

## Understanding asexuality & aromanticism

**Guest: Yasmin Benoit**

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### **Jaia Bristow - [00:00:09]**

Hello and welcome back to the Relationship Super Conference. My name is Jaia Bristow and I'm one of your hosts. And today I am so excited to be joined by the incredible Yasmin Benoit.

Welcome, Yasmin.

### **Yasmin Benoit**

Hi. Thanks for having me.

### **Jaia Bristow**

Thank you for joining us.

So Yasmin Benoit is a British model, writer, speaker and award winning aromantic, asexual activist. She is on the board of directors of the asexual Visibility and Education Network and the founder of the #ThisIsWhatAsexualLooksLike movement and the cofounder of International asexuality Day, which is on the 6th April.

Her work has been featured in the likes of *British Vogue*, *Cosmopolitan Magazine*, *Forbes* and *Insider*. This year she was included on the *Attitude 101 Influential Figures* list as a trailblazer in the *Future Under 25* category, and she made the *Visible 100* list as a community campaigner.

So, Yasmin, let's start with the basics. What exactly is asexuality? And what is aromanticism?

### **Yasmin Benoit**

Well, asexuality is commonly defined as experiencing little to no sexual attraction. That is a general definition of asexual. But then there is the Ace Spectrum which encompasses graysexuality where you feel like you're in between or demisexuality where it's more about the way that you form sexual attraction to people.

And then aromanticism is like the romantic counterpart. It's experiencing little to no romantic attraction, and that could also exist on a spectrum like the rest of sexuality really.

### **Jaia Bristow**

Wonderful.

And so I really like this notion of them existing on spectrums. And I'm curious, how often do you feel they intersect? How often are people both asexual and aromantic? Or can people be just one and not the other?

### **Yasmin Benoit - [00:02:11]**

I feel like, at first because I am both, I assumed that they went together very, very often. But the more I started engaging with the rest of the asexual community, I realized that there are actually a lot of asexual people that aren't aromantic. They're still romantically attracted to men or women or anything else. And it's definitely not a given.

And similarly, there are aromantic people that are still sexually attracted to other people, they're just not romantically attracted to them. So they can exist completely separately or they can overlap. It's not uncommon for it to overlap, but it's also not, they're not inherently linked.

### **Jaia Bristow**

And so what are some common misconceptions people have about asexuality and aromanticism?

### **Yasmin Benoit**

I feel like they're slightly different. So I think that for asexuality, the common misconception is that there's something physically wrong with you, like in a more medical sense, they tend to go for it's a hormonal imbalance or it's a psychological problem, it's the consequence of some kind of trauma or some kind of physical illness. Or if you're just being celibate or frigid or a prude or something like that.

And then for aromanticism because it's related to romantic attraction which is a very socially determined objective, subjective experience. So it's something that people associate more with your mind, your soul, your personality, your life experience, and people just associate it with being a bit of a psychopath and having a lack of an emotional part of your brain, like an inability to form human connections with people, like a cold heartlessness. That tends to be the aromantic association.

### **Jaia Bristow**

And so I guess, my next question is, first of all, when did you and how did you realize that you were both asexual and aromantic? And what does it mean for you to be both these things?

### **Yasmin Benoit**

Well, I feel like there's a point in life where everybody is pretty asexual. I don't know whether there's a time where everyone's pretty aromantic. I think there are some kids that, they're very much focused on romantic stuff. They want to have boyfriends and girlfriends. They're very interested in that from a young age. And then there are others that do not care until they're teenagers. But I definitely feel like there's a point where everybody's pretty asexual. And I didn't realize that I was different at all until everyone else seemed to realize that they weren't asexual.

And it was pretty much early puberty when those feelings start to kick in and everyone was suddenly concerned with dating each other and they were attracted to each other and they fancied each other and they wanted to go out with each other. And I was kind of like, okay, we're doing this now, okay.

It wasn't something that I related to. I didn't have any of those same desires, but I didn't have the language for it at the time. Being aromantic and asexual all felt like part of the same thing. I didn't really make a distinction between it until I realized that there are actually different terms and different experiences.

So I was probably like, 10 when I noticed something was up.

**Jaia Bristow - [00:05:39]**

And I really like the fact that you talk about, we all are asexual at some point. And then I guess some people develop sexuality and in your case you didn't. But it's really helpful to understand that for those of us who are more allosexual, which is the opposite of asexual.

