


# BSL and Awareness Club Session 3



The background features a white base with several abstract, colorful elements. In the top-left, there's a light green shape with a pink circle partially visible. In the top-right, a light blue shape is partially visible. In the bottom-left, there's a yellow shape with a dark blue wavy line. In the bottom-right, there's a pink shape. Scattered throughout are small dark blue dots and a dark blue wavy line that curves across the top and right sides.

Google classroom code  
**v5cr6hr**



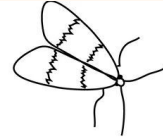
# the anonymous box

at any time pop in suggestions for songs/ideas/  
conditions you want us to focus on  
or email us!

# Contents for today

- OCD recap- myth busting discussion
- What is Dyslexia?
- Life with Dyslexia
- Experiences/tips
- Accessing help
- Being an ally
- Celebrities
- Positive aspects
- Book recommendations
- Dyslexia & BSL
- BSL time- learning numbers!
- The plan for next session

# Something we wanted to share...



representation  
is vital  
otherwise the butterfly  
surrounded by a group of moths  
unable to see itself  
will keep trying to become the moth

*representation* - rupi kaur

OCD can impact  
the whole  
family, not just  
the sufferer



## OCD fact

Loved ones often get drawn in to helping the sufferer with compulsive rituals that disrupt and put pressure on their lives.

Having  
OCD can be  
a positive



## Mythbuster

**OCD** is actually a debilitating mental health problem which prevents sufferers from living life as they choose. It reduces self-confidence and highly restricts the person *suffering with OCD* both mentally and physically.

**OCD is  
just the  
same as  
anxiety**



Though there are similarities, OCD consists of obsessive thoughts and compulsive actions.



Sufferers of  
OCD love  
cleaning



## Mythbuster

**NO THEY DON'T!**

Inaccurate media portrayals of **OCD** lead to this widely held misconception. The truth is, people with **OCD** that clean, do so in utter misery because **they feel compelled** to do so, not because they love cleaning.

**OCD  
traits  
change  
over time**



## **OCD fact**

Both compulsions and obsessions can change with time. Age, culture and life experiences can affect the theme or symptoms.

All OCD compulsions are visible, like cleaning and hand washing



## Mythbuster

For many people **suffering** from **Obsessive-Compulsive Disorder**, their rituals and behaviours (compulsions) are less obvious. They might be thinking based, like trying to remember past events or checking of their own body. They might also be avoidance of particular people, places or objects.

In all cases, they are in response to frequent unwanted and upsetting intrusive thoughts or feelings (obsessions).

Intrusive thoughts do not reflect the intentions of the sufferer



## OCD fact

Obsessions do not reflect the sufferer's personality or intentions. They are unwanted and worrying, and the person with OCD is compelled to relieve them.

**Everyone  
is a little  
OCD**



Fact: OCD is not a characteristic, but rather a real mental health condition that affects 2-3 million adults and half a million young people in the US alone. This is not something that has a switch which you can turn off.

# What is Dyslexia?

- Dyslexia is a specific lifelong learning difficulty
- It is characterised by difficulties with accurate and/or fluent word recognition and by poor spelling and decoding abilities
- People **can** be dyslexic in one language and not the other
- Dyslexia is a learning **difficulty** not a learning **disability**, intelligence isn't affected
- 1 in 10 people in UK have some degree of dyslexia- it is more common than you think
- Dyslexia is not a disease so it has no cure and cannot be treated

# Life with Dyslexia

- Teenagers and adults may struggle a lot with certain areas of school
- Mainly affects reading, writing & spelling
- Can have an impact on confidence
- Can have difficulties with processing information and memory
- Dyslexia is a lifelong condition that impacts individuals differently
- There is a Dyslexia spectrum
- Dyslexic individuals can be very creative and have enhanced problem solving skills
- Dyslexia can come with strengths and can help achieve big goals

# Experiences/tips

- 'The worst thing about being a kid with Dyslexia, is people questioning your effort levels'
- 'Despite having so much support, I felt so alone, so unsure and stupid'
- 'I find it absolutely wild that dyslexic people are called lazy but we are so incredibly hard working'
- 'It's more than just an odd spelling mistake'
- 'I can be dyslexic and be successful'
- 'It's the way my brain works, I won't grow out of it'
- 'I'm constantly told that I can't do certain things but I can, I can achieve my goals'
- 'Dyslexia is a difference that has both positives and negatives'



