


BSL



**and Awareness
Club Session 2**

The background features several abstract, colorful shapes and patterns. In the top left, there is a light green wavy shape with a cluster of dark blue dots. In the top right, a light blue shape is partially visible with a dark blue wavy line and a few dots. In the bottom left, there is a yellow wavy shape with a dark blue wavy line. In the bottom right, there is a light orange shape with a cluster of dark blue dots. The text is centered in the middle of the page.

Google classroom code
v5cr6hr

The background features abstract, colorful shapes and patterns. In the top left, there is a light green wavy shape with a pink circle below it. In the top right, there is a light blue wavy shape with a dark blue outline and a light blue circle. In the bottom left, there is a yellow wavy shape with a dark blue outline. In the bottom right, there is a pink wavy shape. Scattered throughout the background are numerous small, dark blue dots.

the anonymous box

Contents for today

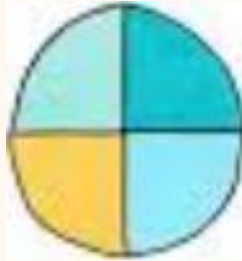
- What is OCD?
- Life with OCD
- Experiences with OCD
- OCD & other conditions
- Discussion time- OCD language, is it ableist?
- Accessing help & being an ally
- Celebrities with OCD
- OCD in the media
- Book recommendation
- BSL time! alphabet recap/Learning everyday phrases
- The plan for next session

What is OCD?

- OCD - Obsessive Compulsive Disorder
- Obsessions - persistent & unwanted intrusive thoughts/images/urges
- Compulsions - repetitive mental/physical behaviours that accompany obsessions

**People often think
OCD is:**

- being neat
- cleaning
- hating germs
- organizing



It also involves:

- intrusive thoughts
- fear & anxiety
- avoidance
- reassurance seeking
- distress
- shame & guilt
- much more!!



Life with OCD

- Each individual's experience with OCD is diverse and complex
- Obsessive-compulsive traits change over time but never truly go away
- Some people with OCD commonly have an inflated sense of responsibility or an overestimation of threat
- A fear that something bad will happen if everything isn't 'right'
- Obsessions and compulsions have a big impact on day-to-day life
- Not all OCD compulsions are visible- this is misinterpreted as 'Pure-O'



Experiences with OCD

"So strong was the fear, for a period of time I confined myself within the four walls of my room to avoid any contact with the outside world."

"It's not about being tidy, it's about having no control over your negative thoughts. It's about being afraid not doing things a certain way will cause harm."

"Getting ready involves so much hand washing and so many mental rituals. Sometimes, I feel like staying in bed and avoiding the day."

"Imagine the utter horror of taking someone's life. Now, your brain can probably disregard that thought quickly, so you're not aware of it for long. But imagine having that thought over ten times a day - and not being able to get rid of it."

"The constant fear of me not being able to do anything 'right' "

"It impacts my mood, and my ability to do certain things, like pray because I'm trying so hard to fight the thoughts."

Experiences with OCD

“I find that if there's something I don't like thinking about or images that distress me, my mind will fixate on them and naturally gravitate towards them. This can result in stress, loss of concentration, lack of sleep and generally just make me feel worse about myself”

“They often make you question your morality and can lead to self-hatred. They often don't reflect the views, beliefs or morals a person has, but tend to attack and focus on the things that offend them, causing distress.”

“No one really seems to understand OCD as something genuine other than being a control freak or a perfectionist or having to always keep your room tidy”

“It can be hard to talk to people about it, because it makes you feel bad about the person you are to be getting distressing thoughts

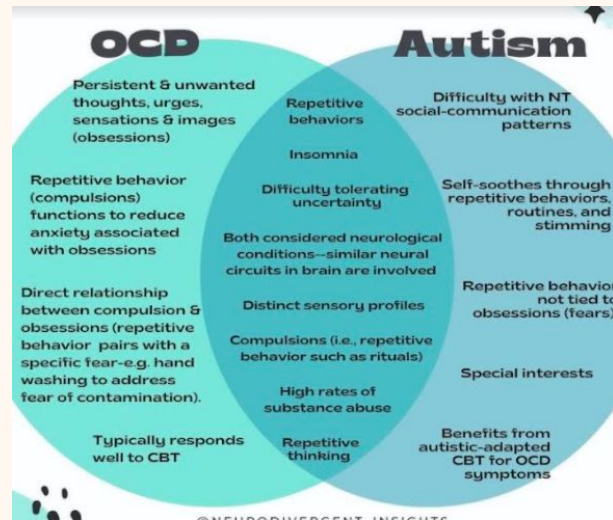
<https://www.mind.org.uk/information-support/your-stories/living-with-ocd/>

