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# OUT

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## Asexuality and Aromanticism

An OUTSaskatoon Resource

# What is Asexuality?

An asexual person is someone who generally does not experience sexual attraction. Asexual individuals are still physically capable of having sex and may even enjoy having sex, but they do not experience strong feelings of sexual attraction towards others. Some asexual individuals experience romantic attraction, meaning they want to date people, but have little to no desire to have sex with them. Asexuality is different from celibacy, which is a chosen abstinence from sexual activity.

## Aromantic

An aromatic person is someone who does not experience romantic attraction. Aromantic individuals are still capable of having relationships and they may be asexual or they may not be.

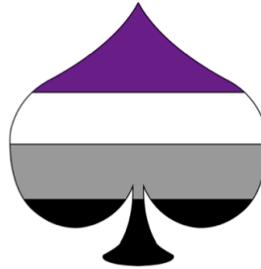
## Forms of attraction

**Sexual Attraction:** an attraction that evokes the want and desire (or lack of desire) to engage in sexual behavior with specific people. Some sexual orientations include heterosexual, homosexual, bisexual, pansexual, and asexual.

**Romantic Attraction:** an attraction that evokes the want and desire (or lack of desire) to engage in intimate romantic behavior (e.g., flirting, dating, marriage) with specific people. Some romantic orientations include heteroromantic, homoromantic, biromantic, panromantic, and aromantic.

**Aesthetic attraction:** occurs when someone appreciates the appearance or beauty of another person(s) and is not necessarily connected to a sexual or romantic attraction. For example: Jordan is watching TV and thinks that the main character is very pretty and appreciates how nicely their hair is styled.

**Sensual attraction:** the desire to interact with others in a tactile, non-sexual way, such as hugging or cuddling. For example, Jordan and Chris are close friends and cuddle while watching Netflix.



## Can asexual people have sex or be in a relationship?

It depends on the individual and how they define sex and/or relationships. If you can have sex without being in a relationship, then you can be in a relationship without having sex. People can be both asexual and aromantic, which means that they do not wish to engage in sex or romantic relationships.

Some asexual people are comfortable with the idea of sex, participating in varying degrees of sexual intimacy with their partner(s), while other asexual people may not find it appealing and may be repulsed by sex.

Choosing to have sex with a sexual partner when

one is asexual requires communication and consent. Remember that there should *never* be any pressure to have sex in any kind of relationship.

## Gray-Asexual & Demisexual

Because sexuality can be fluid, some people identify in its gray areas.

**Gray-Asexual:** people who sometimes experience sexual attraction but have a low sex drive, and/or enjoy and desire sex only under specific circumstances.

**Demisexual:** people who only experience sexual attraction to people with whom they form a strong emotional connection.

## Crush Terms

**Crush:** when you have a desire to date or have a romantic relationship with a person/people.

**Squish:** a term used when someone has great admiration for a person and wants to build a relationship with them, though not necessarily a romantic one.

**Zucchini:** a person you have strong platonic feelings for, where you desire to be very close with them and develop a deep emotional relationship that does not involve romance or sex.

**Queer-platonic/Quasiplatonic:** a strong platonic relationship, where the people involved may consider themselves life partners, may want to live together, may even marry for financial benefits, but in which there are no sexual or romantic feelings.