**Yasmin Benoit**

Although I would say technically, I feel like it's not even not developing sexuality, it's just not developing a sexuality that's directed towards anyone. Because technically, when we develop sexuality, for all of us it is completely unrelated to other people.

Scientifically kids realize that their bodies do things and that you could touch yourself and that will feel good and stuff. And they realize that before they know what sex is. And it's completely independent of sexual attraction.

It's just then you get to an age where you start to want to involve other people in your sexuality that it becomes related to your attraction. And I think that's just the element of sexuality that is missing from asexuality, but you still have one, it just doesn't really develop in that direction. If that makes sense.

**Jaia Bristow**

It does make sense. And I love that distinction. So thank you for clarifying that. And I think that's really helpful to understand, especially for a lot of people who might be feeling asexual and who are struggling with that, to understand that you can still have a sexuality but it's, it sounds like from what I'm hearing, that it's more internal rather than externally oriented.

**Yasmin Benoit**

Yeah.

**Jaia Bristow**

And so you work as a model, which is quite a sexualized industry. So how do you navigate being asexual whilst constantly being sexualized?

**Yasmin Benoit**

I mean, I feel like you're constantly sexualized anyway if you're just a woman existing, it's just in one instance you get paid for it. So if anything, I think that makes it easier. It's within your control, I guess.

I don't find it to be that challenging just because I don't really sexualize, because I don't sexualize myself. So when I'm modeling I'm more concerned with the logistics of it. I'm more thinking, okay, well the lighting is here, so I should probably face that way, and I need to angle this way, and the light has to travel for me this way, and the garment is shaped like this, so I can probably do this. And I'm thinking more in that sense, rather than, I hope these viewers think I'm hot.

So for me, it's more logistical, but I think it's more perplexing, I think for viewers than it is for me, because I think people place a lot of their own expectations, for some reason, on the images that they see. And it becomes harder for people to compute that you would be, by some standards, sexually attractive, but not sexually attracted to anyone else.

And I think that there's still, in the parts of our minds, despite feminism, despite how far we come, where people still think you must be doing it for me, or you must be doing it for someone. You're not just wearing this or doing this because you think it looks nice or you think you look cool or you feel good like that. It has to be for someone. And then there's a weird conflict of interest that people detect. So I think it's only really complicated in that sense.

**Jaia Bristow - [00:09:01]**

So once again it's back about this idea of external projections and performing for the world rather than doing something for oneself. And that's how people sometimes get confused. They assume that if you look a certain way or you're dressing a certain way, that it must be for the world, it must be a performance rather than doing it for yourself or as a job or, like you say, focusing on the logistics and the lighting and the feel of the clothes and all of that.

**Yasmin Benoit**

So I think it's more complicated in that sense. I feel like in the actual industry, people don't really care that much about the model's personal life. It's very much about how you look and how you perform and how your portfolio looks and what experience you have rather than anything else.

I think it's really complicated by the perceptions of the audience and the confusion that happens when they, mainly guys, although women happen as well, but they just don't really understand. I guess it's strange to me because I never really thought this, seeing models as just a normal person. I never really thought there was any kind of, I was aware they were just advertising a product. It has nothing to do with themselves. But I think some people really believe that there was some kind of availability there, and it's the unavailability that I think also confuses people.

**Jaia Bristow**

And so what do your relationships look like?

**Yasmin Benoit**

Predominantly platonic, unless you count familial relationships, I don't know if you call your relationships with your family members platonic. But I focus most of my attention on my family and platonic relationships over romantic or sexual relationships.

**Jaia Bristow**

And so when you say platonic, those are your friends and close friends, and you still form attachment to friendships, but you don't have sexual and romantic feelings for people. Is that what I'm hearing?

**Yasmin Benoit**

Yeah.

**Jaia Bristow**

So do you have any advice for people who might be either listening to this or have previously heard of this and are struggling themselves with coming to terms and accepting their, either asexuality and/or aromanticism?

**Yasmin Benoit**

I mean, my advice, I always say, hopefully this isn't offensive to super spiritual or religious people, but we only have one guaranteed life. So I always say at least try and live this one as true to yourself as you can possibly be.

No one else really cares as much as you care about what you're doing with your life. And I know that we're always taught in our society that you have to live it this way or you're not really going to be accepted, or people are going to like you, they're going to think you're weird and you're not going to be fulfilled. But other people's perception is not really what's going to get you fulfilled.