<https://www.mind.org.uk/information-support/your-stories/my-ocd-a-monster-in-my-mind/>

OCD and other conditions

- OCD is highly misdiagnosed
- Symptoms of OCD can appear similar to other conditions
- It is common to have another condition as well as OCD
- It can often be misdiagnosed as anxiety, ASD, ADHD and some tic disorders
- There are distinct differences

Some similarities and differences between OCD and Autism:



Discussion time- Ableist OCD language

an excuse

A CHOICE

being neat

A quirk

“**OCD is NOT** AN ADJECTIVE”

FUNNY

just overthinking

A JOKE



International
OCD
Foundation

iocdf.org/about-ocd

Accessing help & being an ally

- Research and learn from trusted sources
- Talk to someone you trust
- Reach out to a GP/medical professional
- Provide reassurance
- Use the right language - “The language we use is just as important as the actions we take to destigmatize mental health conditions”
- Speak up
- ASK the person you want to support

Sources for more information

Websites:

[https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd/overview/#:~:text=Obsessive%20compulsive%20disorder%20\(OCD\)%20is,usually%20starts%20during%20early%20adulthood.](https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd/overview/#:~:text=Obsessive%20compulsive%20disorder%20(OCD)%20is,usually%20starts%20during%20early%20adulthood.)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/>

<https://www.verywellmind.com/how-can-i-stop-ocd-thoughts-2510498>

<https://iocdf.org/about-ocd/>

<https://www.ocduk.org/ocd/>

Why is the language ableist:

<https://www.stylist.co.uk/health/mental-health/a-bit-ocd-harmful-language/312198>

<https://www.dictionary.com/e/ocd-offensive-term/>

Instagram accounts:

@the_ocdproject

@peacewithocd

@ocdrecoverycom

@theocdtruth



KHLO-C-D

WHY I HAVE KHLO-C-D

OCD in the media

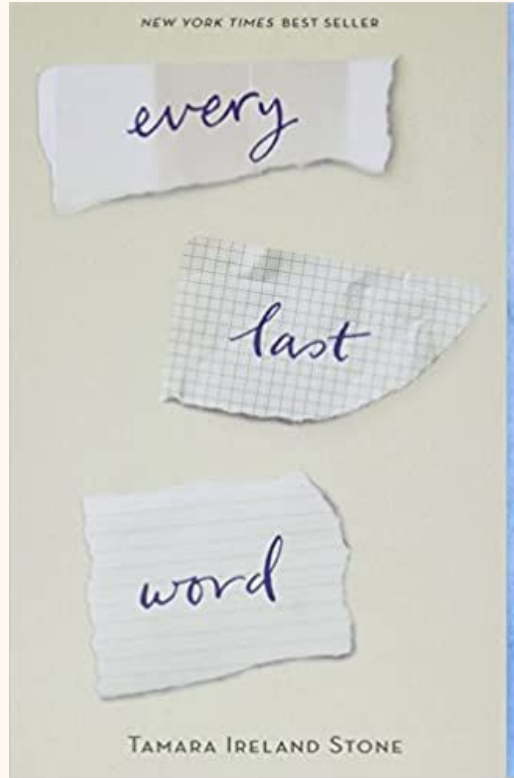


- What are your opinions on these examples of OCD in the media?
- Have you seen any representation of OCD in the media? In social media/ tv shows/ movies/ books?
- More examples of OCD in the media:
<https://impulsetherapy.com/how-ocd-is-portrayed-in-movies-tv-shows/>

Book recommendation of the week

Every last word - Tamara Ireland Stone

Themes -
OCD
Friendship
High school
Poetry
Finding a voice



Disability rep-

OCD (obsessive
compulsive disorder)

Anything that has a
long term substantial
impacting effect on
someone's ability to
carry out day to day
activities is considered
a disability

The background features a white central area with colorful abstract shapes and dots. In the top-left, there is a light green shape with a pink circle below it. In the top-right, there is a light blue shape with a dark blue wavy line and a light blue circle. In the bottom-left, there is a yellow shape with a dark blue wavy line. In the bottom-right, there is a pink shape. Scattered throughout are dark blue dots of varying sizes.

