

An Asexual Perspective on Sex Positivity

Someone can say “positive sexuality is humanizing”, but what happens when your sexuality is “lacking”, “uninterested”, or “non-existent”? Are you still human and worthy?

The sex positive movement and the diversity of human sexuality

- Sex positivity should not equal **compulsory sexuality** - the idea that everyone needs, wants, and engages in sex.
- Sexuality is a **spectrum**, even within orientations. Some asexual people are **sex-favorable** while others may be **repulsed** or **neutral**. These varying attitudes towards sex also exist for people of other orientations.
- **Consent** is necessary and complicated. Consent can be true and freely given without being enthusiastic. The concept of enthusiastic consent can be a burden to those interested in or fine with a sexual activity and who are simply not passionate about it.
- Sex, sexual activity, and masturbation are not always **pleasurable**. There is not always a way to make them pleasurable. For some people, these activities detract from **intimacy**, comfort, and happiness.

Sex-repulsion, lack of sexual desire, disinterest in sex, and celibacy

- It is important to **humanize** sexual identities and choices that are often considered sad, cold, or inhuman.
- **Sex-repulsion** is a way that some people relate to sex, which may mean not engaging in it, not talking about it, or not consuming media with it. It is not equal to sex-negativity or sex-shaming.
- People can be asexual, celibate, or otherwise disinterested in sex without being sex-negative. **Sex-negativity** is a stance on how people should engage in sex.
- **Libido** isn't universal. Some can lose their libido or never have it, and they can still have a long, happy, and healthy life without any physical desire for sex or masturbation.

*Activity: Consider how not engaging in sex is **pathologized**. How does this fail asexual and other patients who happily live without sex?*

Relationships with no, minimal, or delayed sex

- **Asexuality**, celibacy, and long-term disinterest in sex can be valid and long-term states of being, rather than obstacles that must be “fixed”.
- People may desire a variety of relationships and sex is not necessarily involved in them. A relationship without sex can be romantic, **queerplatonic**, or something else.
- Sexual attraction is not always a definite no or a definite yes - it can change from one to the other, fluctuate, or be a solid “maybe”. This is especially common for **demisexual** and **gray-asexual** people.

*Activity: What do you think of when you hear “**sexless marriage**”?*

Is there blame, negativity, and/or shame involved? How can these ideas be reframed into a positive agency for those who want a sexless marriage (or similar relationship)?