

WhatsOK

The first website and helpline service in the world for **young people** with concerns about problematic sexual interests and behaviors.

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

—Helpline User

Defining the Problem

- Over **70% of children or youth** who report sexual abuse, have been abused by another child or youth
- Almost **no resources exist** for youth who cause sexual harm
- **Fear of criminal justice response** and systemic involvement keeps this abuse deeply hidden

Our Solution

Groundbreaking

Approach: Provide youth (ages 14–21) developmentally appropriate and accurate support that they need to address concerns with problematic sexual thoughts and behaviors

Expertise: Building on three decades of international experience and success, we **developed the WhatsOK.org website** and helpline. It provides guidance, information, resources and blogs for youth about real-life sexual relationship and behavior concerns, including sexual abuse.

Our Goals

- Prevent child sexual abuse (CSA)
- Provide accurate information on healthy sexuality development, safe relationships and sexual behaviors
- Prepare anyone with concerns to respond
- Support survivors of CSA

Questions We Are Hearing

Is what I'm attracted to "normal"?

I'm attracted to younger kids, does that mean I'm a bad person?

Is it OK to look at porn?

I've been looking at sexual videos with kids in it—how do I stop?

I like looking at lolicon, is that OK?

Is it OK to have sexual fantasies?

What do I do if my sexual behaviors have harmed someone?

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

What kind of help is available and how do I ask for help?

I can't stop watching CSAM
(child sexual abuse material)

Am I gay because I was sexually abused?

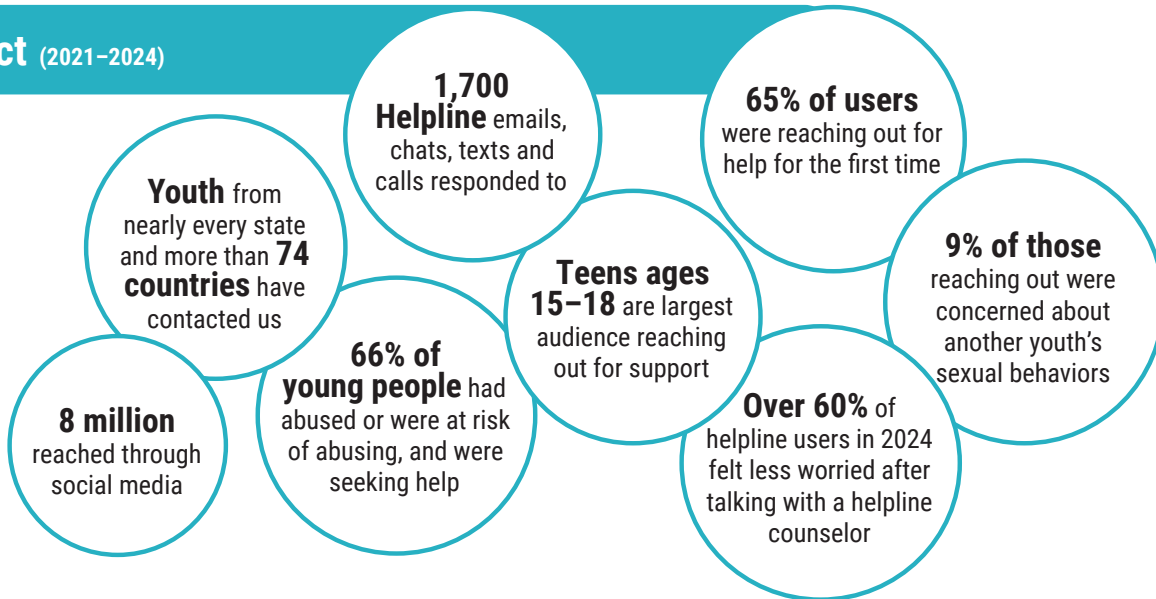
How will I know when my boundaries are crossed?

Am I a monster?

Popular Blog Topics

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Impact (2021–2024)



With our partner, the Center for Violence Prevention Research, we seek to contribute to scientific research and professional **conversations around youth's problematic sexual behaviors**. This data allows us to understand what is reaching our youth and what is working. We don't settle for less than that.

For more on this research, see scienceofviolence.org/research-portfolio/whatsok

Published Papers/Shifting Conversations

- Bright, M., Gordon, B., Bodi, C., Ortega, D., & Coleman, J. (2023). Development and Implementation of a Preventive Intervention for Youth with Concerns About Their Sexual Thoughts and Behaviors: A Practitioner Narrative. *Journal of Prevention*, 45(1), 9-16. link.springer.com/article/10.1007/s10935-023-00758-8
- Bright, M. A., Bódi, C., Gordon, B., Ortega, D., & Coleman, J. (2024). Early Findings of Helpline Inquiries From Youth and Young Adults With Concerns About Their Sexual Thoughts, Behaviors, and Experiences. *Journal of Interpersonal Violence*, 8862605241299446. doi.org/10.1177/08862605241299446

WhatsOK ?

www.whatsok.org

Text WHATSOK to 1-888-532-0550
Call 1-844-WHATSOK (1-844-942-8765)

A Program By

 **Stop It Now!**
www.stopitnow.org

What's Next?



- Growing awareness through ongoing dissemination to professionals, parents and youth
- Listening to youth to build resources with content reflecting youth's experiences and current landscape
- Expanding our capacity and the Helpline's availability to meet growing need
- Create long-term sustainability for this critical resource