



SOCIETY OF ALBERTA
ASEXUALS AND AROMANTICS

WHO ARE WE?

The Society of Alberta Asexuals and Aromantics has been dedicated to creating connections, increasing a-spec representation and awareness, and providing resources to the community and the public, in Alberta since 2014. We come from a wide variety of backgrounds and regions, and find community through our similar experiences as asexual and aromantic people.

FOR MORE INFORMATION

LEARN ABOUT ASEXUALITY:

Asexuality Visibility and Education Network (AVEN)
asexuality.org

LEARN ABOUT AROMANTICISM:

Aromantic-spectrum Union for Recognition, Education, and Advocacy (AUREA)
aromanticism.org

FIND NORTH AMERICAN GROUPS & RESOURCES:

acesandaros.org

READ A BOOK:

Understanding Asexuality by Anthony F. Bogaert
(published by Rowman and Littlefield Publishers, 2012 & 2015)

OUR FLAGS



ASEXUAL



AROMANTIC



DEMIAROMANTIC



DEMISEXUAL



Flags can be combined with other pride flags to show split attractions
(ex: panromantic asexual)

GET IN TOUCH WITH US!



ABacesandAros.ca



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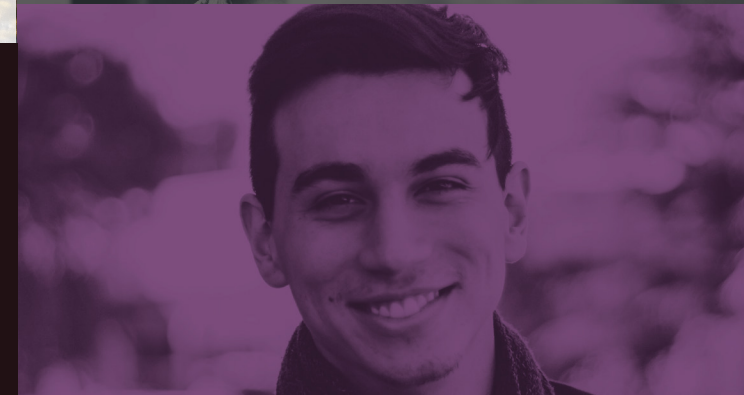
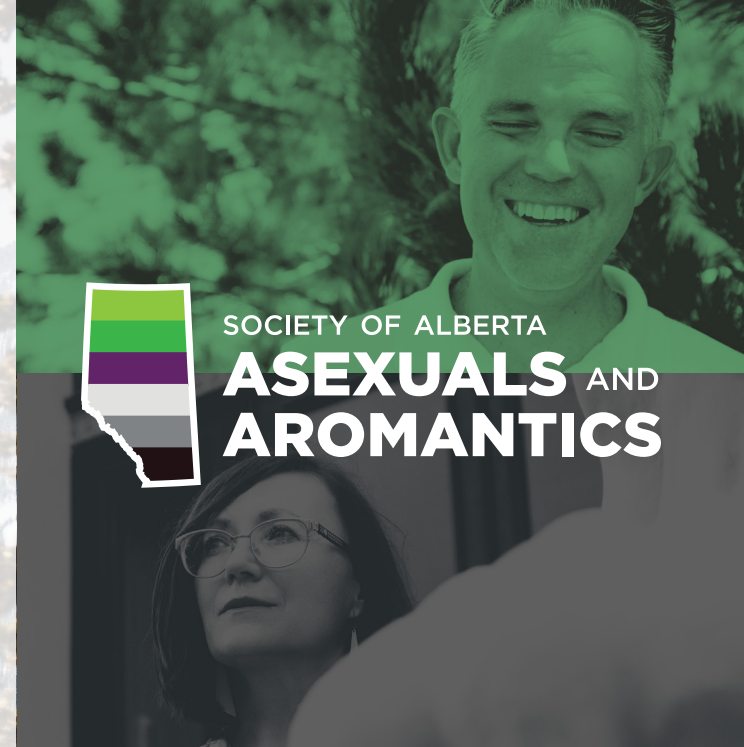
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WHAT DO “AROMANTIC” AND “ASEXUAL” MEAN?

AROMANTIC:

Someone who feels little to no romantic attraction toward other people. Aromantics (aros) usually fulfill their emotional needs through platonic relationships and may or may not also be asexual.

ASEXUALITY:

Someone who feels little to no sexual attraction toward other people. Asexuals (aces) may or may not also be aromantic, and many asexual people also have partners.

GREY:

This prefix describes the experience of feeling a type of attraction infrequently, inconsistently, or only under certain conditions (ex: greysexual or grey-ace, greyromantic or grey-aro).

DEMI-:

This prefix describes the experience of feeling a type of attraction towards a specific person only after a deep or emotional connection is established (ex: demisexual or demi-ace, demiromantic or demi-aro).



MYTH VS. REALITY



MYTH:

“You just haven’t met the right person yet.”

REALITY:

It is perfectly normal and healthy (for aces, aros, and others) to not want to “meet the right person”. There are lots of reasons someone may not want to be in a partnered relationship—and that’s okay!

MYTH:

“It’s because you have past trauma.”

REALITY:

Being asexual or aromantic isn’t caused by trauma or bad experiences. Surveys of ace and aro people don’t show rates of trauma higher than the general population before coming out.

MYTH:

“You’re just being immature.”

REALITY:

Being asexual or aromantic isn’t caused by immaturity, lack of experience, or hormone imbalances. Growing up is a unique process and isn’t measured by partnered relationships.

WHY WE SHOW UP FOR PRIDE

While most of the world has made great strides in recognising and celebrating the LGBTQ+ community, there is still a lack of understanding towards the asexual and aromantic spectrums.

DID YOU KNOW:

- Many medical professionals still see “low sex drives” as a condition to be cured.
- Many ace and aro people face pressure to have sex, date, and get married.
- Asexuals and aromantics can be wrongly accused of being heartless, without empathy, unreliable, or immature.
- Many LGBTQ+ groups struggle to understand ace and aro issues and are unable to provide appropriate support.



We exist and **we are not alone!** There’s comfort and power in community. It’s okay to be who we are, as we are—and we don’t have to change that! Our feelings, experiences, relationships, and friendships are valid. Sharing our stories gives us confidence and can inspire others to share theirs.

We are part of the LGBTQ+ family.