

Identities Under the Ace Umbrella



The asexual spectrum includes many identities that describe how people experience attraction. Each reflects a unique relationship with sexuality, desire, and connection — all equally valid and important. This is in no way **ALL** of the ace identities, just a few to paint a picture of the existing diversity.

- ♥ **Demisexual:** Attraction only after emotional bond
- ♥ **Graysexual:** Attraction rarely or under specific circumstances
- ♥ **Aegosexual:** Enjoys sexual content but not participation
- ♥ **Cupiosexual:** No attraction but may desire sexual relationships
- ♥ **Fraysexual:** Attraction fades once familiarity develops
- ♥ **Reciprosexual:** Attraction only after knowing someone is attracted to them

Common Myths

- ***Asexual people don't want relationships***
 - No! Their relationships might just look different. They can and do have fulfilling romantic and intimate relationships
- ***Asexuality is the same as celibacy or low libido***
 - Celibacy is a choice and Asexual people may or may not have a libido — asexuality is about attraction, not physical drive.

How to be an Ally

- Listen
- Avoid Assumptions
- Challenge Myths
- Include them in queer conversations and spaces