

**NOT SURE WHO
NEEDS TO HEAR
THIS, BUT...**

**A GLOBAL MOVEMENT OF FIGHTERS
©FIGHT THE NEW DRUG**

**PLEASE KNOW
THAT WATCHING
PORN DOES NOT
MAKE YOU A
BAD PERSON.**

FTND.ORG

**MOST PEOPLE ARE
EXPOSED TO PORN
BEFORE THEY HAVE
THE TOOLS TO
FULLY UNDERSTAND
WHAT THEY'RE
SEEING, LET ALONE
KNOW HOW TO
HANDLE IT IN A
HEALTHY WAY.**

**REMEMBER,
SETBACKS DON'T
AUTOMATICALLY
MEAN FAILURES.
INSTEAD OF
TEARING
YOURSELF DOWN,
JUST TRY AGAIN.**

FTND.ORG

**THINGS MAY BE
DIFFICULT RIGHT
NOW, BUT THEY
CAN ABSOLUTELY
GET BETTER.**

**THERE IS
ALWAYS HOPE.**

FTND.ORG

**YOU ARE LOVED.
YOU ARE
INVALUABLE.**

**YOU ARE NOT A
BURDEN.**

THERE IS HOPE.

**BE KIND TO
YOURSELF, STAY
DETERMINED,
AND BE PATIENT
WITH YOUR
PROGRESS.**

FTND.ORG

**YOU CAN HAVE
A LIFE FREE
OF PORN AND
ITS NEGATIVE
EFFECTS.**

FTND.ORG

**KEEP FIGHTING
FOR LOVE.**

FTND.ORG