



# NE PORNU



News  
letter

First Quarter 2025

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# What happened during the past quarter?



## Round Table at the Chamber of Deputies

The most important event was the Round Table at the Chamber of Deputies which we organized on March 19 under the auspices of Member of Parliament Mgr. Šimon Heller. The theme was: Children and Pornography: Challenges, Impacts, and Prevention.

Experts from the fields of psychology, research, and prevention shared alarming findings - children encounter pornography at an average age of 11, and 52% of adolescent boys watch it once a week or more frequently. Pornography significantly affects their perception of relationships, self-image, and sexuality.

The discussion emphasized the need for prevention,

education, support for parents and schools, and the necessity for greater responsibility from digital platforms.

The meeting resulted in a number of specific proposals - from developing preventive measures and programs to implementing age verification on websites. At the conclusion, Member of Parliament Šimon Heller promised cooperation on creating an amendment to the law that would strengthen the protection of children in the digital environment.

The Round Table thus initiated an important process of connecting professional and political spheres with the aim of systematically addressing the protection of children from the negative impacts of pornography.





# What happened during the past quarter?



## Summit for Youth Leaders in the Church

At the end of January, a Summit for Youth Leaders in the Church took place, attended by approximately 700 leaders from various church denominations. We had a booth representing NePorno, where we answered curious questions and arranged lectures for interested parties. Pete also led two seminars during which he introduced participants to the issue of pornography and presented possible solutions. The seminars were attended by approximately 80 people.



## Meeting for the Preparation of the EEA Civil Society Fund

On February 13, a meeting took place in Prague to prepare for the new EEA Civil Society Fund. Táňa attended the event and joined a working group focused on the development of non-profit organizations and creating a supportive environment for civil society. Participants shared experiences and ideas on how to better set the fund's priorities in the Czech context. Valuable outcomes included not only establishing new contacts from various fields but also the opportunity to contribute to shaping support that corresponds to the real needs of non-profit organizations in the Czechia.

## We Were Heard in the Media

In the last quarter, we received invitations to Studio N where Táňa discussed pornography addiction and to Radio Wave where Martin appeared together with our client who shared his story on the program.

You can listen to the interviews here:



[Interview with Táňa Reháková in Studio N \(in Czech\)](#)



[Vlna Program on Radio Wave \(in Czech\)](#)





# Who do we help?

NePornu helps people struggling with pornography addiction, their families, and those who want to learn more about this issue. Our help is anonymous, available online, and free of charge.

Prevention of risky behaviors associated with problematic pornography use is a key part of our work, and schools recognize its importance alongside us.

As a result, in the first quarter alone, we were able to carry out 35 preventive programs at schools, and we currently have over 30 more orders in progress.

"I cannot express myself other than very positively. This topic is taboo, and it is definitely appropriate to talk about this current issue, to help children understand the seriousness of various kinds of addiction, especially in the porn area.

The lecturer did a great job; with a talent for working with children, she managed to engage the audience and convey important information that can help them avoid complex life problems."

We are convinced that the demand for our programs will continue to grow and that quality prevention in this area will help an increasing number of students avoid this risky behavior and all its negative consequences.



# Who do we help in numbers?

The first quarter of 2025 is behind us, and we'd like to share a few important numbers that reflect our work. Behind each of these numbers are real stories of people—their courage to ask for help and their determination to change their lives for the better.

54

Volunteers

„It is important to take a closer look beneath the surface of the issue of pornography.“

503 Registrations  
for online  
courses

„Great, insightful, full of knowledge and most importantly —practical advice. One of the many self-health courses that can truly make a difference.“

„We had the NePornu program at our school for the first time. But the reality far exceeded our expectations — in the best possible way.“

139 New  
clients

15

Trained instructors  
of prevention programs

9

Support groups

# Who helps?

The help provided to those who turn to us comes from both the NePornu team and volunteers, instructors of prevention programs, and support group leaders. One of the team members is Anežka – the volunteer coordinator, whose role is to take care of the volunteers and clients who reach out to us.



## Why did you decide to work at NePornu?

I work at NePornu because I believe that the issue of pornography affects a large number of people, and I care about ensuring that those who decide to address this issue in their lives know they are not alone. I appreciate that, even though we focus on the topic of problematic pornography use, we are able to help a truly wide range of people. We don't view them in black and white terms, but as unique individuals with diverse life stories and a genuine desire to move forward.

