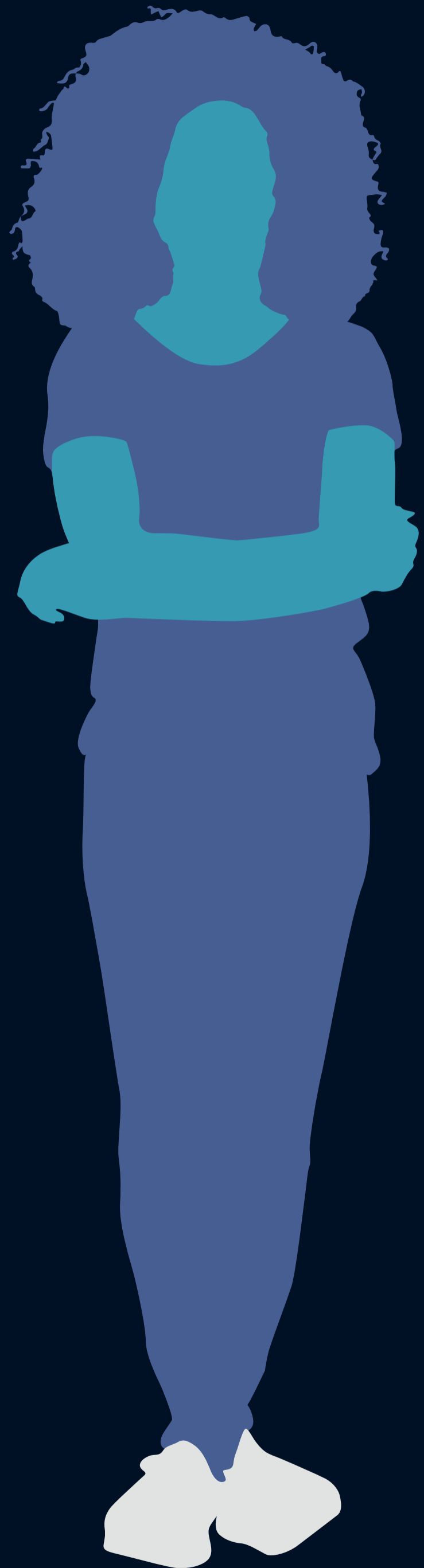


**THEY MAKE  
ME DO THINGS  
I DON'T WANT  
TO DO.  
IS THIS *ok*?**



**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)**