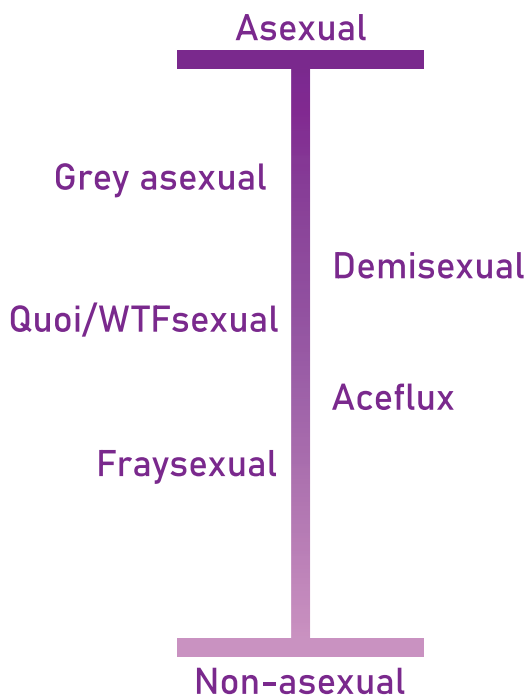


Asexuality

What is asexuality?

When you're asexual or 'ace', you experience little to no sexual attraction to others. Asexuality is a sexual identity like heterosexuality or homosexuality. It is estimated that 1% of the population is ace. Asexuality has nothing to do with libido (sex drive). As with non-aces, asexual people can have a high or a low libido, or no libido at all. Asexuality also has nothing to do with celibacy (a choice not to have sex), since the desire for sex is often just not there. On the other hand, there are also aces who do have sex, e.g. because they enjoy it or because they want children.

Asexual spectrum



The asexual spectrum

Some people don't feel 'fully' asexual, but do recognise themselves in this term to some extent. They may experience sexual attraction rarely, less intensely, or under specific circumstances. These people find themselves in the grey area between asexual and a non-asexual identity. This is also called the asexual spectrum. 'Grey-asexual' or 'grey-ace' is an umbrella term for identities on this spectrum and this term can also be used as an identity by itself. Another well-known identity on the asexual spectrum is 'demisexual'. If you're demisexual, you only experience sexual attraction when you have a strong emotional connection with someone.

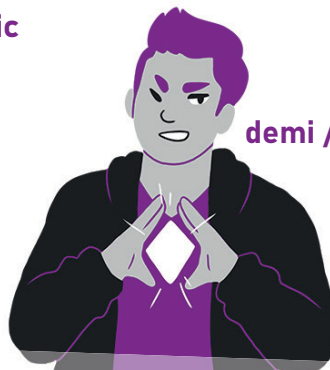
alloromantic



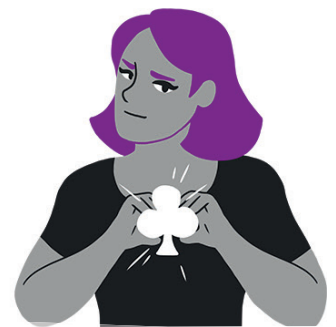
aromantic



demi / grey



questioning



Asexuality

The split attraction model

Although aces experience little to no sexual attraction, they can experience platonic, aesthetic, and sensual attraction. In addition, many aces experience romantic attraction (butterflies) and they might seek a romantic relationship. For many aces, their romantic orientation is not connected to their sexual orientation. Aside from asexual, they may also identify as e.g. heteroromantic or panromantic etc. This so-called 'split attraction model', which sees sexual and romantic orientations as separate, can also apply to non-aces.

For example, you can be heterosexual and biromantic.



Types of attraction

Sexual attraction

Desire for sex with a specific person

Platonic attraction

Desire for friendship with a specific person

Aesthetic attraction

Admiring someone's appearance; finding someone pretty or beautiful

Sensual attraction

Desire for physical contact with a specific person

Romantic attraction

Desire for a romantic relationship with a specific person

Aromanticism & QPRs

Some people experience little to no romantic attraction to others. They are aromantic or on the aromantic spectrum. Aromantic people can be ace or have a non-asexual orientation. They can also want to be in a relationship. This can be a sexual or even a romantic relationship, or a queerplatonic relationship (QPR). A QPR is a relationship that goes beyond friendship, and can consist of various kinds of intimacy. Of course you don't have to be aromantic to be in a QPR.

NOA

The Netherlands Organisation for Asexuality (NOA) advocates for the asexual community in the Netherlands. We do this by spreading information about asexuality, organising events for aces, answering questions from within and outside of the asexual community, and more. For more information, visit our website: www.aseksualiteit.nl