

# ASEXUALITY FACTS!

When Kinsey created his scale of sexual orientation, where 0 was completely homosexual and 6 was completely heterosexual, he included a separate category, "X," for those who weren't either one or anything in between. They just plain didn't care about sex. He labeled 1.5% of adult males "X".

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Preliminary research indicates that about 1% of the human population may be experience little to no sexual attraction. (*Bogaert A.F. (2004) Asexuality: Its Prevalence and Associated Factors in a National Probability Sample. Journal of Sex Research, 41, 279-287*)

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Studies have been unable to find any causal explanation for asexuality. Like being gay, straight, bi or pan, asexuality is just a natural part of human sexual diversity. The same research has demonstrated that asexuality is not linked to any pathological disorder. (*Brotto, L. A., Knudson, G., Inskip, J., Rhodes, K., & Erskine, Y. (2010). Asexuality: A mixed methods approach. Archives of Sexual Behavior, 39, 599-618*)

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Asexuality is not the same thing as celibacy, abstinence or impotence. Celibacy is a choice made by people who experience sexual attraction to not act on that attraction. Abstinence is the decision to refrain from sexual activity for religious or philosophical reasons, such as "abstinence before marriage." Impotence is the inability for a male person to get or keep an erection.

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17% of asexual people said they were 'completely repulsed' by sex. 38% said they were 'somewhat repulsed'. 27% said they were indifferent about sex. 4% said they enjoy having sex (*Asexual Awareness Week Community Census, Asexual Visibility and Education Network, Brock University, Ontario*)

# RESEARCH RESOURCES

**ASEXUAL VISIBILITY  
AND EDUCATION NETWORK**  
[HTTP://WWW.ASEXUALITY.ORG/](http://www.asexuality.org/)

**ASEXUAL EXPLORATIONS**  
[HTTP://WWW.ASEXUALITYEXPLORATIONS.NET/](http://www.asexualityexplorations.net/)

**ASEXUALITY STUDIES**  
[HTTP://WWW.ASEXUALITYSTUDIES.ORG/](http://www.asexualitystudies.org/)

**THE ASEQUAL SEXOLOGIST**  
[HTTP://ASEQUALSEXOLOGIST.WORDPRESS.COM/](http://asexualsexologist.wordpress.com/)

# COMMUNITY RESOURCES

**APOSITIVE.ORG**  
[HTTP://WWW.APOSITIVE.ORG/](http://www.apositive.org/)

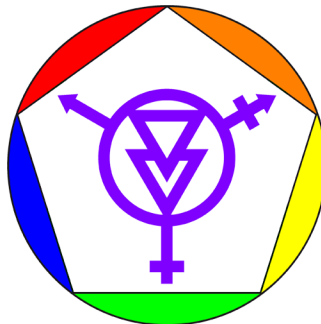
**ASEXUALHAVEN**  
[HTTP://GROUPS.GOOGLE.COM/GROUP/  
ASEXUALHAVEN?PLI=1](http://groups.google.com/group/asexualhaven?pli=1)

**ASEXUAL LESBIANS**  
[HTTP://Z4.INVISIONFREE.COM/ASEXUAL\\_LESBIANS/](http://z4.invisionfree.com/Asexual_Lesbians/)

**THE ASEQUALITY LIVEJOURNAL COMMUNITY**  
[HTTP://COMMUNITY.LIVEJOURNAL.COM/ASEQUALITY/](http://community.livejournal.com/asexuality/)

**THE A-SYLUM**  
[HTTP://WWW.ACE-BOOK.NET/DISCUSSION/](http://www.ace-book.net/discussion/)

**ACEBOOK**  
[HTTP://WWW.ACE-BOOK.NET](http://www.ace-book.net)



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# ASEXUALITY 101



# TRANSCENDING BOUNDARIES

GUIDE TO  
ASEXUALITY

by  
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[HTTP://WWW.TRANSSENDINGBOUNDARIES.ORG/](http://www.transcendingboundaries.org/)

## ASEXUALITY 101

An asexual is someone who does not experience sexual attraction. This means that they do not have an intrinsic desire to have sex with others.