And it's how you feel about yourself and how happy you feel and how comfortable you feel. So I always tell people just to focus on doing what makes them feel like they're on the right track. And what they feel like is the right kind of relationship for them and the right kind of actions for them. And don't be so concerned with other people's judgmental projections. Because they probably don't really care that much, they're just bored.

**Jaia Bristow - [00:12:16]**

And how about having conversations with close friends or family members about being asexual?

**Yasmin Benoit**

I feel like it depends on your relationships with those people. I think sometimes it can be easier with friends than it is with family members. When people ask me about coming out to family, I usually say send them a resource first. Send them an article, send them something that you feel accurately represents it.

Because people believe in resources a bit more than they usually believe you personally, because they tend to think that you've just found a cool word on the internet that you just attach yourself to for fun. And they don't realize it's an actual phenomenon that exists in millions of people. So I feel like, in that instance, it's usually helpful to throw a resource in there.

But in terms of your friends, I mean, hopefully they would already have some idea. Hopefully if they know you well enough they would gather something. But I think you should just be honest. And I think that you should just explain what it means for you because there's a range of asexual experiences out there.

And say, this is what it means for me. So this is what I like. This is what I don't like. So I want to tell you this, for this reason. I'd feel comfortable if we approached it like this. And hopefully if they're good friends then that would all go pretty well. Hopefully.

**Jaia Bristow**

And I'm curious to hear more about the range of asexual experiences that you just mentioned.

**Yasmin Benoit**

Well, for me being asexual and aromantic I feel like that saves me a lot of time. I think if I was asexual and not aromantic and I was seeking out romantic relationships and having to deal with it almost as a potential hurdle of trying to meet someone and explain asexuality to them, especially if they're not asexual, then that could be more effort than I personally have to deal with. That is quite a different experience to what I have to deal with.

If I was Homoromantic and asexual I be perceived by most of the world as a lesbian and therefore I would have, that'll be a pretty different experience. If I was asexual but I still had sex, that would probably be a different experience. So if I was aromantic but I still wanted to be, or I was still in some partnership, that would be a different experience.

So it depends on what you're doing. And also different asexual people feel differently towards sexually in general. There are some asexual people that never masturbate. There are some asexual people that never have sex. There are some that are repulsed by the thought of sex, they don't like talking about sex, they don't like hearing about it. And there are some that would literally participate in it, they don't care. And there are some that don't mind talking about it, they don't care.

So there's a range of different experiences even if you're all using the same terminology.

### **Jaia Bristow - [00:15:10]**

And so not only are there a range of experiences within the same umbrella term, but there's also, as you said, it's a spectrum, so people can be at different points across the spectrum as well.

### **Yasmin Benoit**

I know there are demisexual people who only experience sexual attraction on occasion to the people that they've already formed a close emotional bond with. So you could be demisexual and be feeling sexual attraction and be in a relationship. And that experience is then completely different to mine as someone who's also on the asexual spectrum, but I'm not experiencing sexual attraction, and I don't, and I haven't done. So it's not the same experience, really but it is still under the same umbrella because of the frequency or the amount of people to which they would feel it towards. So it still falls under it.

So there's a range of different experiences, and there are people that might experience a little bit of sexual attraction but not act on it. And then there might be some that don't experience much, but do still have sex. So in those ways, there can definitely be quite a range of experiences.

### **Jaia Bristow**

Brilliant. And I guess, in the same way I was asking you about how to navigate talking to family and friends about it, what about with therapy?

Because I know that sometimes even therapists don't take asexuality seriously and can be quite dismissive. Or as you mentioned at the beginning, when we were talking about misconceptions, we might "blame it", and I put that in quote marks, on trauma or on attachment styles or on all kinds of things. So do you have any advice about engaging in a conversation with one's therapist about asexuality or aromanticism?

### **Yasmin Benoit**

This is a complicated thing. I mean, conversion rates for asexual people, that is a thing. We are statistically a little more likely to have that experience in some degrees because, well, asexuality has been medicalized, like other sexual orientations, but it was only recently did they adapt the DSM in the United States to say, because a sexual desire disorder is pretty much asexuality, is pretty much summarized like asexuality. And they have to put a distinction saying, unless the person identifies as asexual because otherwise, if you were to approach a doctor and say, oh, I don't experience sexual attraction, their instinct would be to put you in therapy and give you medication, which wouldn't have helped.

And I know people that have had that experience in this country as well. I remember when I had a school counselor in University and I was trying to talk to them about my exam stress because I was a hardcore perfectionist. And I mentioned that I was asexual, and they were like, oh, so obviously that's what you're going to want to talk about, and that's what we're gonna be addressing in this session. I was like, no, actually, it was about the exam, that wasn't a concern of mine, we don't need to talk about that.

