

FEEL LIKE YOU
CAN'T SAY NO,
EVEN WHEN
SOMETHING
DOESN'T FEEL
RIGHT? IT'S
OKAY TO ASK
IS THIS **OK?**



**YOU HAVE MORE OPTIONS
THAN YOU THINK**

ASK OUR CHATBOT, OR CHAT ANONYMOUSLY
TO SOMEONE WHO CARES -
WHATEVER YOU'RE READY FOR.

IS THIS OK? IS A FREE AND CONFIDENTIAL CHAT
SERVICE FOR YOUNG PEOPLE AGED 13 - 18.



Is This OK? is a partnership between UK charities Runaway Helpline and Childline and is funded by BBC Children in Need and Worshipful Company of Information Technologists.

FIND OUT MORE: [ISTHISOKAY.ORG.UK](https://isthisokay.org.uk)