BSL time!!

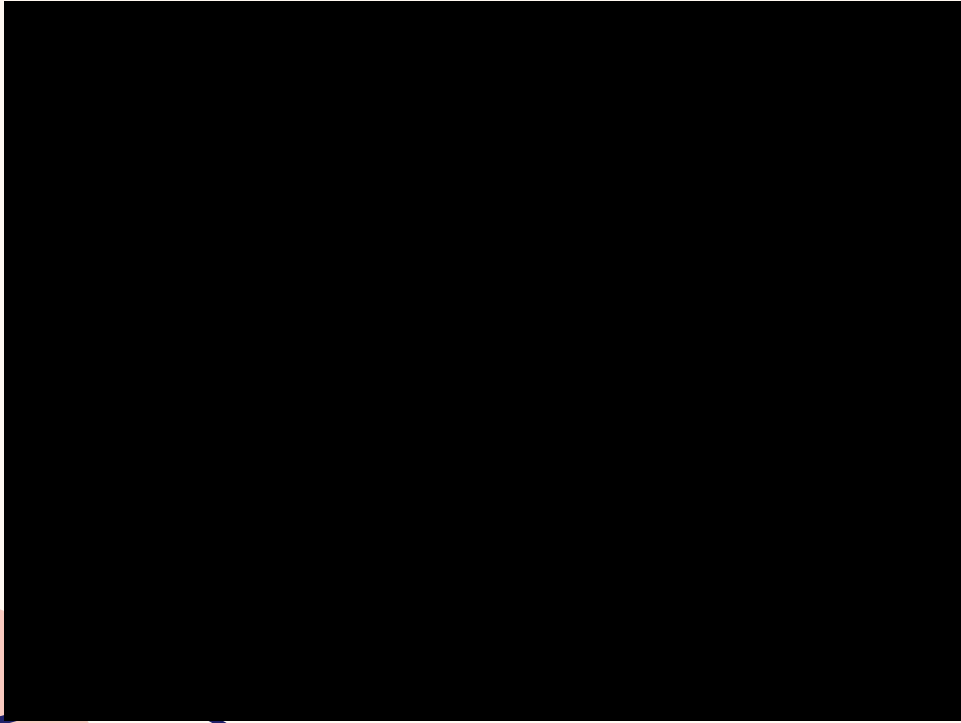
The grammar and syntax of BSL

- BSL has its own grammatical rules
- SSE is where signs are used to support spoken English
- 2 signs in BSL can be the same but have different meanings

Spoken English	British Sign Language
What is your name?	Name you what?
How old are you?	Age you what?
What job do you have?	Work you what? / Work you where?
Where do you live?	Live you where?
Are you Deaf, or hearing?	Deaf hearing you which?

