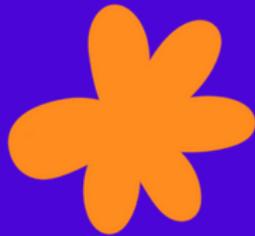




NEE PORNUNU



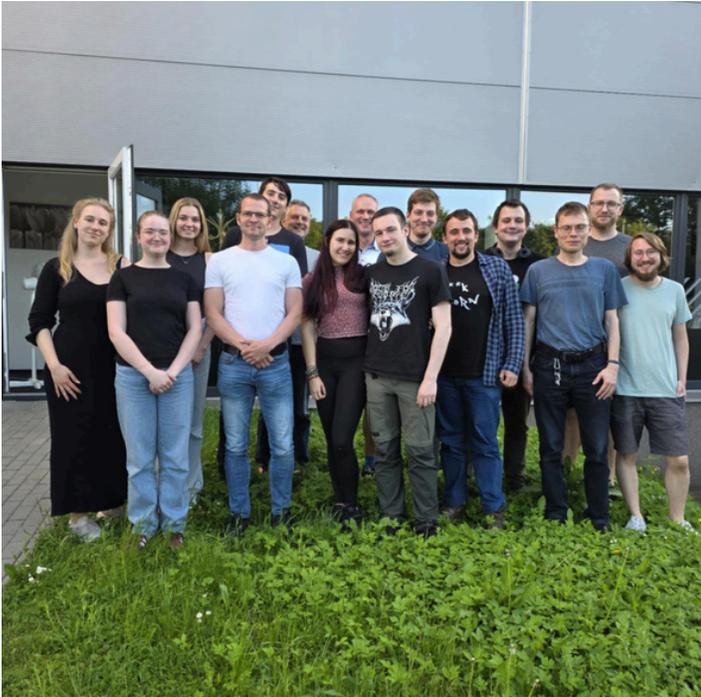
News letter

Second Quarter 2025

#2



What happened in the last quarter?



Regional Volunteer Meeting in Prague

At the end of May, we met with our volunteers from the surrounding area at a regional meeting in Prague, which was combined with a joint dinner. It was precious time for us – not only could we meet together and share how we're doing and what's happening in the organization, but we also thought together about the further development of NePornu.

The volunteers shared with us what would help them in their service and how we can continue to support them. We talked, for example, about possibilities for further professional education for our e-coaches and about how to best create a foundation for their work.

For myself, I can say that it's really important for me to hear feedback from people who participate in running NePornu, what ideas they have and what they think could be done differently.

Thanks to your support, we can not only have these conversations but, most importantly, transform them into concrete steps.

-- Anežka, e-coach coordinator

Teambuilding

At the beginning of June, a four-day NePornu teambuilding took place in Malenovice. The main goal was strategic planning for the next year, but an important part was also team building. So it was an opportunity to get to know each other better and spend time together – for example, during a trip to Lysá hora mountain.

On Saturday, both Board members and Ethics Committee members joined us. Together we could not only evaluate the past year but also think about the direction in the following years along with possible challenges. We also discussed current opportunities, of which there are always many, and their priorities with regard to our capacities and possibilities.

The entire retreat was very beneficial not only in clarifying the future direction but also in strengthening the team.

We Were Heard in the Media

In the second quarter, we received an invitation to **Spotlight Generation** – a show that focuses primarily on millennials and Generation Z. The interview deals with how watching pornography and digital technologies affect young men's interest in romantic relationships and sex.



[Pete Lupton's interview on Spotlight](#)



What happened in the last quarter?



NePorno Booth at Olomouc Majáles

At the beginning of May, Terka and Martin participated in Olomouc Majáles, where they had a NePorno booth and presented our work to the general public – students, passersby, or simply those who were interested in the topic of pornography addiction.

It was a great opportunity to talk with people who have personal experience with this topic, as well as with those who might have heard about it for the first time.

