

Resources for People who Identify as Asexual

Asexuality refers to the experiences of individuals who have little or no interest in sex, though many of these people may still desire romantic relationships with others. Members of this community may also refer to themselves as “Ace” or “Aces” for short and may have intermittent or past experiences of sexual attraction towards others. Although there may not be different health concerns for this community compared to others, it’s important to recognize the unique struggles that they may face in the healthcare setting. For those unfamiliar with asexuality, the [AsexualityArchives](#) offers a [brief introduction](#) to the topic.

[Those who identify as asexual often face similar struggles as other members of the LGBTQ community.](#) Asexual people may be at elevated risk of mental health concerns such as depression, anxiety, and interpersonal problems, [according to some research](#). In the modern landscape, however, [there may be differing structural discrimination in the form of legal privileges awarded to conjugal relationships, such as in marriage](#), which some asexual individuals may not desire due to their sexual orientation. Other research discusses how the general public finds sexuality to be an innate human quality; consequently, [members of the public may be more prone to dehumanize asexual individuals](#), leaving them at an increased risk of social isolation and discrimination.

The [Asexual Visibility and Education Network](#) (AVEN) is the world’s largest online community of people who identify as asexual, and their website contains numerous resources and forums. When entering the healthcare setting, asexual people may have to explain, and sometimes defend, their sexual orientation to their healthcare provider. Healthcare professionals that lack information about the asexual community may benefit from reading more about their experience. [Asexuality: Basics for Health professionals](#), compiled by AsexualSurvivors, hopes to accomplish this.