TOPIC > SUBJECT > QUESTION

SIGN LANGUAGE

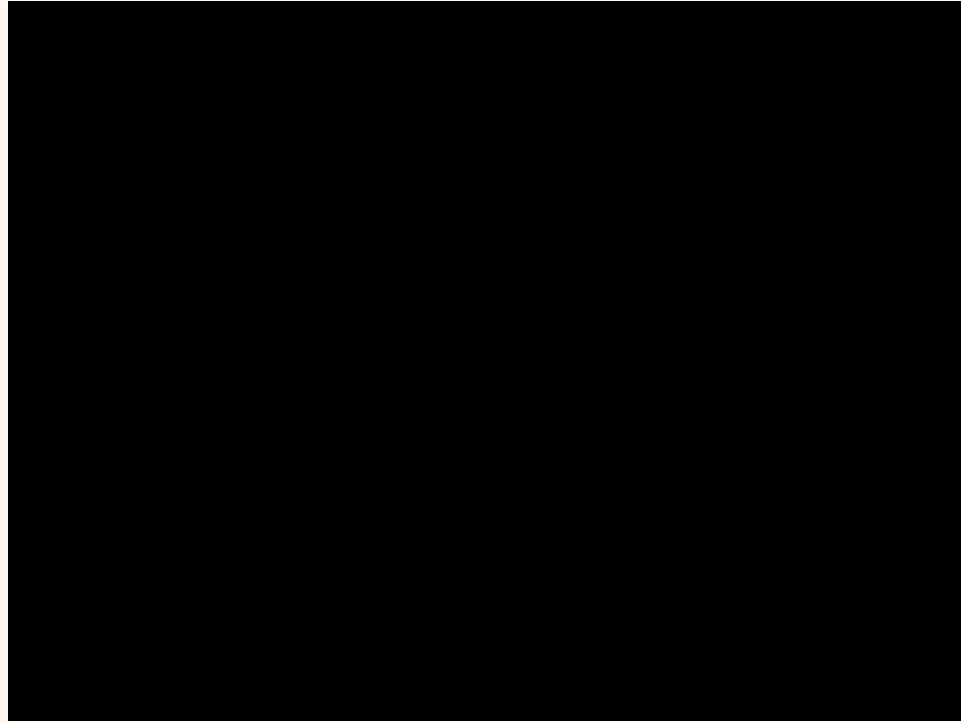


Any other signs you want to learn?
We'll do them!

The background features several abstract, colorful shapes and patterns. In the top-left corner, there are light blue wavy lines. In the top-right corner, there is a yellow shape with scattered dark blue dots. In the bottom-left corner, there is a light orange shape with a dark blue wavy line. In the bottom-right corner, there is a light green shape with a yellow oval and a few dark blue dots. A small yellow shape is also visible at the bottom center.

