

Tips for better ace inclusion

1. If someone comes out to you as ace, believe them, accept their relationship choices and support them. Remember, meaningful relationships don't need to include sex. As with anyone else, don't ask intrusive questions about their sex life.
2. Remember that ace people can also identify as gay, lesbian, bi or pan romantic.
3. The language we use has power to include or exclude. If you want to include ace people, mention them by name, and don't use language which implies that everyone is seeking sex or romance.
4. Learn to recognise ace-erasure and acephobia and challenge it when you witness it. Speaking out helps to educate others and make environments more inclusive.

For more Ace resources visit

The Asexuality and Visibility Network (AVEN): asexuality.org

asexualexplorations.net

www.equality-network.org/ace



The Equality Network is a national lesbian, gay, bisexual, trans and intersex (LGBTI) equality and human rights charity in Scotland.

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Asexual



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What do we mean by Asexual?

Some people do not feel sexual attraction, or feel very little. Typically, we refer to this group of people as being asexual. Asexual is sometimes shortened to ace.

The term asexual refers to someone who experiences little or no sexual attraction to other people. Many asexual people do however experience emotional or romantic attraction to one or more genders.

Some people who are included in this definition may use other words to describe themselves, such as demisexual, grey asexual or grey ace. If you are not familiar with a term someone is using, just ask them what it means to them. All of these identities are included under the umbrella term ace.

Getting the facts about asexuality

- Asexuality is an orientation and just like being gay or lesbian, bi or straight it's a core part of someone's identity.
- People of any and all genders can be asexual.
- Asexuality is not the same as being celibate or unable to have sex.
- Asexuality is on a spectrum. Demisexuals and grey-aces, who only experience sexual attraction rarely or under some circumstances, are also included under the ace umbrella.
- Ace people have relationships like anyone else. But most don't express romantic love sexually.
- Many asexual people have a "romantic orientation" and refer to themselves as homoromantic, heteroromantic, biromantic, or panromantic.
- Some asexual people have no interest in romantic relationships and prefer platonic relationships they build with family and friends. This is known as aromantic asexuality.

Acephobia

Ace people can face particular types of prejudice and discrimination, known as acephobia or aphobia. Acephobia can occur anywhere, including in LGBT+ spaces, and can make it difficult for people to come out as asexual. Often this prejudice is due to people holding inaccurate harmful stereotypes about asexuality. Being asexual is not about being unable to have sex or having a history of sexual trauma, nor does it mean people cannot have close friends or romantic relationships.

Ace visibility

Asexual people have always been an important part of LGBT+ equality movements either under their own banner or as part of other groups. Asexual Awareness Week is an international campaign to educate about ace experiences and create materials that are accessible to the asexual community and allies.