

**NE  
PORNU**

## **Porn Addiction:**

How Can We As Leaders help?

*Pete Lupton*

*Director of NePornu („No to porn“)*

# Project NePornu

---

1. Raise awareness of the dangers of pornography
  - a. NePornu.cz – life stories, articles, facts
  - b. Free online courses
  - c. Lectures and seminars + prevention programs at schools
  
2. Help people addicted to pornography
  - a. Free e-coaching
  - b. Local support groups
  - c. Online forum & Discord

**Since 2018, we  
have helped over  
2000 clients!**

# Statistics

---

## Barna, 2016

- At least once a month:
  - 79% men and 76% women (18-30)
  - 67% men and 16% women (31-49)
  - 49% men and 4% women (50-68)
- Several times a week:
  - 63% men and 21% women (18- 30)
  - 38% men and 5% women (31-49)
  - 25% men and 0% women (50-68)
- 36% of all porn users are women (Pornhub Insights, 2022)
- First porn encounter: **at the age of 11 on average**
- 43.3% men and 12.2% women in church watch porn (ČEA 2018)

# Why Is Pornography Sinful?

---

- It is God's will for us to be pure (1.Tes 4:3)
- Jesus calls pornography a sin (Matt 5:27-28)

***„If you think you cannot morally or sexually fail,  
then you are probably more godly than David,  
stronger than Samson, and wiser than Solomoun.“  
(Bill Perkins)***

# Why Is Pornography Attractive?

---

- Arouses curiosity or excitement about the forbidden fruit
- „Solution“ to negative stimuli
  - Anger, Loneliness, Conflicts, Hopelessness, Boredom, Psychological Issues, etc.
  - Escape from reality
  - Search for intimacy

# Negative Impacts of Porn Use

---

- Higher risk of sexual compulsions and addictions
- Greater problems with building deep and long-term relationships
- Decrease in motivation
- Lower satisfaction with sexual partner
- Increased risk of PIED or arousal disorder

# Spiritual Impacts of Porn Use

---

- Disruption of relationship with God
- Shame, doubts, loneliness
- Feeling of unworthiness
- Decrease of spiritual life and activities

# Porn Addiction Defined

---

## **Behavioral addiction or Compulsive Sexual Behavior Disorder (ICD-11)**

1. Problem to stop
2. Negative impacts in life
3. Restriction of other activities
4. Risk taking
5. Increase of tolerance
6. Withdrawal symptoms



# Safe Environment

---

- Guilt vs Shame
- How do we talk about porn (and sex)?
  - Detabooization
  - Sin vs Grace
- Leading by example
- Where to talk about porn?
- Discretion
- Offering help

# Safe Process

---

- Education
  - Describing porn addiction
  - Offering a way out
- Leadership
  - Who knows what to do? Where can we refer people to? What are the options?
- Relationships
  - Accountability groups

# How To Help Porn Addicts?

---

- Keep educating yourself
- Guide others
  - Restricting access to porn → Covenant Eyes
  - Discovering triggers → How to deal with them?
  - Accountability (ongoing / defensive / offensive)
  - Changing focus (accept → refuse → change)
  - Budování nových návyků
  - Budování zdravých vztahů
  - Zdravý pohled na sex

# How To Help Porn Addicts?

---

- Faith as source of our motivation
- Dealing with shame biblically
- God's grace and forgiveness as basis for change
- Community of Christians as God's tool for helping one another

# Recommended literature and websites

---

- Lambert: *Finally Free*
- Fradd: *Porn Myth*
- Cecy: *Purity War*
- Wilson: *Your Brain on Porn*
- Struthers: *Wired for Intimacy*
- Zimbardo: *Man Disconnected*
- Jenson: *Good Pictures, Bad Pictures*

[www.nepornu.cz](http://www.nepornu.cz)

[www.covenanteyes.com](http://www.covenanteyes.com)

[www.yourbrainonporn.com](http://www.yourbrainonporn.com)

[www.fightthenewdrug.org](http://www.fightthenewdrug.org)

[www.nofap.com](http://www.nofap.com)

# Project Needs

---

- New leaders and partners in Eastern Europe
  - at this moment, we are looking for new opportunities to expand our project to Eastern Europe
- Share with others
  - if you know people, who might be interested let them know
- Prayers
  - pray for wisdom, as we grow and operate with secular environment

NE  
PORN

NePornu

Pete Lupton, *director of NePornu*

Web: [NePornu.cz](http://NePornu.cz)

Contact: [pete@nepornu.cz](mailto:pete@nepornu.cz)