

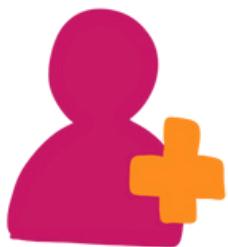
# NE PORNU

## News letter



Fourth Quarter 2025

#4



# What Happened in the Last Quarter?



## Volunteer Training Took Place

In November, we met with nearly fifty volunteers at our traditional training. The shared weekend was a space not only for education, but also for sharing experiences, questions, and specific stories from practice that volunteers encounter in their work with clients.

Together we focused on topics such as setting healthy boundaries in work with clients, finding and strengthening small victories and exceptions in difficult situations. And practical conversation rehearsals that can be sensitive for both parties.

The training was also an opportunity for mutual support, taking a pause, and recharging motivation for continued service.

## Thanksgiving & Donor Meeting in Prague

As part of the volunteer training, we also organized **a donor meeting** – giving thanks to all who financially support NePoru long-term. It was an opportunity to meet in person, get to know each other beyond e-mails and messages, and take a moment together to look back at what we accomplished in the past year.

Part of the program also included sharing the personal story of Viktor, a former NePoru client who now works as an e-coach, and whose journey was a powerful reminder of the meaning of our work.

At the same time, we introduced donors to what we're currently working on, what challenges we're addressing, and where we want to take NePoru in the coming year.

We greatly value the open conversations, interest, and support we felt during the meeting.



# What Happened in the Last Quarter?



## Roundtable on Protecting Children in the Digital Environment

In December, we participated in an expert **Roundtable on the protection of children in the digital environment**, organized by the Office of the Government of the Czech Republic.

The discussion focused particularly on regulating the use of mobile phones in schools – with emphasis on meaningful rules, trust in teachers, and involving children in their implementation. Topics also included the availability of pornography, risks in online games, and protection of digital data.

Participants agreed on the need for prevention, education, and faster implementation of European legislation (DSA), which aims to strengthen the protection of minors in the online environment and increase the responsibility of digital platforms.



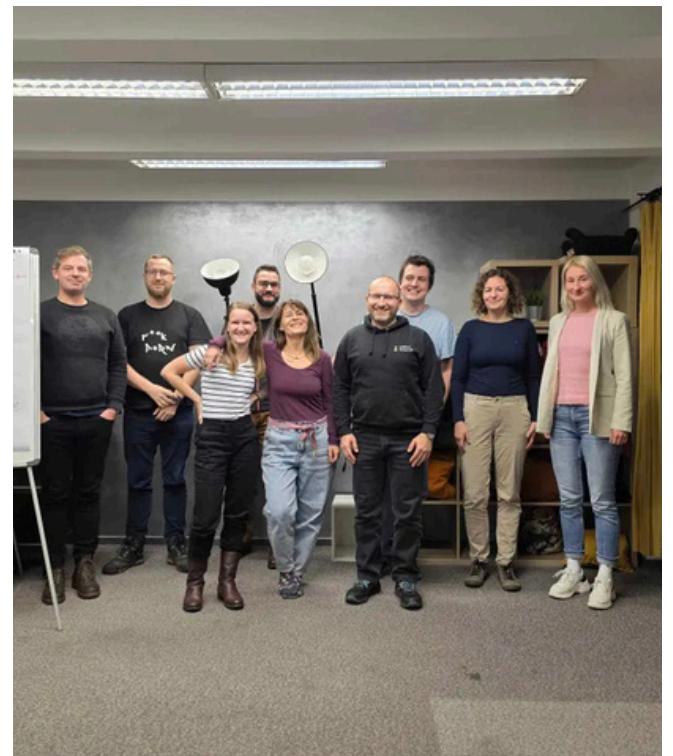
## Beginning of New Collaboration

In the last quarter, we gradually entered into collaboration within the project **Busting parental myths about pornography addiction** together with colleagues from the Documentary Film Center in Jihlava and non-profit organizations Tlakový Hrniec from Slovakia and Inštitut Integrum from Slovenia.

Within this collaboration, we plan to create over the next two years a series of short films, seminars, online courses, and information brochures dedicated to working with myths that are ingrained among the parent public, and of course also education about how parents can effectively protect their children in today's (especially online) world.

One of the important points of collaboration was a November meeting of representatives from all participating organizations at our place in Olomouc, where we discussed all prospects and divided the necessary tasks.

We believe the collaboration will lead to excellent results!



# Who Do We Help?

At NePorNu, we help people struggling with pornography addiction, their loved ones, and those who want to learn more about this topic. Our help is anonymous, available online, and free.

One of the ways we bring this help closer are also life stories of people who decided to share their experience. In this newsletter, we bring you one of them – a personal perspective on a journey that wasn't easy, but shows that change is possible.

