

ANAD PLEDGE

I will accept myself as I am

I will accept others as they are

I will support diversity and freedom
of expression in the way people
think, look, and live

I will not tolerate physical
or mental abuse

I will advocate for change in
media programming and
advertising that exploits
or demeans the human body

I will work to improve the lives
of individuals, communities,
and the environment

I will take an active role in my
recovery and in my life

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YOUR FUTURE IS WORTH FIGHTING FOR