But their instinct was okay, this is obviously a problem for you, which it wasn't. So it is definitely something that can be awkward to navigate. I would definitely recommend trying to seek out, it's hard to find therapists anyway, so you're lucky if you have one at all. But if you have any option, I would recommend trying to seek out inclusive ones or people that know about asexuality. Or at least maybe educate your therapist, send them some resources and some information, so from the get go, you could be like, okay, this is the scenario. This is what it is. Hopefully you can use this knowledge in the future, and you're not going to try and address this like it's an issue. Because it isn't an issue.

So that will be really the only thing I can recommend. But it's kind of hard to get therapists in the first place, let alone to try and find one that is specifically educated about asexuality, it would probably be quite hard. But I guess sometimes you have to educate them too.

### **Jaia Bristow - [00:18:52]**

And I guess that can be an issue with a lot of marginalized identities, especially on the LGBTQIA+ spectrum. So that's always helpful to try and find a therapist that already understands that to some degree, or as you say, to send them a bunch of resources and educate them so that they know that they have a bit more information going in.

And I'm curious, do you have any advice for people who are in relationships with someone who identifies as asexual and/or aromantic about navigating that and how to be supportive to one's partner, and or one's friend or anyone that one is in relationship with who identifies on those spectrums.

### **Yasmin Benoit**

I guess if we're starting with asexuality, one of the things that we're taught is that sex is the expression of love, it's the expression of your interest in somebody, and if you're not sexually attracted to someone then they're not really the one for you, maybe they don't really like you, there's something wrong with you, and it's like a reflection of who you are.

Whereas I think that if you're in a relationship with someone who is asexual then you should keep in mind that for them, them not experiencing sexual attraction to you is not a reflection of you, it's not a reflection of anything but their sexual orientation. It doesn't mean that they don't love you, it doesn't mean that you can't have a perfectly fulfilling relationship, it's just that it is a component of it.

And also, I think that you need, I think it is good to establish what the boundaries are with sexual related things because there are lots of people that are asexual, but they're in relationships with people that aren't asexual and they do still have sex, because that's a way of feeling closer to their partner, that's something their partner's interested in doing, and they don't really mind either way. I've heard a lot of people compare it to just doing the dishes. It's not a problem, it's not at the top of your list of things you want to do, but it's not a big deal, it's not going to scar you if you do it.

So I think it's good to have that conversation about what you would be willing to do and what the boundaries are there. And I think that if you're in a relationship with someone who's aromantic, which presumably most likely isn't a romantic relationship, it's probably going to be, like we call a queer platonic relationship, where it's platonic but it's a little more than that. You might be living together or you might have the same mortgage, you might get married, but platonically, you might have a family together, but not be romantically attracted to each other, like those relationships.

And again, I think it's important just to know that romantic love is not the epitome of love. It is not the most important kind of love. It's not a higher form of love. Platonic love can be just as strong. And it's not, that's not a reflection of you it's just a reflection of their orientation. And it's not something that makes your relationship lesser or less valid or less important or legitimate.

And again, that's probably one of the things that you should definitely have a conversation with, addressing language you want to use, the boundaries you want to have and all those things.

### **Jaia Bristow**

Brilliant.

I think open communication and conversations around boundaries and expectations in a relationship are always incredibly helpful, regardless of what kind of sexuality someone identifies with.

## **Yasmin Benoit - [00:22:18]**

Definitely.

## **Jaia Bristow**

And how do you feel that those of us who are identifying more on the allosexual end of the spectrum or the alloromantic end of the spectrum, what can we learn about relationships from people on the Ace and Aro spectrum?

## **Yasmin Benoit**

I think they can probably just learn that the components that we're taught are essential and the most important for relationships really aren't.

I know that some people find it hard to compute if you're not sexually attracted to someone then how can you be romantically attracted to them? Like how is that a relationship? How would that work?

Well there are many examples of that working, and I think that, I mean, even people that aren't asexual, they don't want to have sex all the time. Sometimes you don't really, a sexual attraction fades, for partners sometimes it's higher, sometimes it's lower, sometimes you're more interested than others.

But I think that no matter what your sexuality is, a lot of people still feel a pressure to perform and to have a relationship that ticks all these boxes. You're kind of taunted if you're not really having that much sex in your romantic relationships, and there's something inherently wrong with it, and it's a sign that everything's going badly.

