

HE KEEPS TELLING  
ME HE'S DOING IT  
BECAUSE HE LOVES  
ME BUT SOMETHING  
DOESN'T FEEL RIGHT.

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.

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



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.