# Accessing help

- Dyslexia isn't a setback or something to be ashamed of
- Educational help can be provided by speaking with teachers
- Seeking an official diagnosis would allow you to access wider help
  - we understand waiting times are frustrating and time-consuming and that a diagnosis isn't always possible but its the best way for you to effectively recognise and manage your strengths and weaknesses through dyslexia diagnostic assessments and qualified support
- Remember that Dyslexia is a spectrum disability and everyone has different needs and challenges, not everyone reacts to interventions and support in the same way

## sources for more information:

<https://www.nhs.uk/conditions/dyslexia/>

<https://www.readandspell.com/quotes-about-dyslexia>

<https://www.dosomething.org/us/facts/11-facts-about-dyslexia>

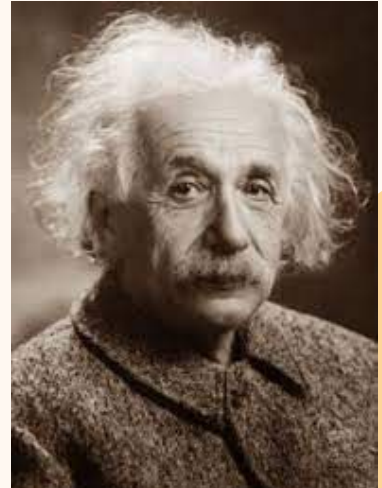
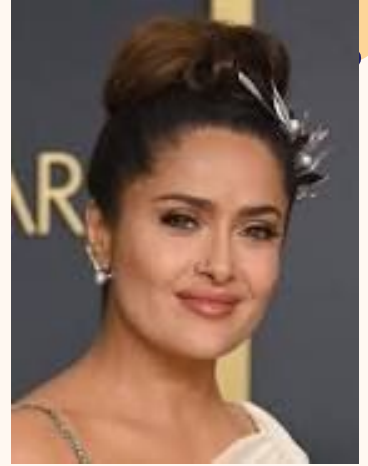
<https://education.ufl.edu/ufl/files/2019/09/Dyslexia-Myths-and-Facts.pdf>

<http://dyslexiahelp.umich.edu/parents/learn-about-dyslexia/what-is-dyslexia/debunking-common-myths-about-dyslexia>

# Being an ally

- Research from trusted sources
- Be patient
- Don't assume things
- Be supportive & encouraging
- Be open minded and understanding
- Ask the person you want to support how you can help

# Dyslexic celebrities



# Positive aspects

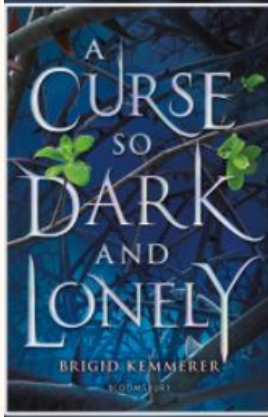
-“If anyone ever puts you down for having dyslexia, don’t believe them. Being dyslexic can actually be a big advantage, and it has certainly helped me.” -Richard Branson, Virgin CEO

-“I didn’t succeed despite my dyslexia, but because of it. It wasn’t my deficit, but my advantage. Although there are neurological trade-offs that require that I work creatively [and] smarter in reading, writing and speaking, I would never wish to be any other way than my awesome self. I love being me, regardless of the early challenges I had faced.” -Scott Sonnen, Professional Athlete

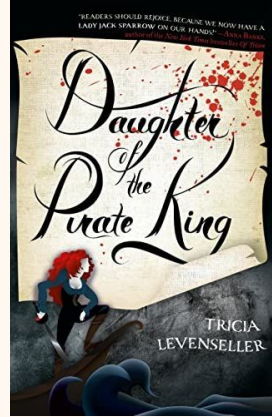
“Some people read really fast, but you’ll ask them questions about the script and they’ll forget. I take a long time to read a script, but I read it only once. I directed a movie, and I never brought the script to the set.” -Salma Hayek, Actress

- Enhanced creativity and problem solving skills
- Thinking outside of the box
- Understanding big picture concepts
- Making connections
- Being able to explain complex ideas visually
- Resilience
- Brilliant empathy
- Strong social skills

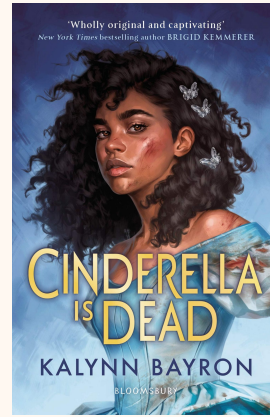
# Book recommendations of the week



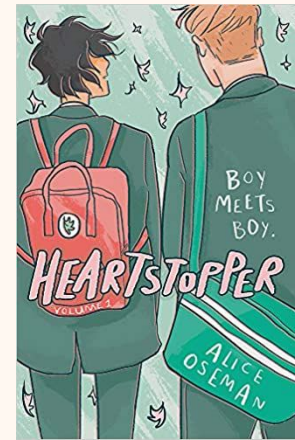
- A curse so dark and lonely**
- beauty and the beast retelling
  - strong female lead
  - disability awareness



