

ASEXUALITY

[ACE/ARO SPECTRUMS]

ASEXUAL (ACE) is a sexual orientation characterized by a lack of sexual attraction toward any gender. “Ace” is short for “asexual,” just like “bi” is short for bisexual and “trans” is short for “transgender.”

AROMANTIC (ARO) is an orientation characterized by a lack of romantic attraction toward any gender. “Aro” is short for “aromantic.”



ACE & ARO SPECTRUMS are two separate orientation spectrums—a sexual and a romantic one—with which to identify. These spectrums can create a multitude of identity combinations. “Ace” and “aro” are also umbrella terms used to refer to anyone with asexual and/or aromantic identities including demisexual and/or demiromantic and gray-a.

GRAY-A is considered the middle gray area between asexuality and sexuality on the sexual spectrum and between aromantic and romantic on the romantic spectrum. Demisexual and demiromantic identities fall underneath this “gray-a” identity.

DEMISEXUAL people can experience sexual attraction after a close emotional connection has formed.

DEMIROMANTIC people can experience romantic attraction after a close emotional connection has formed.



PEOPLE OVER DEFINITIONS:

Asexuality and aromanticism are two of the more recent areas being explored, included, and named in the LGBTQIA+ community. In this work, it is important to remember: all identities are self-identified. Never ascribe an identity to someone else. Let them tell you how they choose to identify. Like gender identity and gender expression, ace and aro identities can change over time.

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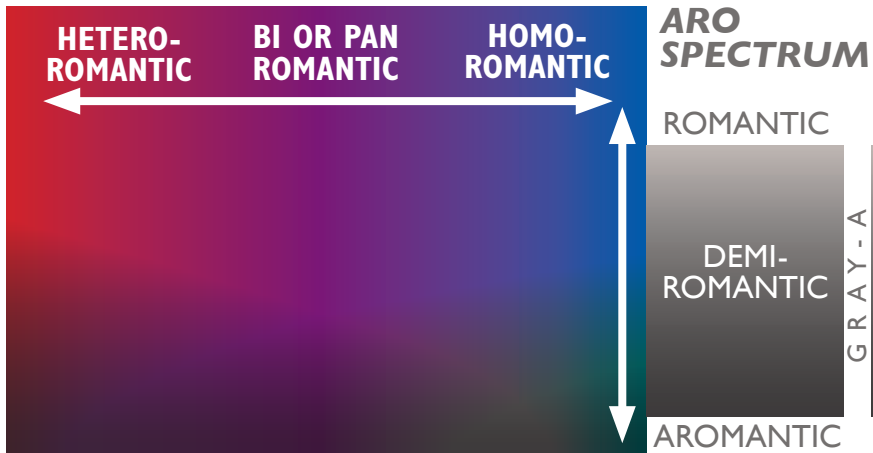
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A NEW LOOK:

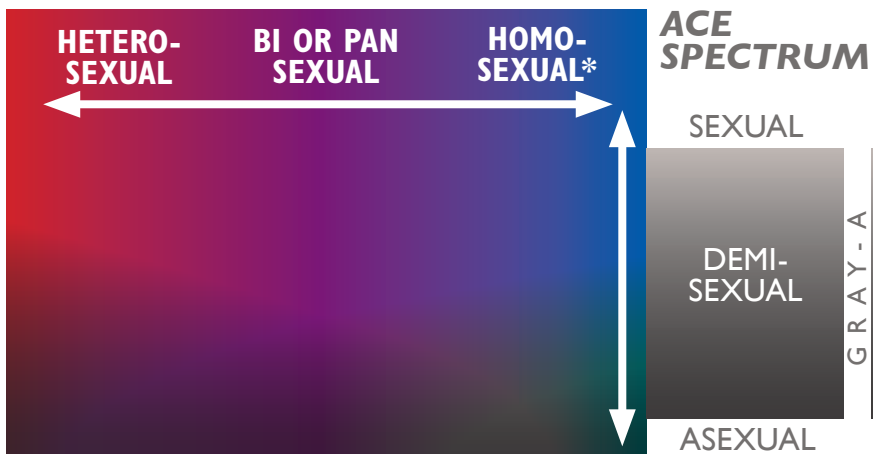
EXPLORING ROMANTIC & SEXUAL ORIENTATIONS

The horizontal red to blue spectrums represent the orientation of one's romantic or sexual desire. The vertical gray aro and ace spectrums represent the intensity of one's attraction toward that orientation. Although romantic orientation and sexual orientation might often correlate, they do not necessarily align. For example, a person might identify as heteroromantic but bisexual. Plot yourself on each grid.

ROMANTIC ORIENTATION SPECTRUM



SEXUAL ORIENTATION SPECTRUM



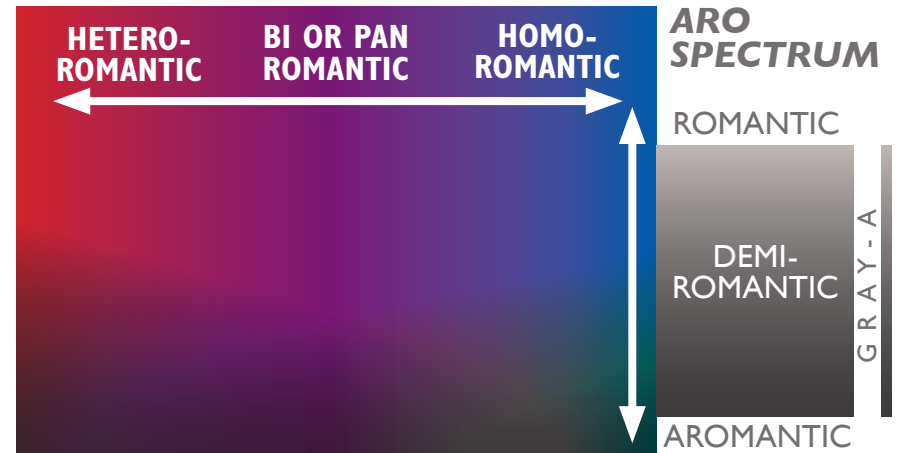
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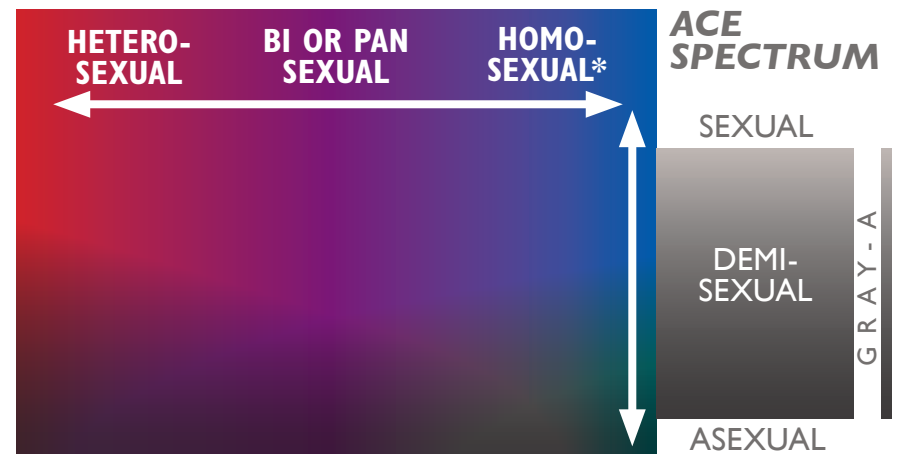
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