**PRACTICE FINGERSPELLING
YOUR NAME!**

INTRODUCING YOURSELF! HELLO/BYE

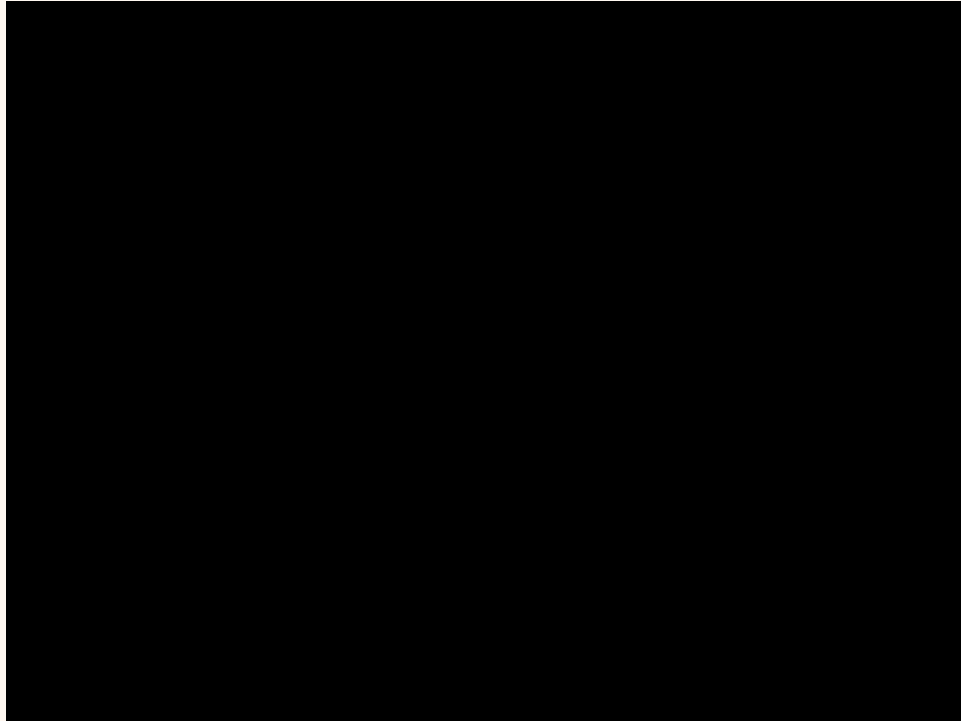


INTRODUCING YOURSELF! NAME YOU WHAT

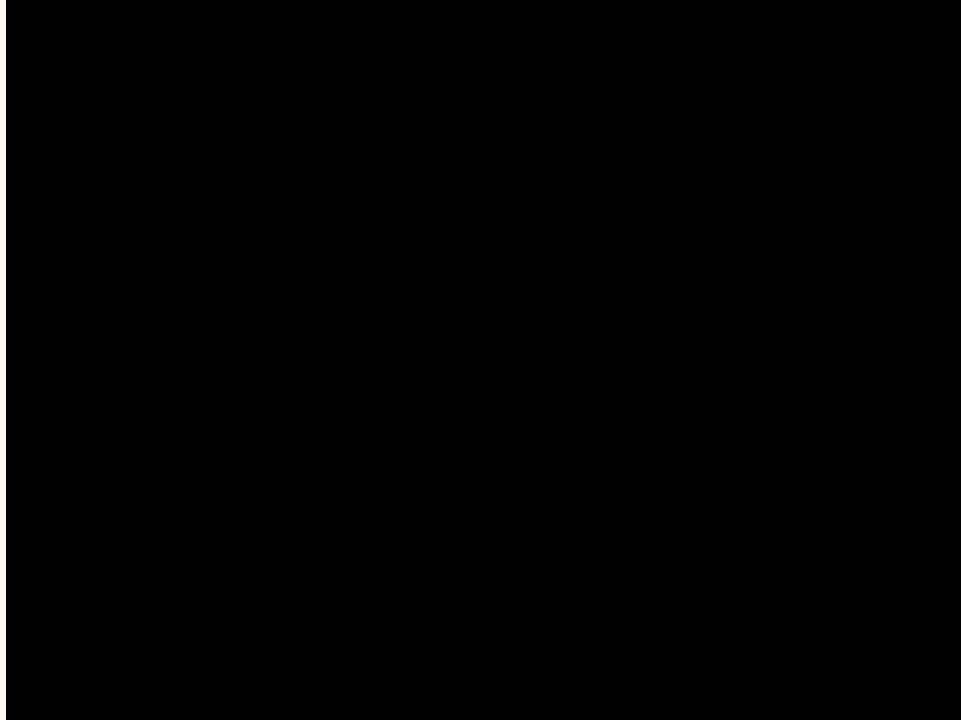


INTRODUCING YOURSELF!