- Daughter of the pirate king**
- female lead
  - enemies 2 lovers
  - pirate themed
  - fast paced duology



- Cinderella is dead**
- cinderella retelling
  - black female lead
  - LGBTQ+ rep
  - female empowerment



- Heartstopper**
- graphic novel
  - LGBTQ+ rep
  - school
  - first love

# BSL & Dyslexia

- Sign language can help dyslexic people in many different ways
- BSL is a strategy often used to help a child struggling with dyslexia
- Helps them to communicate without confusion
- Helps to understand spelling of words
- A multisensory strategy which helps them learn words

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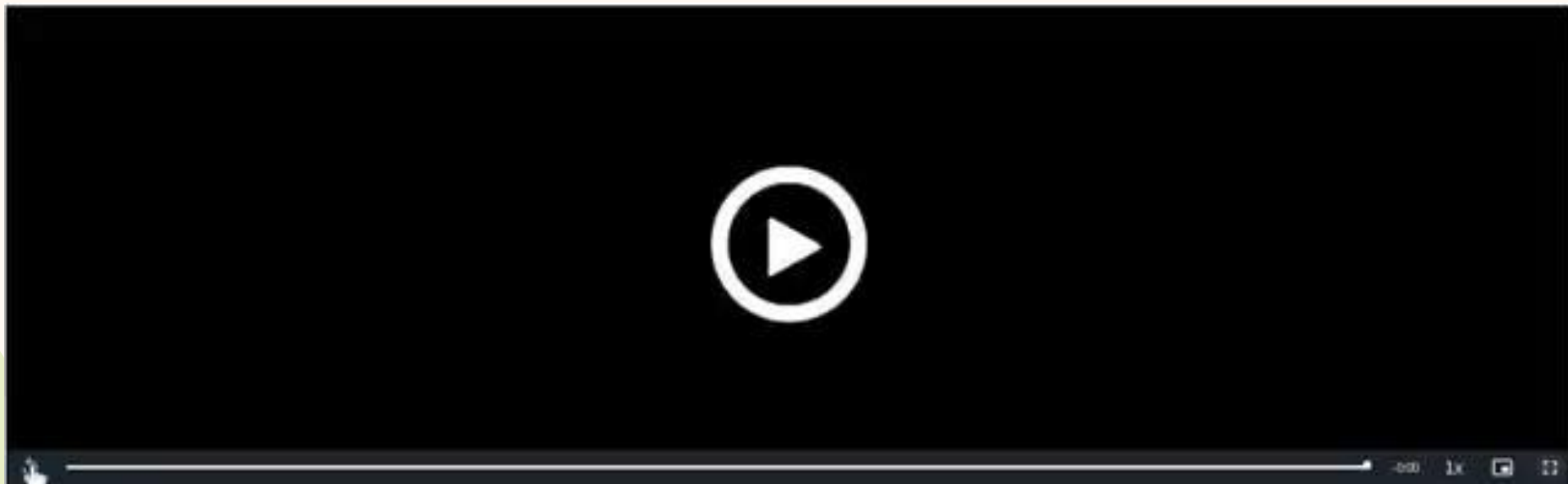
**BSL time!**