I think the one thing you could learn from asexual people in that sense is that, that it's not necessarily a bad thing. And sex is not the most important component of a romantic relationship, and they can exist without that element. In the same way you could have a sexual relationship with no romance and no love whatsoever. You could have a romantic relationship with no sex or less sex or not as much sex as people might expect you to be having.

## **Jaia Bristow**

And I also think that from the aromantic side, I think one thing people could definitely learn is that being romantically in love is not to be all and end all.

## **Yasmin Benoit**

I know a lot of people who do experience romantic attraction and they really have a single hood anxiety, it stresses them when they're not in a relationship. And then when they are in a relationship they're stressed about maintaining it, and then when they break up, they're recovering from that. And then there's this weird competitiveness of getting a new partner when your ex gets a partner. And it's just this whole weird cycle where people feel like they can't just not be someone's one otherwise they haven't really found fulfillment in life or they haven't achieved what they're supposed to be achieving or that they're missing something essential or that they're not good enough in this world if someone doesn't want to date them.

And I think that that's something people could definitely learn from the aromantic community is that you can live a perfectly happy, fulfilling life without being someone else's other half. You are actually a fully complete person from the time you're born, pretty much.



**Jaia Bristow - [00:25:04]**

Wonderful. I think that's such an important point to make, and I think that, I really appreciate you bringing that in, especially the idea of being fulfilled and content without needing to be in relationship with another person, but also just realizing how much extra time and mental head space you must have, not having to go through all those cycles of angst and the beginnings of relationships, and how much do they like me? How much do they not like me? And then during the relationship and all the relationship drama, and like you say, the end of the relationship and then all the feelings towards one's ex and getting over it, and then the next relationship. And then I'm non-monogamous so I sometimes have multiple relationships at once, and juggling that as well.

**Yasmin Benoit**

So you just have a lot more social energy than I do.

**Jaia Bristow**

But I envy how much extra head space you must have, how much extra mental room you must have, and therefore how much more energy you must have to dedicate to other things.

**Yasmin Benoit**

Hopefully. I mean I do feel like I spend a little too much time playing Sims 4 nowadays, I'm putting a lot. But I am into playing when I could be doing more constructive things with my time. But I do feel like in some ways it has definitely saved me some time, especially as a teenager, I feel like I probably saved my parents a lot of worry. They didn't have to worry so much about what I was up to because I wasn't really doing that much.

**Jaia Bristow**

And I'm curious as well, is there anything you feel people can learn about their relationships with themselves through this lens of asexuality and aromanticism?

**Yasmin Benoit**

I feel like the main thing would just be that you are enough as you are. So I mean, one main thing that sexual attraction, romantic attraction both have in common is that it's supposed to literally and figuratively attach you to someone else as a way of feeling good and a way of feeling connected and in a way of feeling more complete as yourself.

And I think that one fun thing about being asexual and aromantic is that you have an innate independence, your emotionalness and your sense of self is not dependent on someone else's, like a specific person's positive reinforcement. And your sexual satisfaction is not dependent on someone else. And your sexuality is very independent.

And I think that that is something that I think everyone could probably do with a bit more of that, whether you're asexual, aromantic or not I think it's just good to feel like you are enough as yourself. You don't need someone else to tell you that. You don't need to be attached to someone else, literally or figuratively, to feel like you are a complete person.

**Jaia Bristow**

Brilliant. And so I think we're almost done. But I'm curious to hear just a little bit more about your relationship with yourself and your sexuality. Because you talked about having a sexuality but that it's not directed externally. So if that's not prying too much, I'm curious about your relationship with yourself and what you mean by your relationship with your sexuality.

**Yasmin Benoit - [00:28:18]**

Well, I masturbate if that's the answer to the question.

**Jaia Bristow**

It wasn't particularly, but I think I was just curious about more how you experience sexuality as an asexual person.

**Yasmin Benoit**

For me it comes from within, that's weird and cliché as that sounds. And isn't something that's specifically related to another individual. It isn't something that's projected towards someone. It isn't something that involves anyone else.

I would always say it's a very childlike experience of sexuality in the sense it's back to that phase of life where it was all very much just about your physical self and less about, oh, I want to be with this person, or oh, I really like that person, or I wonder what it would be like to be with that person. And I want to think about what I would do with that person and what they do with me. It's completely detached from that. It's very much just like a one-on-one psychological physical experience, I guess.

