

WhatsOK

The first **free, confidential helpline** and **website** for young people ages 14–21 with **concerns** about harmful **sexual interests** and **behaviors**.

THE PROBLEM

Many teens and young adults have questions or worries about sexual thoughts or behaviors—their own or a friend's—but don't know where to turn. Fear, shame, and lack of accurate information can keep young people from seeking help early, when guidance could prevent harm.

How can I control my online behaviors?

Is it OK to have a sexual fetish?

I started watching porn at a young age and feel addicted.

I feel sexually attracted to a younger child, am I a bad person?

Frequently Asked Questions/Concerns On the Helpline

I did something sexual with my younger sibling when we were kids.

What do I do if I'm worried about someone else's sexual behaviors?

"I felt absolutely alone and that no one was gonna understand. Just having someone there to listen without judgment was everything I needed."

I know it's wrong to look at child sexual abuse material (CSAM), but I feel like I can't stop.

THE SOLUTION

Created by **Stop It Now!**, a leader in **child sexual abuse prevention** for over 30 years, WhatsOK fills a critical gap in resources for young people. It is the first helpline of its kind and has become an **award-winning model for global youth perpetration programs**.

WhatsOK offers a safe place to ask questions about sexual thoughts, relationships, and behaviors—without judgment. Through **developmentally appropriate guidance**, WhatsOK helps youth understand **healthy sexual development**, make safer choices, and support friends who may be struggling.

OUR IMPACT

(2021–2025)

12+ million
reached through social media

330k users & 562k views
on the website

3000 conversations
via email, chat, text, & call

Users from every state
& more than 88 countries

65% of helpline users
sought help for the first time

68% sought help
for their own at-risk and harmful behaviors

60% felt less worried
after connecting with us

Frequently Viewed Blogs

Is it incest
that my brother & I used to touch each other when we were younger?

What are warning signs
of harmful sexual behavior?

A girl sent me illegal nudes.
What do I do?

I can't stop watching CSAM. What is wrong with me?

Am I a monster?

"I can't thank you enough for your response. I was in a very bad place and your reply pulled me and my brother out of an extremely bad state of mind. We cried together over it."



**REACH
OUT**