## What has made you happy recently?



Because I'm responsible for the entire process at NePornu—from accepting new coaches to supporting them as they work with clients—what has made me happy recently is the growing interest from new people wanting to join our project. I'm always pleased to see new faces who bring their unique style and approach to coaching. ❤️

## What would you say to someone considering volunteering at NePornu?

If you feel the urge to help or have your own experience with the issue of pornography and want to turn it into something meaningful, don't hesitate and join us. Even if you only help a few people, you have the opportunity to change one, two... maybe even more chapters in someone's life story. And that is definitely worth the courage and time.





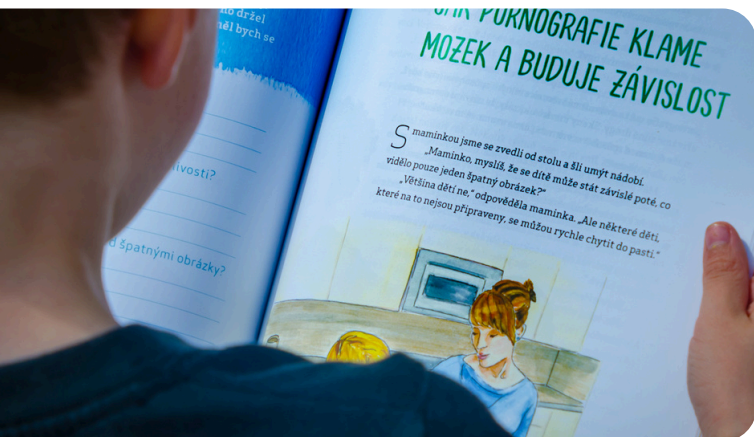
# How do we handle finances?

## PAST FUNDRAISING

### ULet's make the internet a safer place for children!

That was the title of the fundraising campaign we launched from the end of January to the end of March on Darujme.cz. We recognize that due to the easy accessibility of pornography, children can be exposed to harmful content at a very young age. That's why through our activities, we aim to make the internet a safer space for everyone—especially for children.

We are pleased to share that 60 donors contributed to the campaign! We are grateful that so many people found our work meaningful enough in such a short time to financially support it.



## CURRENTLY

### Help young people regain control over their lives

This is the theme of our fundraising campaign, which is open until the end of May. Spring and Easter are times of new beginnings and hope, and for some young people, this could mean an opportunity to break free from pornography addiction and regain control over their lives.

We would be grateful if you joined us and helped those in need. We appreciate any form of support—whether financial or by sharing the campaign with your loved ones!

The funds raised will be used for training volunteers and instructors for schools, printing materials, and most importantly, supporting those who are struggling with addiction.

### Numbers for January - March

**Total income: 852,670 CZK**

**Total expenses: 805,782 CZK**

**The budget for this year is 4,358,837 CZK**

**Remaining: 194,975 CZK**

**Contribute by May 31, 2025**



# What lies ahead in the next period?



## **Course for couples**

In May, we are launching a new course for couples who are dealing with the issue of pornography in their relationship. We have created a safe space for honest communication, mutual understanding, and finding a shared path—without unnecessary pressure for perfection. The course is not based on quick tips or instant solutions, but on supporting the courage to take steps forward and work together on the relationship with deep respect for each partner's individual experience.



## **Regional meeting with volunteers**

Volunteers form an essential part of NePornu. The upcoming meeting will be a great opportunity to share the latest news, strengthen mutual relationships, and exchange valuable practical experiences. At the same time, we want to personally thank our volunteers for their dedicated commitment and unwavering motivation to help where it is truly needed.



## **Teambuilding**

In June, we have a teambuilding event ahead of us, which will not only be about relaxation and spending time together, but also about long-term strategic planning. We will reflect on our direction, the areas we want to develop, and set specific goals for the upcoming period. This will create a space to explore new paths, strengthen our vision, and enhance cooperation within the team.





## **SUPPORT THE PROJECT FINANCIALLY**

Thanks to the generosity of individual donors and companies, we help people overcome pornography addiction.

Join them – your support will make it possible to help others in need.

**ACCOUNT: 2601745437 / 2010**



## **BECOME A VOLUNTEER**

Do you want to help others overcome their addiction to pornography?

Can you spare a few hours during the week for volunteer work?

We might be looking for you!

## **SHARE OUR PROJECT**

Follow our social media and stay up to date. Help spread awareness about the NePornu project and become part of the change that helps young people regain control over their lives.



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# Newsletter

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