Asexual and Aromantic Resource Guide

What is asexual?

Asexual is a term for “the lack of sexual attraction, and one identifying with this orientation. This may be used as an umbrella term for other emotional attractions such as demisexual” (TSER, 2017). Sometimes asexual is shortened to “ace.”

What is aromantic?

Aromantic is a term for “the lack of romantic attraction, and one identifying with this orientation. This may be used as an umbrella term for other emotional attractions such as demiromantic” (TSER, 2017). Sometimes aromantic is shortened to “aro.”

Looking for more information or resources about asexual and aromantic identities?

Content Warning: Some of the following resources contain discussions of rape culture/coercion

Articles

- “5 Myths People Believe About Aromanticism That Just Aren’t True” – Michon Neal [https://everydayfeminism.com/2015/12/myths-about-aromanticism/]
- “7 Sex Myths I Had to Unlearn When I Realized I Was Asexual” – Shae Collins [https://everydayfeminism.com/2016/12/asexual-sex-myths-to-unlearn/]
- “Asexual People of Color on Their Experiences” – Anais Rivero [http://affinitymagazine.us/2017/06/04/asexual-people-of-color-on-their-experiences/]
- “8 Things You Should Never Say To An Asexual Person” – Kristin Kelley [https://everydayfeminism.com/2015/05/never-say-to-aseual-person/]
- “7 Ways to Support a Friend Who Recently Came Out As Asexual” [https://everydayfeminism.com/2016/03/support-aseual-friend/]
• “5 Affirmations for Asexual People Struggling With Self-Acceptance” – Shae Collins
  https://everydayfeminism.com/2016/08/affirmations-for-asexual-people/

Videos

• “Ask An Asexual Person” ft. Christine Sydelko, Brelyn Giffin, and Brennan Jackson
  https://www.youtube.com/watch?v=Ue6a5psQlXk

• “I’m Asexual But I’m Not…” ft. Christian Sydelko, Brelyn Giffin, and Brennan Jackson
  https://www.youtube.com/watch?v=f9nMae34adI

• “Asexual vs. Aromantic” – Queer Ramblings
  https://www.youtube.com/watch?v=8D1ssoYmonE

Films

• Taking The Cake (2015)
  “Sam Broadley presents a new thirty-minute documentary film focusing on asexuality and the unique struggles and vulnerabilities attached to the sexual orientation.”
  https://www.youtube.com/watch?v=YGggJwDoAnM

Other Resources

• https://www.asexual-aces.com/support/

Organizations

On Campus

• AROspACE
  Meetings every other Monday at 5:30 pm
  Office of LGBTQ+ Affairs (4th Floor Student Union Memorial Center)