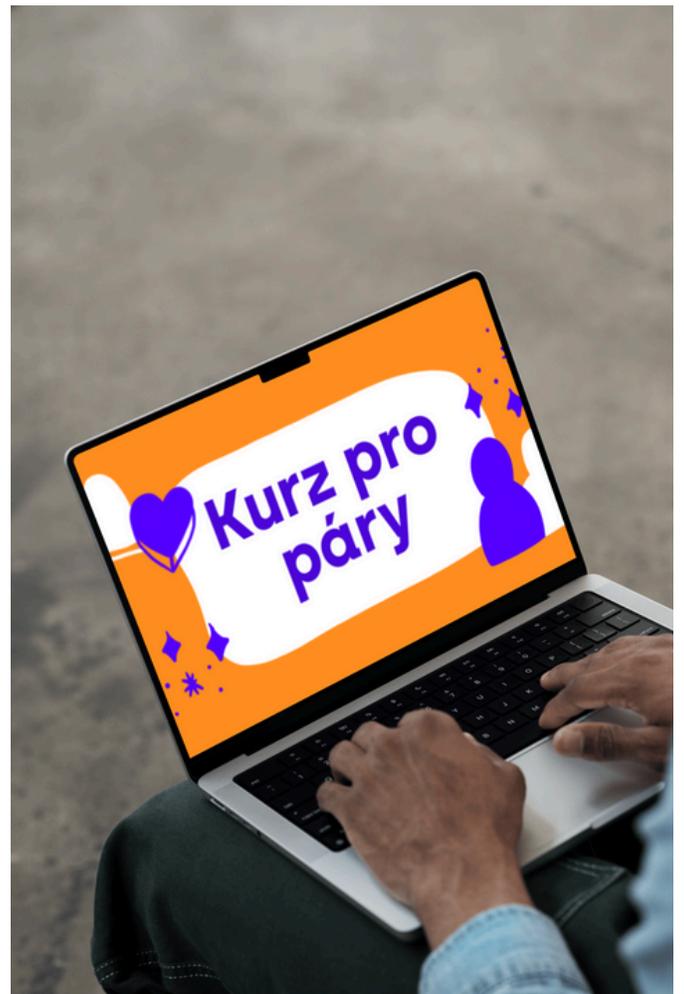
As part of the program, Martin also led a workshop on pornography addiction, which attracted many interested people. The whole day was an opportunity for us to spread awareness, open important topics, and be available for those seeking answers or support.

We Launched a Course for Couples

We're happy to introduce our new online course for couples, which helps deal with challenges related to pornography in relationships. We launched it in May and it's already helping partners better understand each other and the addiction itself.

In six thematic sections, the course guides you from the initial shock through strengthening self-worth to rediscovering trust. You'll learn to speak openly, set healthy boundaries, and build relationships on new foundations – with respect and understanding.

The course is free and can be found at www.druhykrok.cz.



Who do we help?

NePornu helps people struggling with pornography addiction, their families, and those who want to learn more about this problem. Our help is anonymous, available online and free of charge. In addition to direct help for people with addiction, we also implement prevention programs in elementary schools.

In this newsletter, we've selected a few feedback messages from our clients who attend support groups. We're happy when we see that our work makes sense!

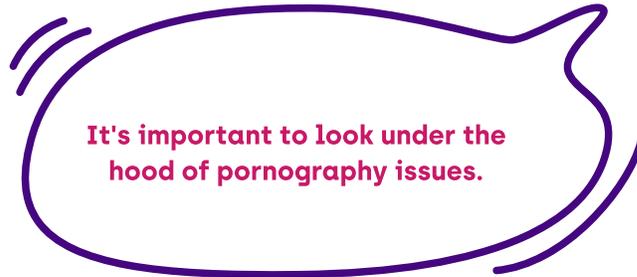
Attending the group gives me support during difficult periods and the opportunity to look at my problem from a different perspective. Today I have 90 days behind me when I didn't look at porn, and over a month of that when I also stopped masturbating. Don't be afraid and come to the group too!

Standing without shame in truth. That's what participating in NePornu organization's group sessions allowed me to do. Finally, I'm able to admit the problem with porn addiction and try to solve it.

Recently I joined an online support group for partners of addicts and I can't describe in words how relieved I felt. The problem didn't disappear, but I know I'm not alone in this. Just being able to talk about it with other people gives me the feeling that the burden is a hundred times lighter. I found understanding, support, hope, and tremendous relief here.

Who do we help in numbers?

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

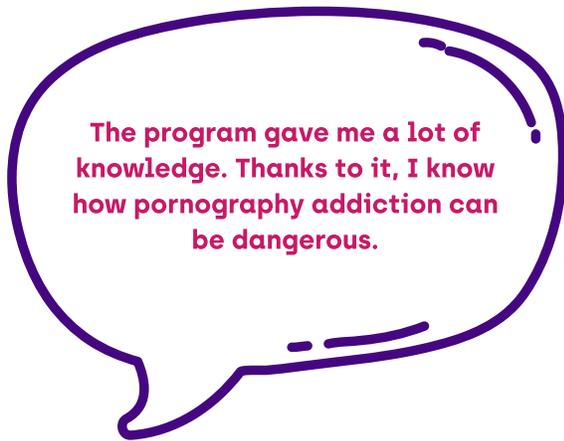


54

Volunteers

462

Registrations for online courses



111

New clients

47

Prevention programs implemented in elementary schools

9

Support groups

Who helps?