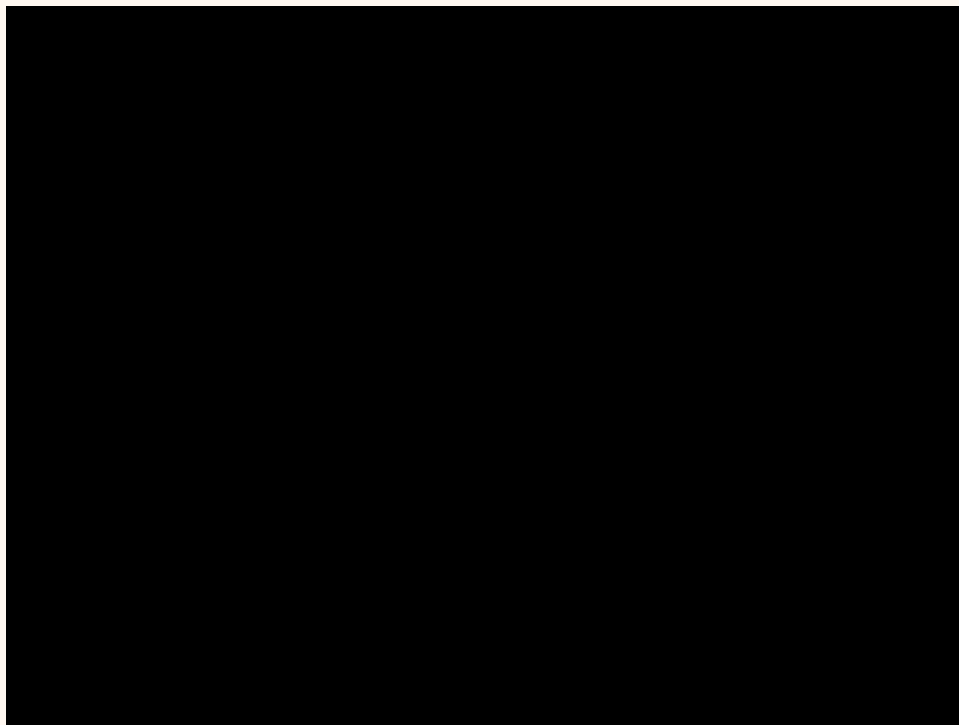
NAME ME WHAT



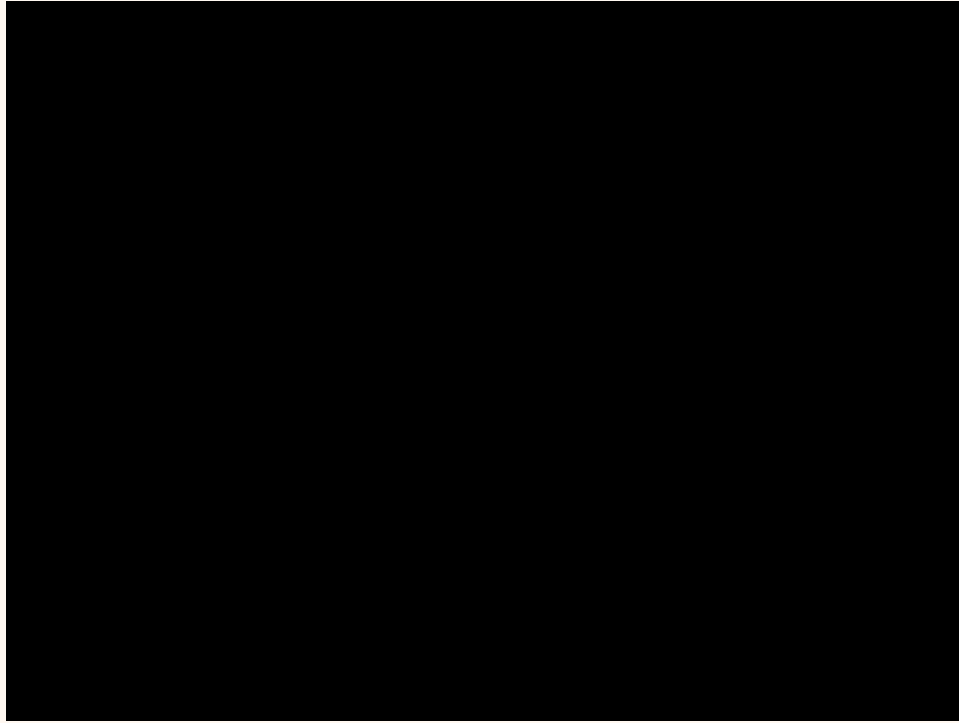
INTRODUCING YOURSELF! NICE MEET YOU



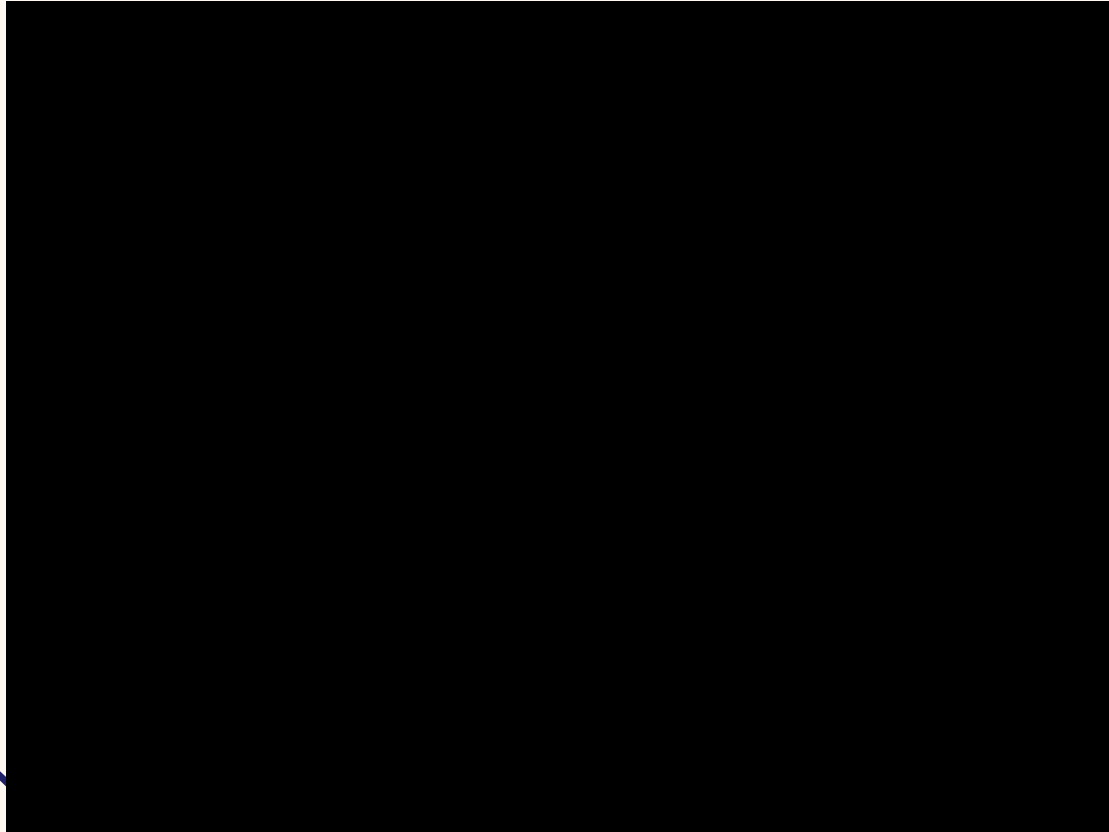
HOW ARE YOU?



