

Asexual and Aromantic Resource Guide

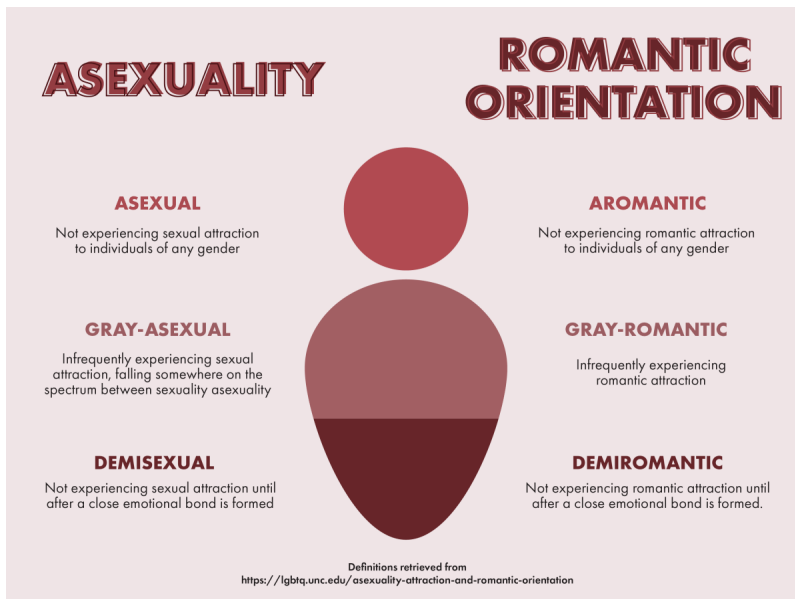
Content Warning: Some of the following resources contain discussions of rape culture/coercion.

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 about asexual and aromantic identity?

Articles

[“6 Actual Facts About What It Means to Be Asexual”](#) – Julie Zeilinger

[“5 Myths People Believe About Aromanticism That Just Aren’t True”](#) – Michon Neal

[“7 Sex Myths I Had to Unlearn When I Realized I Was Asexual”](#) – Shae Collins

[“Asexual People of Color on Their Experiences”](#) – Anais Rivero

[“8 Things You Should Never Say To An Asexual Person”](#) – Kristin Kelley

[“7 Ways to Support a Friend Who Recently Came Out As Asexual”](#) – Shae Collins

[“How To Be A Better Ally To Aromantic People”](#) – Anagnori

[“5 Affirmations for Asexual People Struggling With Self-Acceptance”](#) – Shae Collins

Videos

[“Ask An Asexual Person”](#) ft. Christine Sydelko, Brelyn Giffin, and Brennan Jackson

[“I’m Asexual But I’m Not...”](#) ft. Christian Sydelko, Brelyn Giffin, and Brennan Jackson

[“Asexual vs. Aromantic”](#) – Queer Ramblings

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.”

Other Resources

- <https://www.asexual-aces.com/support/>



Asexual Flag



Aromantic Flag

Organizations

On Campus

AROSpACE

Meetings every other Monday at 5:30 pm

Office of LGBTQA+ Affairs (4th Floor Student Union Memorial Center)

LGBTQA+ Support Group

When: Tuesdays from 4-5:30 pm

Where: SUMC 412

Free and confidential

For more information, contact Martie van der Voort at mvanderv@email.arizona.edu or 621-3334.

Tucson

Thornhill Lopez Center on Fourth

<https://www.lgbtcenters.org/LGBTCenters/Center/6882/Thornhill-Lopez-Center-on-4th>