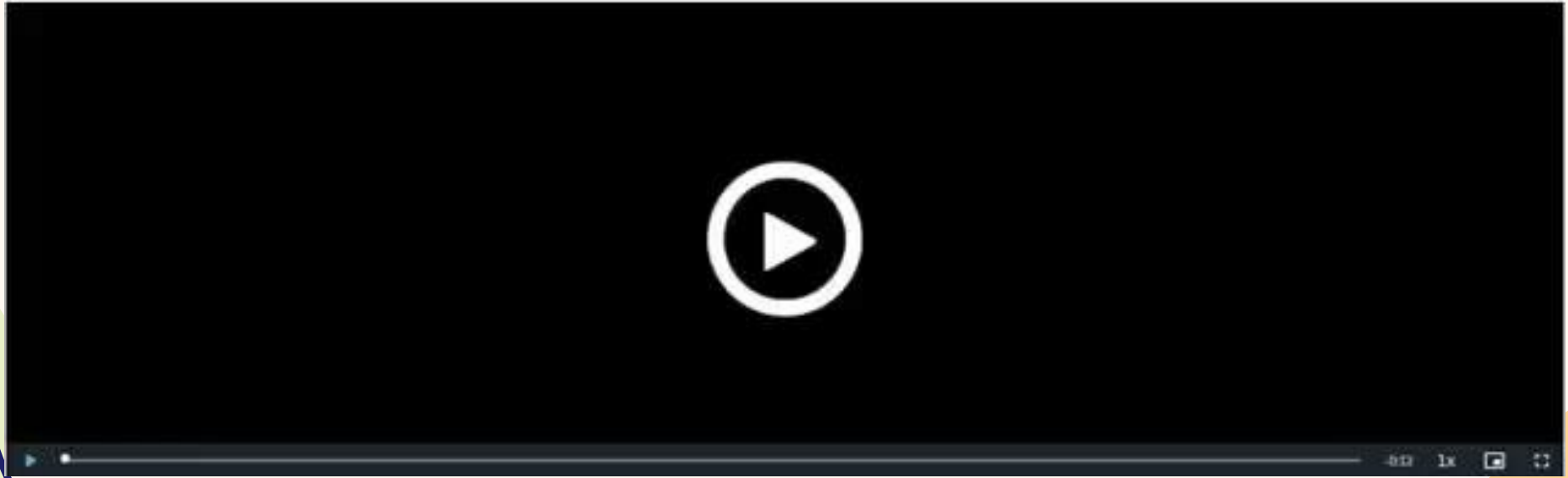
# Numbers 1-100 in BSL!!

