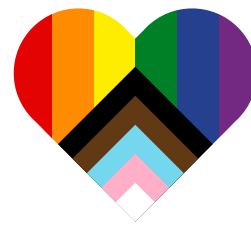




PFLAG

straight
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Being Kind and Respectful To People Who Are Asexual and/or Aromantic

You don't need to know everything before you can take action to be a more visible, vocal, and active ally to people who are asexual and aromantic. Consider incorporating these behaviors into your day-to-day life to build your ally skills and create a lasting difference.

- **Accept experiences that are different from your own.** Not everyone is looking for a sexual and/or romantic relationship.
- **Understand the difference.** Some people are asexual. Other people are aromantic. Some people are asexual AND aromantic.
- **Believe people.** If someone tells you that they are asexual and/or aromantic, trust that they know who they are.
- **Embrace life-long learning.** Dig into the split-attraction model and identities that are a part of the asexual and/or aromantic umbrellas.
- **Seek varied stories.** Asexual and/or aromantic people can be any gender or race, from any background, and of any ability. Be sure your support, education, and advocacy reflects that.
- **Speak up.** Include asexual and aromantic communities in your allyship and push back when you witness harassment or exclusion.
- **Elevate and uplift.** Center the voices of asexual and/or aromantic people all year long, and especially when organizing events for Asexual Awareness Week and Aromantic Spectrum Awareness Week.
- **Recognize all forms of love.** Platonic, familial, and community love are significant for many people and should be celebrated.



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