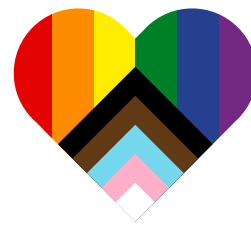




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Leading With Love for People Who Are Asexual and Aromantic

You don't need to know everything before you can take action as an ally to people who are asexual and/or aromantic—and your work doesn't stop when you feel you've reached Super-Ally status. Consider incorporating these suggestions to build your ally skills.

- **Believe people.** If someone tells you that they are asexual and/or aromantic, trust that they know who they are.
- **Widen your expectations.** Not everyone wants a romantic relationship, so avoid phrases like “you just haven't met the right person yet!”
- **Do not try to “fix” anyone.** They are not broken.
- **Respect language.** Use the language that someone uses for themselves.
- **Embrace life-long learning.** Learning about identities and experiences that are new to us is something to reflect on and enjoy.
- **Ask and learn.** Ask people who let you know that they're asexual and/or aromantic questions about their experiences and listen to learn more.
- **Seek varied stories.** Asexual and aromantic people come from a variety of backgrounds. Once you've heard one story, you've only heard **one** story; there are many more to hear.
- **Speak up.** Include asexual and aromantic communities in your allyship and push back when you witness harassment or exclusion.
- **Honor communities.** Celebrate events like Asexual Awareness Week in October and Aromantic Spectrum Awareness Week in February.



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