

**WORRIED ABOUT A
SITUATION YOUR
FRIEND IS IN?
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: [ISTHISOK.ORG.UK](https://isthisok.org.uk)