**Jaia Bristow**

Wonderful. And so I'm curious as well, because obviously as well as being an asexual activist, you're also a black woman. And so just in terms of those intersections of marginalization and being part of both those minorities, how does that impact you? Especially when black women are often over sexualized.

**Yasmin Benoit**

I think that is probably one of the main things that complicates the experience. I think it's harder for people to believe that I'm asexual. I think it's another added layer that makes it harder to compete, especially since when it comes to the representation of asexuality, it tends to be white. Whenever people get interviewed, when there's articles, or if there's a character, if it's fictional or non fictional, they tend to kind of go for a white guy or a white girl.

And I don't look like that. And I think when you add that into the general way that black women in particular, and black men, are both depicted in a way that is very hyper sexualized. The two things just don't tend to go together.

So I think throughout my life that has made it harder for people to believe that I was asexual. And I think it also means that some of the reactions I get, particularly in my work, I just notice that some reactions are a bit harsher than what white people get when they say the exact same things about asexuality, because then it's not just acephobia but then there's a racial element that's tied into it as well.

And it definitely makes navigating the different spaces interesting, I guess. The asexual community in itself is also quite white, not because I think that there aren't asexual people that have different ethnicities, it's just that the people that tend to be loudest and are amplified the most tend to be white.

So you end up standing out in every community that you're in. You are always the odd one out. So it's definitely a weird one to navigate for sure.

### **Jaia Bristow - [00:31:29]**

I think a lot of the queer communities can be predominantly white, and I know that a lot of queer people of color, and again, when I use the word queer, I'm talking about the full LGBTQIAP+ spectrum, I think a lot of people can struggle.

But when on top of that when you belong to a group that's even more a minority within the queer community, like being ace, or that's a group that's easily invisibilized, I think that can be even harder. And then on top of that, when you add the racial element as well, I think it can be incredibly difficult.

And whilst I'm allosexual, I'm also bi / pansexual. And so I've often had conversations with friends who are ace where we have that in common, of just being invisibilized both by the dominant groups, by the straight cishet groups as well as sometimes within the queer community itself.

### **Yasmin Benoit**

Yeah, it's definitely, I feel like on one hand, I think being black helped me personally in the sense that I was already used to standing out. I mean, I'm from Berkshire so there weren't that many. I've been the only black girl in my class before. So standing out was not something that was particularly unusual to me. So therefore I always felt like being asexual was not the weirdest thing about me. So it wasn't at the top of my concerns of identity or how I was going to be perceived.

But then doing this kind of work, it has made me more aware of the intersections and how one kind of impacts the other. And I always say that the LGBTQIAP+ community is no more immune to the same kind of stereotypes of racism as in comparison to other communities. So I have definitely experienced that within the asexual community as well. That does come up.

And I know that people think that nowadays we're in such an inclusive time that ticking as many boxes as possible would be preferable. But I've definitely had opportunities that I have lost on the basis of them being like, I don't think people will understand that if you say it.

It is definitely an extra hurdle to get people to empathize in the same way as they would if I was white and saying the same stuff.

### **Jaia Bristow**

Yeah, that makes sense in the world we live in unfortunately. And I'm sorry that you've had those experiences.

How can the audience find out more about you and your work, Yasmin?

### **Yasmin Benoit**

You could find me on my social media, which is most of them are [@theyasminbenoit](#)

And I have a website which is [yasminbenoit.co.uk](#)

Or you could just Google me and you'll probably find articles I've done and other videos and stuff that I've done and other media appearances that I've done.

But yeah, I'm pretty easy to find. Also you could check out the [#ThisIsWhatasexualLooksLike](#) if you want to see some examples of how diverse the asexual community is.

And you can go to [asexuality.org](#) which is the website of the Asexual Visibility Education Network.

And there's also [internationalsexualityday.org](https://internationalsexualityday.org) which is for our day, which will not be happening until next year. But actually, it's Ace Week in October from the 24th. So for sure, there's an Ace Week website, can't remember what it is now, [aceweek.org](https://aceweek.org).

So yeah, there's definitely some more resources and stuff over there. And I'll probably be doing quite a bit for Ace Week as well.

**Jaia Bristow - [00:35:08]**

Fantastic. Well, thank you so much for all of those links and resources, and I encourage people to find out more about Yasmin and her work and to Google you, as you say, because there's lots of fantastic things.

Also, I follow you on Instagram, and I love stalking your Instagram, so I recommend everyone else do the same as well.

**Yasmin Benoit**

Thank you.

**Jaia Bristow**

Thanks so much for your time today.