

# **Asexual people don't feel compelled to seek sexual partners or sexual relationships.**

Whether you are asexual or not, we hope this pamphlet will give you a better understanding of what being asexual actually means.

## **Is asexuality the same as celibacy?**

No. Celibate people choose to abstain from sexual relationships, while asexual people do not feel compelled to form them. Asexuality is not a choice but a sexual orientation that describes people who do not experience sexual attraction.

## **Can asexual people fall in love?**

Yes. Asexuals can experience romantic attraction without sexual attraction. This concept can be difficult to grasp as most people experience romantic and sexual

attraction at the same time. While many asexuals have the desire to date and seek long-term partners, some are happiest on their own or with a group of close friends. Most asexuals do not form sexual relationships although some participate in sexual behaviour for the sake of their partners.

## **What do asexual relationships look like?**

Asexual relationships are based on elements that are also important for many sexual people, like understanding, commitment, trust, emotional intimacy and communication. Physical intimacy may either be important or minimal in asexual relationships. Asexual people have few expectations about the way their relationships should work and often blur the lines between friendship and romance.

## **How does asexuality relate to other identities?**

Many asexuals are romantically attracted to other people and, depending on who they are attracted to, may further identify as straight, gay, lesbian or bi. Terms such as hetero-romantic, homo-romantic and

bi-romantic are also commonly used. There are also aromantic asexuals, who are not romantically attracted to anyone. Asexuals can have any gender identity and may identify as male, female, transgender, androgynous or any other variation.

## **Are there a lot of asexual people out there?**

A recent study, analysing the results of a sex survey conducted in the UK, showed that 1% of survey respondents chose the option "I have never felt sexually attracted to anyone at all" when questioned about sexual attraction.

## **Why does awareness about asexuality matter?**

Sexuality is such an important aspect of our culture that people who don't relate to the heterosexual norm can often feel inadequate or isolated. Because asexuals make up such a small percentage of society they may feel they are alone. They - or their family, friends or partners - may believe they should be "fixed" by a therapist or doctor. Awareness about asexuality helps people who don't experience sexual attraction feel comfortable with

themselves and enables them to be open and honest without fear of alienation or misunderstanding.

## Am I asexual?

Ultimately, only you can decide if the "asexual" label accurately describes how you feel. More information on asexuality can be found on the two websites listed at the back of this pamphlet.

## Asexuality is NOT:

- celibacy
- sexual repression / aversion
- the loss of libido due to age or circumstance
- fear of intimacy
- the inability to find a partner
- androgyny

## Some asexual thoughts

"People tell me I don't know what I'm missing. That's true - so I'll just have to make do with fun, intimacy, loyalty, sharing and deep emotional connection."

"Why do I need sex when there are so many other ways to be happy? I'll experience so many things in my life, and sex just isn't important to me."

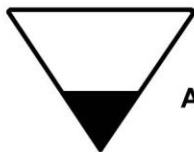
## Want to find out more?



Asexuality  
Aotearoa  
New Zealand

[www.asexuality.org.nz](http://www.asexuality.org.nz)

Formed in 2005, Asexuality Aotearoa New Zealand (AANZ) aims to increase the awareness and visibility of asexuality in Aotearoa New Zealand and to encourage the formation of asexual groups throughout the country.



**AVEN**  
Asexual Visibility and  
Education Network

[www.asexuality.org](http://www.asexuality.org)

Since 2001, the Asexual Visibility and Education Network (AVEN) has worked to build asexual community and to increase public understanding and acceptance of asexuality. The AVEN web site contains information on asexuality as well as an active online forum.

***Not  
Everyone Is  
Interested  
in Sex***

**Asexual:**

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