Behind the help for those who turn to us are both people from the NePornu team and volunteers, prevention program lecturers, and support group leaders. One of the team members is Martin – formerly an administrative worker, now coordinator and support group leader.



Why does working at NePornu make sense to you?

I often encounter reactions like: "Wow, that's intense what you do!" And I really enjoy that. I'm grateful to be part of a unique project that covers a gap in the market. I'm happy to stay with other people on topics that other people run away from. I believe that this unconditional acceptance can help clients in their difficult situations.

What has brought you joy recently?



In addition to coordinating support groups, I lead a support group in Olomouc (with Pete) and also an online group. And it's precisely the clients who bring me great joy. I don't just mean sharing successes in abstaining from porn, but mainly the authenticity of each member of our groups. I'm fascinated by their sincere search for solutions and the fact that their difficulties are not indifferent to them and they want to work on themselves.

What would you tell someone who feels they need support but is ashamed to talk about it?

One friend told me during my adolescence that a problem can be compared to a burning pillow in a room. If a person said it's just a pillow and doesn't need to deal with it, it will eventually cost them more than just one pillow. The bed will catch fire from the pillow, the room from the bed, the flames will spread from the room throughout the entire house... Putting out a small problem is easier than then facing big problems. I'd like to encourage others, if they perceive problems with watching porn, definitely don't be afraid to ask for help. It's not a sign of weakness, but of great courage.



How do we handle finances?

PAST FUNDRAISING

Help young people regain control over their lives

That was the name of the fundraiser focused primarily on supporting young people struggling with problematic pornography use.

We thank all 144 donors who contributed to the fundraiser. We're grateful that so many of you found our work meaningful enough to decide to financially support it. We appreciate it!



CURRENTLY

Support change that begins with understanding

This is the theme of the [fundraising campaign](#), open until the end of September. The average age of a child's first contact with pornography is 11 years – and most children have no idea what consequences this can have. Pornography affects relationships, perception of sexuality, and self-worth, yet it's hardly talked about.

We're trying to change this. Since 2023, we've been implementing prevention programs in schools that respectfully open the topic of addiction and create a safe space for discussion.

We'll be grateful if you join us and help us prepare for the new school year. You'll support the development and support of lecturers, development of programs for elementary and high schools, or development of quality education for parents and teachers.

Numbers for April - June

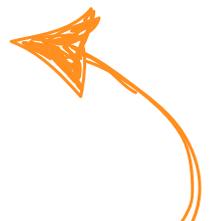
Total income: 890,160.25 CZK

Total costs: 1,115,895.21 CZK

**Budget for this year:
4,358,837 CZK**

TO COVER THIS YEAR'S BUDGET, 1,000,000 CZK REMAINS TO BE RAISED

SUPPORT THE CAMPAIGN UNTIL THE END OF SEPTEMBER



What awaits us in the coming period?



We're preparing for Kristfest and Festival UNITED

Summer is an annual opportunity for us to get out among people – this year you'll find us at the Christian festivals Kristfest and Festival United. Festivals are always an opportunity to talk with interested people about what we do, why it's important to talk about pornography addiction, and how we offer help in this area. It's a valuable space for us for sharing, making contacts, and spreading awareness.



Educational seminars for foster parents

During summer, besides festivals, we're expecting seminars for accompanying foster care organizations that contacted us themselves with the idea that they'd like to open the topic of pornography among foster parents as well. We're preparing seminars for them focused on how to talk with children and adolescents about pornography, how to recognize warning signs, and how to create a safe environment for open communication. We greatly value the trust of these organizations – we see it as an important step toward prevention and timely help for children who may have difficult life experiences behind them.



Lecturer training for September

Besides festivals and seminars, we'll also focus in summer on preparing autumn training for new lecturers who will go to schools with us starting in September with prevention programs about pornography. We want to expand our team and thus strengthen our capacity to talk with adolescents about this topic openly, sensitively, and comprehensibly.



**Become
a part of
NePornu!**

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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2025

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