



NEE PORN



News
letter

First Quarter 2026

#1



What Happened During the Past Quarter?



ÁMOS Academy - How to Work Sensitively and Effectively with the Topic of Pornography in the School Environment

As part of ÁMOS Academy, we organized a **professional webinar focused on preventing risky sexual behavior** and working with the topic of pornography in the school environment.

We shared current data on how common children's contact with pornography is in the Czech Republic and outlined the possible impacts on their development.

We offered participants **practical tips on how to talk about this sensitive topic with children and adolescents**, how to set up prevention at school and at home, and how to safely integrate the topic into teaching. We also included recommendations for specific programs and educational resources.

The webinar was led by our colleague Matěj Písařík and was intended primarily for school management, teachers, and prevention coordinators who want to approach this area sensitively and competently.



Matěj on the "U tabule" Podcast

Pornography is a topic that parents and teachers often only open up when it begins to affect them personally. But the digital world doesn't wait.

In a new episode of the "U tabule" podcast, our prevention coordinator Matěj Písařík talks about when children encounter explicit content, why bans alone aren't enough, and how watching pornography can affect their future relationships and self-concept.

[Listen to the podcast here](#) [Czech only]

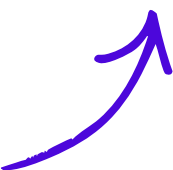


New Support Groups - Online and in Prague

We have newly opened two support groups for people dealing with problematic pornography use – one online and another in Prague.

We are very pleased about this because we have been receiving very positive feedback about support groups for a long time. They provide participants with a safe space where they can openly share their experiences, talk about their difficulties, and find understanding and support from others.

Group meetings thus help not only in managing the problem itself but also in building hope and the feeling that a person is not alone in this.



What Happened During the Past Quarter?



Interview on the Topic "Women and Porn" on Seznam Talks

Our colleague Táňa Reháková opened the important topic of women and pornography, which is still rarely discussed in society. In the interview, she pointed out that **women often remain alone with their experiences, experiencing shame, uncertainty, and loss of self-worth** – whether it concerns their own pornography viewing or the situation in a relationship with a partner.

She also shared how pornography can serve as an escape from stress or loneliness and what impact it can have on relationships and self-perception.

She also emphasized that women are often able to ask for help sooner than men, but they still lack a safe space for open conversation. That's why it's important to open this topic sensitively and offer support to those whose lives are affected by pornography.

[You can find the complete interview on the topic "Women and Porn" here.](#) [Czech only]



Article "Again Porn" on Seznam News

Recently, broader articles on the topic of pornography have appeared in the media - for example, the text "Again Porn" on Seznam News, which examines how watching pornography is becoming an automatic "escape" from stress, anxiety, or loneliness for many people and how it can affect personal life or relationships.

The article explains that pornography affects the brain similarly to other quick rewards from pleasant stimuli and points out that for some people it can turn from a harmless habit into something that begins to interfere with daily functioning.

It also mentions expert opinions – including those of Táňa Reháková, our operations director and therapist – as well as data on how different age groups perceive pornography and its impacts.

[Check out the full article.](#) [Czech only]



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 issue. Our assistance is anonymous, available online, and free of charge.

One of the ways we bring this help closer is through **the life stories of people** who have decided to share their experiences. In this newsletter, we bring you one of them.



This time we share the story of Valéria who encountered pornography already in childhood. Her experience shows how long-term exposure to pornography in a relationship can affect self-confidence, perception of self-worth, and experiencing intimacy.

In her narrative, she describes a relationship in which she gradually began to feel inadequate and compared to unrealistic ideals. This led to a loss of confidence in herself and internal confusion that she couldn't explain for a long time. The turning point came when she decided to end the relationship and start searching for her own value again.

Thanks to the support of loved ones and professional help, she gradually gained a new perspective on her experience and understood that the problem was not on her side.

It's a story about setting healthy boundaries, returning to oneself, and gradual healing. It also shows that even a difficult experience can lead to growth - and that a healthy, respectful relationship is possible.



In my relationship with my former partner, I often felt compared to porn actresses. This feeling was extremely hurtful and humiliating for me. For my ex-partner, daily porn watching and sexual content on social media was completely normal, and this attitude fundamentally affected my perception of sexuality.

Who Do We Help in Numbers?

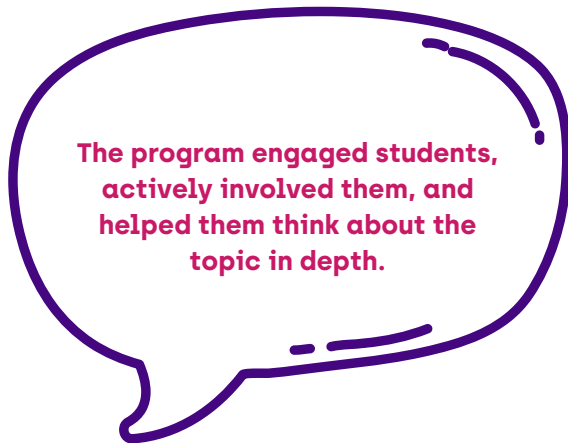
The first quarter of 2026 is behind us and we would like to share with you some important numbers that reflect our work. Behind each of these numbers are real stories of people, their courage to ask for help, and their determination to change their lives for the better.



