality and Aromanticism

Aromantic (Aro): Someone who experiences little to no romantic attraction. Aromanticism is a spectrum with a range of identities.

Aromanticism is **not limited to** asexuality as asexual people can identify as any romantic orientation and aromantic people can identify as any sexual orientation **without forfeiting their identities as asexual or aromantic.**

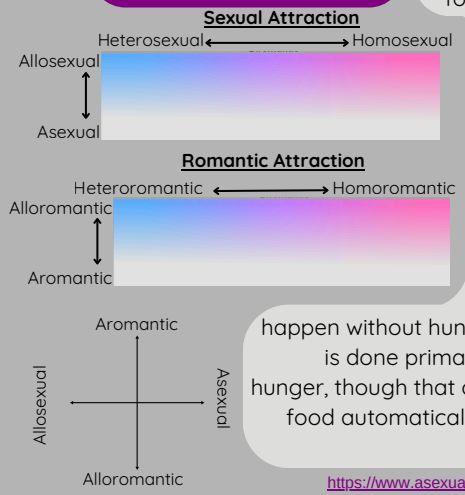
<-- Aromantic Flag!

The Split Attraction Model

The Split Attraction Model **differentiates** romantic attraction or desire from sexual attraction or desire.

To convey this difference, split attraction language uses **prefixes** for the gender(s) that a person is oriented toward (bi-, queer-, hetero-, homo-, etc.) with **suffixes** for the type of attraction (-sexual, -romantic, -sensual, -platonic, etc.)

In these charts, you can see how one's romantic attraction and sexual attraction can occur at varying and independent rates



The Asexuality Handbook has a good analogy to explain the difference between sexual attraction and libido:

"Consider the example of food. When you have a craving for a food it can feel quite different to just being generally hungry. For example, you might see a cake and start to crave it: you imagine what it would be like and are pulled to it specifically over other food. Although being hungry might lead to cravings, it doesn't always, and craving can happen without hunger. Satisfying one's hunger is done primarily to remove the feeling of hunger, though that of course doesn't mean that food automatically tastes bad just because it hasn't been craved."

https://www.asexuality-handbook.com/the-a-spectra