**We'd like to share with you a story that shows how pornography can shape our view of the opposite sex in ways we often don't even realize.**

The author started watching porn around age twenty out of mere curiosity, but gradually became addicted after his first relationships disappointed him. His narrative reveals how pornography changed his perception of women and sexuality, and describes his ongoing journey to healing through therapy, spirituality, and a real relationship.

It's a story about becoming aware of the problem and having the courage to address it – even though the journey to complete healing is just beginning.

**Since I was aware that watching porn is problematic, and I saw how it was affecting my life, I tried to stop. Unfortunately, I couldn't manage it, no matter how hard I tried. So I asked for help from an e-coach at NePorNu.**

**Read the full story  
(only in Czech)**

# Who Do We Help in Numbers?

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

**59**

Volunteers

"It's important to look under the lid of the pornography issue."

**374**

Registrations  
for online  
courses

"The program gave me a lot of knowledge. Thanks to it, I know how dangerous pornography addiction can be."

**121**

New  
clients

"Thank you, it's an excellent course with the possibility of real support in various forms. I especially like the support of the e-coach."

**56**

Number of preventive programs  
implemented

**10**

Support groups

# Who Helps?

Behind the help for those who turn to us stand people from the NePorru team, volunteers, prevention program instructors, and support group leaders. One of the key team members is Pete, NePorru's executive director, who leads the organization and contributes to making our help professional, understandable, and accessible to those who need it.



## What are you most looking forward to at NePorru in the new year?

At NePorru, I'm most looking forward to completing the revision of our content in the new year, so it even more reflects the value of professionalism on which we build. At the same time, I see working with donors and establishing new partnerships as both a great challenge and opportunity. And I'm glad we'll continue with ongoing projects like Erasmus+, where we'll get directly to implementation this year.

## Where do you see the most meaning in NePorru's work right now?

I see meaning in all areas of our work, but probably most in direct work with people we help – that's where it's always clearly visible that our activity has concrete impact. Work with children in schools within prevention programs and, looking ahead, greater involvement of parents also has great significance for me. It's precisely the development of this area that gives me the greatest sense of purpose right now.

## What helps you disconnect and maintain balance between work and personal life?

My wife helps me a lot with that, as well as my own awareness that I need to monitor this balance. I want to have space to devote to my son and family. The perspective that other people in the team give me is also important – it helps me maintain perspective and not overextend myself.



# How Do We Manage Finances?

## LOOKING BACK AT GIVING TUESDAY

Thank you to everyone who participated in **Giving Tuesday** and decided to support NePornu on this day. Just during one Tuesday, thanks to your generosity, we managed to raise 47,000 CZK, which will help us continue providing free and anonymous help to people struggling with pornography addiction and their loved ones.

Your support is not only important financial backing for us, but also a strong signal of trust and solidarity. Thanks to you, we can develop existing services, respond to current client needs, and plan further steps into the coming year. Thank you for standing by our side and helping to change the lives of specific people for the better.



## NUMBERS FOR OCTOBER-DECEMBER

**Total income: 780,350.70 CZK**

**Total costs: 1,150,755.77 CZK**

**Budget for 2026 is 5,418,114 CZK**



## CURRENTLY

### Donate support that truly helps

Until the end of January, there's a [fundraiser running on Darujme.cz](#) where you can choose a specific gift you want to donate. Every crown ensures sufficient support and care for those who need help.

Our generous donors will also double your help – so you'll help twice as many people find their way out of addiction.

We're very glad that so far we've managed to raise more than 50 % of the target amount!

If it's within your possibilities, we'd be grateful if you'd still consider your donation and help us reach the goal. Thank you!

**TO COVER THE BUDGET FOR 2026, WE STILL NEED TO RAISE 1,500,000 CZK**

**SUPPORT THE CAMPAIGN UNTIL THE END OF JANUARY**



# What Awaits Us in the Coming Period?



## Making NePornu's Work More Efficient

In the coming months, we have a lot of work "under the surface" ahead – fine-tuning internal guidelines, organizational structure, and the paths through which clients go through our organization. The goal is for NePornu to function more clearly, efficiently, and for everyone who turns to us to get help as simply as possible and at the right time.



## Improving Content Quality

We'll also devote ourselves to revising our basic articles. We want them to be understandable, current, and professionally solid – in short, to correspond to what you've long expected from NePornu and what we ourselves consider important.



## There Will Be More About Us

Thanks to a mini-grant from Seznam, we'll be more visible externally in January and February. Two PR articles will come out at the end of January and February – one generally about the topic of pornography, the other focused on the impact of pornography on women. This is an opportunity for us to open these topics to the wider public and contribute to public debate.



# 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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# Newsletter

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