

**THEY'VE TOLD ME  
THEY WILL KEEP ME  
SAFE BUT I'M NOT  
SURE I WANT TO  
DO WHAT THEY'RE  
ASKING ME TO.**

**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)**