The word “asexual” is a tool, not a label. If it helps you understand yourself and explain yourself to others then you should pick it up and use it, if it stops making sense you can always put it down. Visit the community on [asexuality.org](http://asexuality.org), read people’s stories, and see if they resonate with you. You’re more complicated than any one word, focus on understanding yourself first and on the words second.

### HOW DO I KNOW IF I’M ASEQUAL?

Many asexual people start out experiencing a sense of alienation around sexuality. They do not understand why their friends fixate on sex, and they find sexual acts dull or uncomfortable. Because our society delivers negative messages about people who are uninterested in or unable to have sex, some asexual people feel broken.

Asexual people who have had more time to become comfortable with themselves have often found ways to have nonsexual intimacy replace sexual intimacy as a source of emotional support and fulfillment. They are generally comfortable around sex so long as no one expects them to desire it.

No one can tell you whether or not you are asexual. If the word “asexual” and the asexual community are useful tools to help you figure yourself out, pick them up and use them. If they ever stop being useful tools, you can put them down and no one from the asexual community will judge you. Your experiences may or may not align with those described above; it is up to you to decide whether the term “asexual” fits your experience.

### CAN ASEQUAL PEOPLE FALL IN LOVE?

Yes. Love and sex are different things, and asexual people are as capable of experiencing love as any-

one else. For many asexual people, love happens in romantic partnerships which rely on powerful non-sexual ways to express intimacy. For other asexual people love happens primarily in close friendships, in community ties, or in relationships with self.

Emotional intimacy is complex and multi-faceted, and the ways that asexual people find it are complicated and diverse. Each asexual person must explore intimate relationships on her, his, or his own terms.

### CAN ASEQUAL PEOPLE HAVE SEX?

Yes. Asexuality is different from celibacy, an asexual can have sex and still be asexual in much the same way that a lesbian can have sex with a man and still be a lesbian. This is a complicated issue and generally occurs in romantic relationships between asexual and asexual people. Many successful sexual/asexual relationships do not involve sex, and in those that do sex often plays a different role than it would in a relationship between two sexual people.

Physically, most asexual people are capable of experiencing sexual arousal. Some asexual people describe this arousal as “not attached to anything.” It exists but is not associated with the desire to have sex with a partner. Some asexual people masturbate.

### HOW CAN I BE SUPPORTIVE OF ASEQUAL PEOPLE?

Asexual people often struggle with a “sexual imperative”: the assumption that everyone needs sex to be happy. Sexual people who are allies of the asexual community can be supportive by calling out and questioning this assumption, and by celebrating fulfillment through nonsexual intimacy alongside celebrations of sexuality. Sexual allies can continue to openly discuss and celebrate their sexuality so long as they create safe spaces for asexual people to do the same.

### HOW DO ASEQUAL PEOPLE VIEW SEX?

Most asexual people think sex is great for people who desire it. We generally think it’s great to celebrate sex as one of many ways to experience intimacy, power, and physical connection, so long as it’s not held up as the only way to access those things. Sometimes asexual people are frustrated at a culture which tells us we need sex to be happy, but that is different from being frustrated with sex or people who enjoy it.

### WHY DO WE NEED AN ASEQUAL COMMUNITY?

You might decide that an asexual community has no value to you, but other asexuals receive a great deal from sharing their experiences with each other.

There are many different things you could take from an asexual community. Some members wish to talk to others with similar experiences, some wish to explore the diversity of experience within the community. Some want to talk about finding romance, some enjoy discussing the vast possibilities for asexual relationships. Some people would like to learn how to be more comfortable with their asexuality, others are eager to celebrate what they are. Some want to make things better for future asexuals, some want to spread the word that asexuality exists and it’s OK to be that way. Some asexuals want to discuss the theory of asexuality and sexuality, some just want to tell jokes or share poems and stories.

The asexual community might be for you, or it might not. If you think you might benefit from hearing the experiences of people with little or no sexual attraction to other people, then you should give it a try.

### IS ASEQUALITY INHERENTLY QUEER?

This has been the subject of much debate and discussion. On the one hand ‘queer’ is ‘anything that differs from the norm’, especially the norm of sexuality, and there are asexuals that consider the relationships they form to be completely unconventional and therefore queer. Other asexuals consider their relationships to be entirely conventional and do not identify as queer in any way.