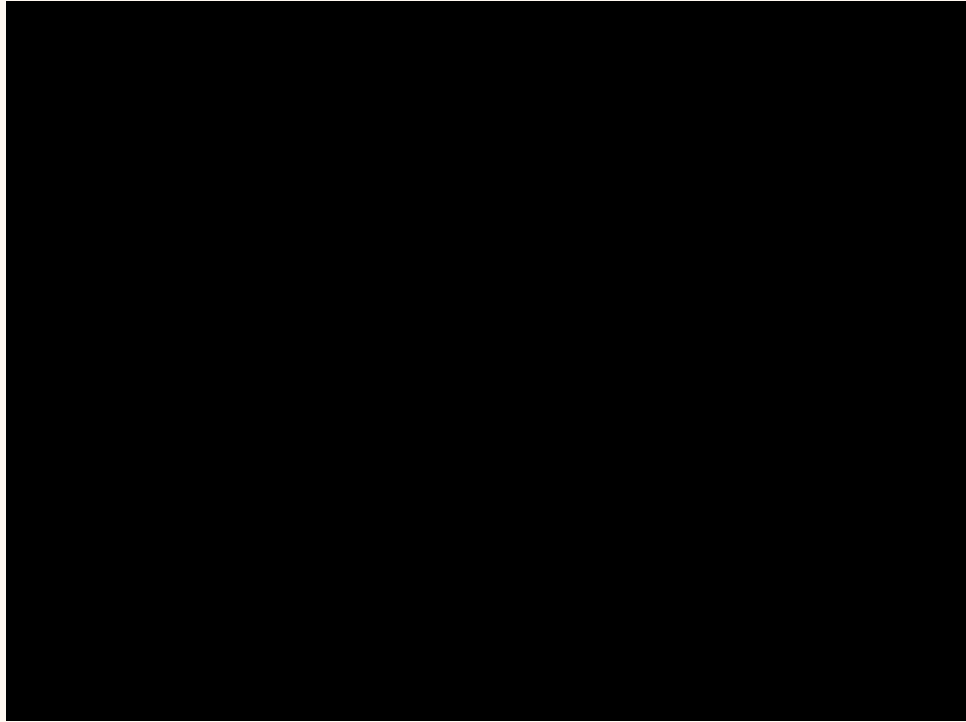
I'M FEELING GOOD



I'M NOT FEELING GOOD



PLEASE



THANKS



british-sign.co.uk

0:01

1x



POSITIVES & NEGATIVES

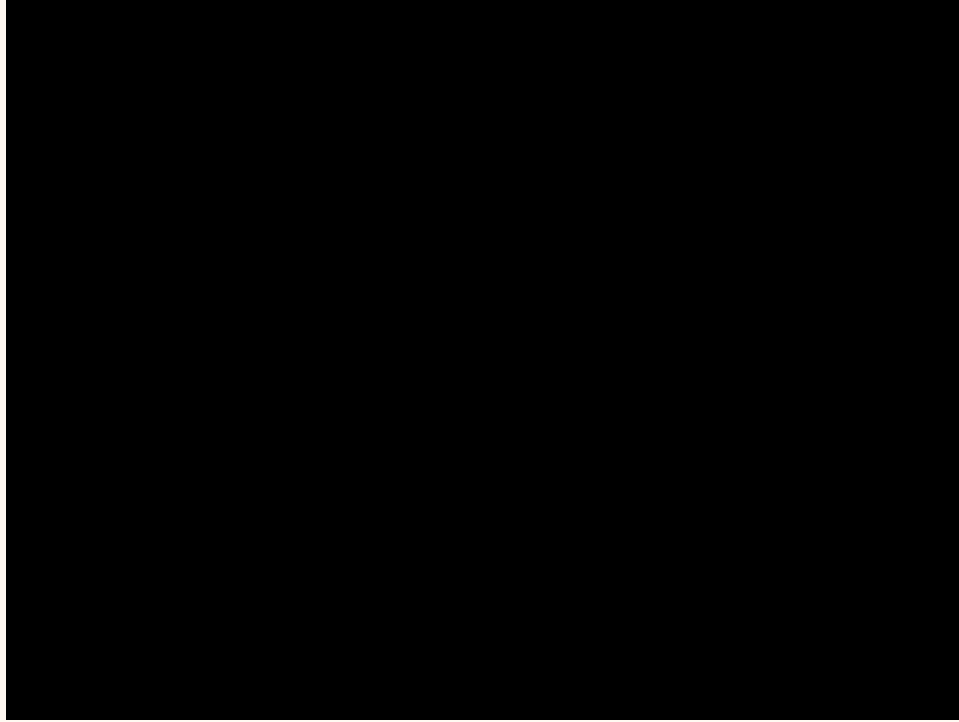
GOOD

GOOD



british-sign.co.uk

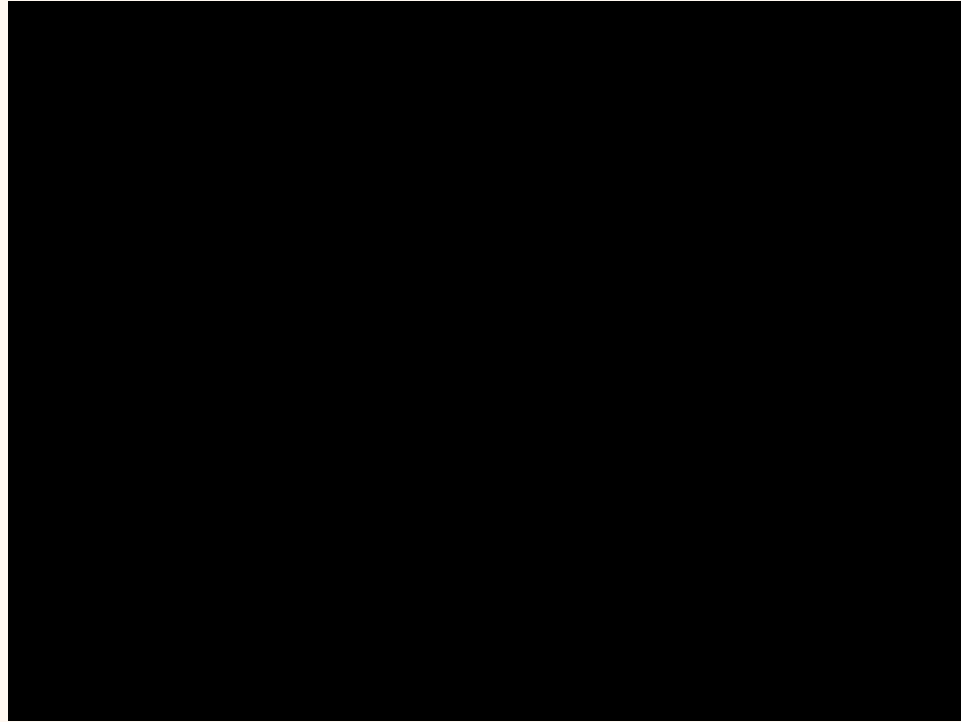
POSITIVES & NEGATIVES BAD



POSITIVES & NEGATIVES RIGHT



POSITIVES & NEGATIVES WRONG



WELL DONE!



The plan for next sessions

- The disability we will focus on - Dyslexia
- The BSL content we will study - Numbers (practicing with BINGO)
- Session after next will be one of our routinely BSL only sessions where we focus solely on BSL
 - We'll be signing to songs, playing quizzes and games, recapping signs, etc.
 - ANONYMOUS BOX FOR SONG/GAME SUGGESTIONS

The background features abstract, colorful shapes and patterns. In the top left, there is a light green wavy shape with several dark blue dots scattered around it. In the top right, there is a light blue wavy shape with a dark blue outline and a few dark blue dots. In the bottom left, there is a yellow wavy shape with a dark blue outline. In the bottom right, there is a light pink wavy shape with several dark blue dots scattered around it. The central text is the main focus of the image.

Thank you for coming :)

Icon pack: Hospital



Icon pack: Emergencies