60

Volunteers

457 Registrations for online courses



135 New clients

52

Preventive programs implemented

11

Support groups

Who Helps?

Behind the help for those who turn to us stand people from the NePornu team, volunteers, lecturers of preventive programs, and leaders of support groups. One of the key team members is **Táňa**, the operations director, without whom the organization could not function.

What gives you the greatest meaning in your work at NePornu?



It may seem that the topic of pornography is very narrow and affects only a small part of the lives of a few individuals. But the longer I am at NePornu, the more I see the broader context of the whole thing – pornography is indeed a small topic in itself, but it affects our entire society.

It affects how we think about sex, which affects how we think about relationships, ourselves, human bodies, beauty, and self-worth. No NePornu client has ever dealt with "just" porn – everyone ultimately dealt with their life as a whole in the context of relationships, self-worth, and coping with life's burdens. And that's what gives me the greatest meaning – that we support people to struggle with everyday concerns differently than through pornography, which enables them to maintain deep relationships, build a healthy approach to themselves, and be happier in life, which has a positive effect on both them and their entire surroundings.



When you look back at what you do at NePornu, what are you most proud of?

I am most proud of how we managed to professionalize the project. When I started at NePornu, there were just Pete and me, and everything was quite "punk rock." Now there are nine of us, and each team member brings new perspectives and new expertise that moves the project toward greater relevance and professionalism. We have become a project that society takes seriously, people know about us, and people turn to us with requests for advice and tips. I am proud that we endured this enormous amount of work and contributed to expanding awareness of the pornography issue into the consciousness of Czechs.

What would you like people to know about the NePornu team and why we do this?

I would like them to know that we are not a bunch of amateurs who pulled some unfounded product of their own opinions out of thin air and want to moralize others. On the contrary, I would wish they could see that the people at NePornu have a lot of education behind them and everything we do is based on current scientific knowledge.

I think each of us has our own personal reason why we are at NePornu. But each of us is also convinced that this work makes sense and therefore we want to do it well and professionally.

How Do We Manage Finances?

PAST FUNDRAISING CAMPAIGN

Thank you to everyone who participated in our Christmas fundraising campaign. **Thanks to your generosity, we managed to raise 246,411 CZK during the fundraiser - that is, 70% of the target amount.** Moreover, thanks to the generous donation-doubling program, we were able to multiply your help even more, which means we could offer twice as much support to those who need it.

Your contributions will enable people struggling with pornography addiction and their loved ones to receive quality e-coaching, mentoring, and community support. Thanks to you, we can respond to clients' current needs, develop services, and be a reliable support for those seeking a path to change.

Thank you for standing by our side and helping to change the lives of specific people for the better.



CURRENTLY

Help People Like Šimon Start Again

Until the end of April, **a fundraising campaign is open through which we want to support more people like Šimon who are alone with their problem of watching pornography.**

Statistics show that only 20-30% of people with compulsive sexual behavior seek help. At the same time, up to 53% of therapists observe growing client interest in help with problematic pornography viewing.

This means the problem exists, but people remain alone with it.

If it were within your means, we would be grateful if you would still consider your donation and thus give real help to someone for whom it would otherwise be inaccessible.

Thank you!

TO COVER THE 2026 BUDGET, WE STILL NEED TO RAISE 3,371,310 CZK

SUPPORT THE FUNDRAISING CAMPAIGN UNTIL THE END OF APRIL



NUMBERS FOR THE JANUARY-MARCH PERIOD

Total income: 870,665.49 CZK

Total expenses: 1,082,865 CZK

The 2026 budget is 5,418,114 CZK

What Awaits Us in the Coming Period?



Strategic Team Retreat with Team Building

In spring, our team will go on a strategic retreat with team building. Together we will prepare a plan of key steps for the next five years so that we can better allocate our resources and focus on priorities. Part of the program will also include space for team activities and welcoming the new content coordinator.



Spring NePornu Meeting with Volunteers

The spring NePornu meeting with volunteers will offer space for regular care of our volunteers as well as mini-training. In addition to sharing experiences and news, we will focus on practical tips and inspiration for working with young people.



Training for Youth Leaders of the Roman Catholic Church

In summer, Táňa will lecture at the National Youth Meeting of the RCC. We offer youth leaders special training on how to work sensitively with addiction topics in their communities. Several dioceses have already joined and others are preparing so they can lead their young people with greater confidence and understanding.





SUPPORT THE PROJECT FINANCIALLY

Thanks to the generosity of individual donors and companies, we help people overcome pornography addiction. Join them - your support will enable us to help others who need it.

**ACCOUNT:
2601745437 / 2010**



BECOME A VOLUNTEER!

Do you also want to help others get rid of their pornography addiction?

Can you find a few hours during the week for volunteer work? Maybe we're looking for you!

SHARE OUR PROJECT

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



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