# Sign for the word 'number'



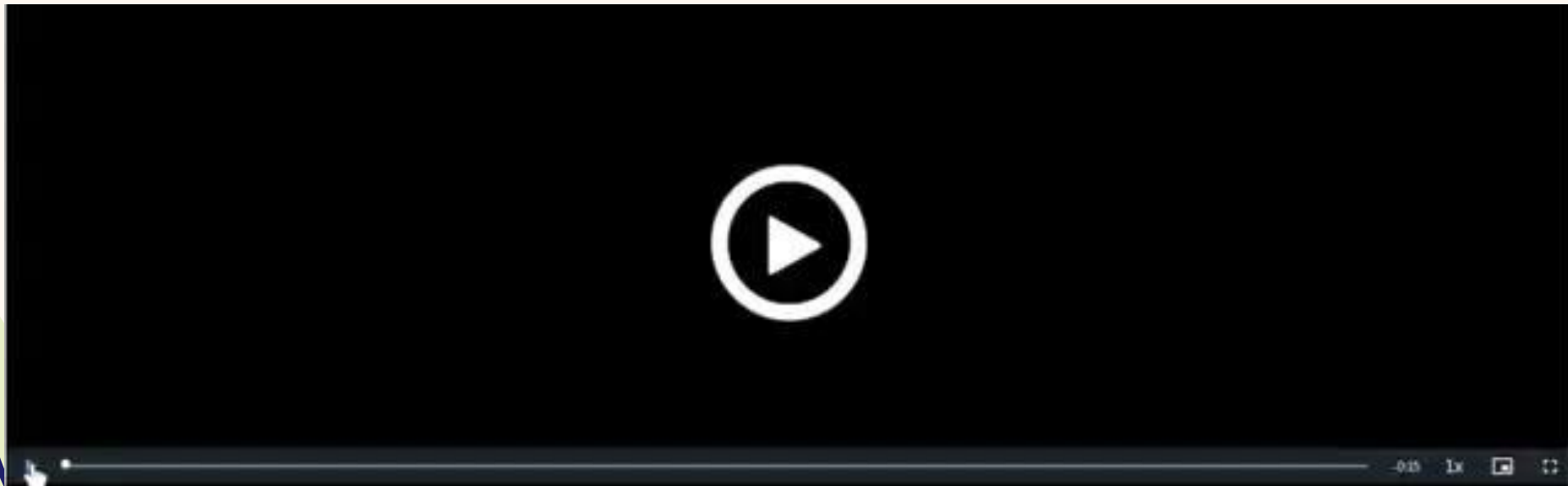
# Numbers 1-5

Hold up the number using your primary hand



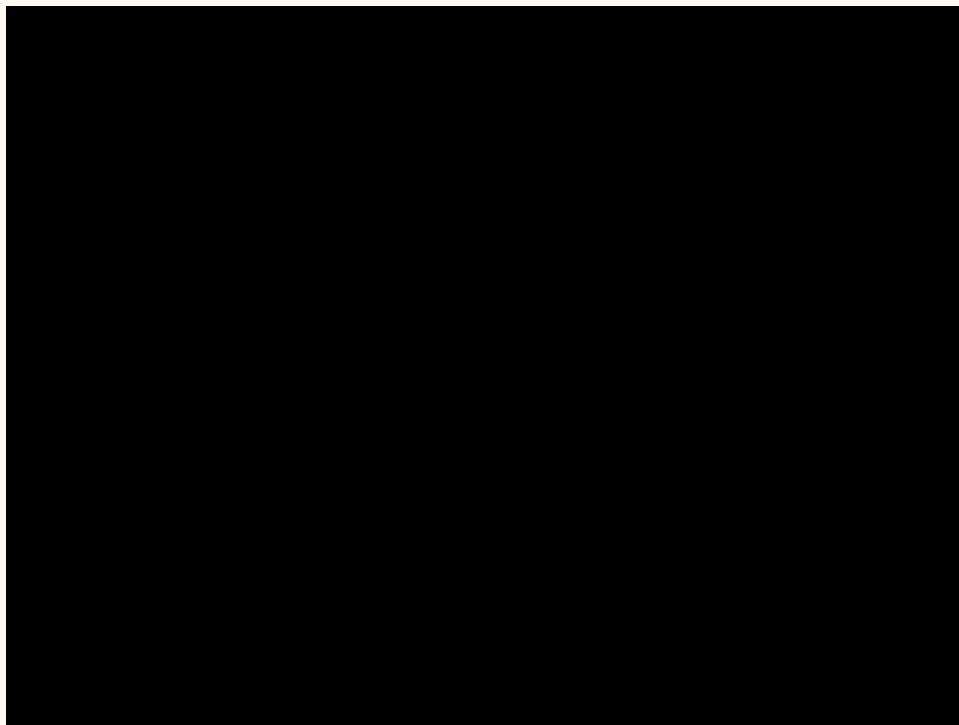
# Numbers 6-10

Hold up the number using your primary hand



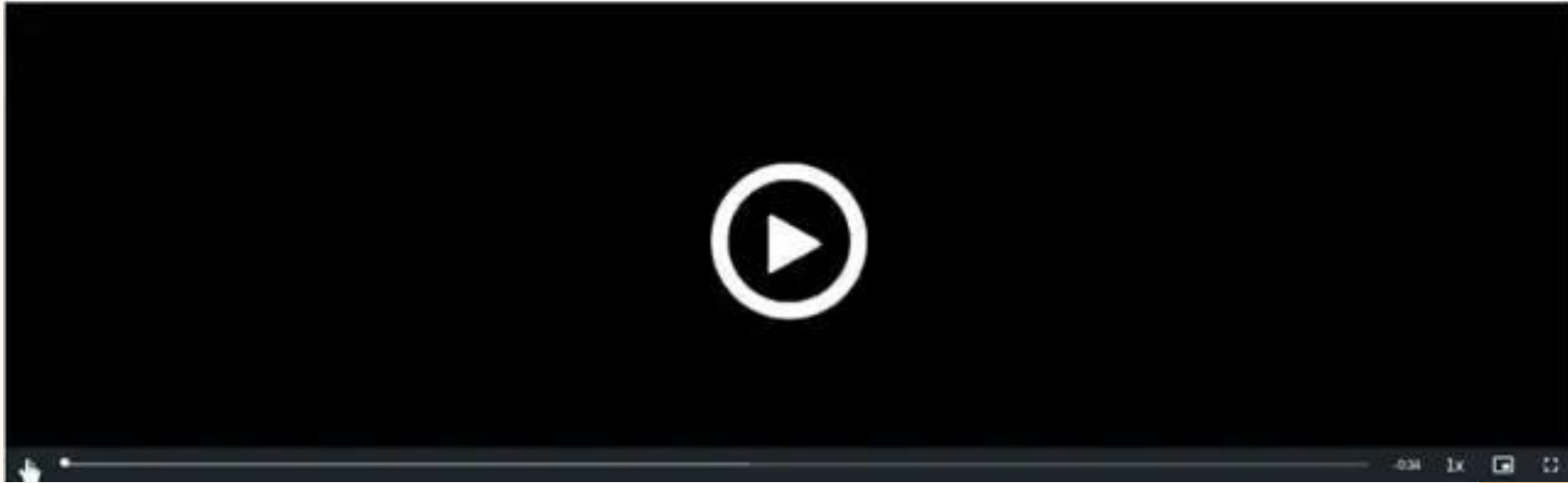
# Numbers 11-20

Hold up the number using your primary hand



# Numbers 21-30

Hold up the number using your primary hand



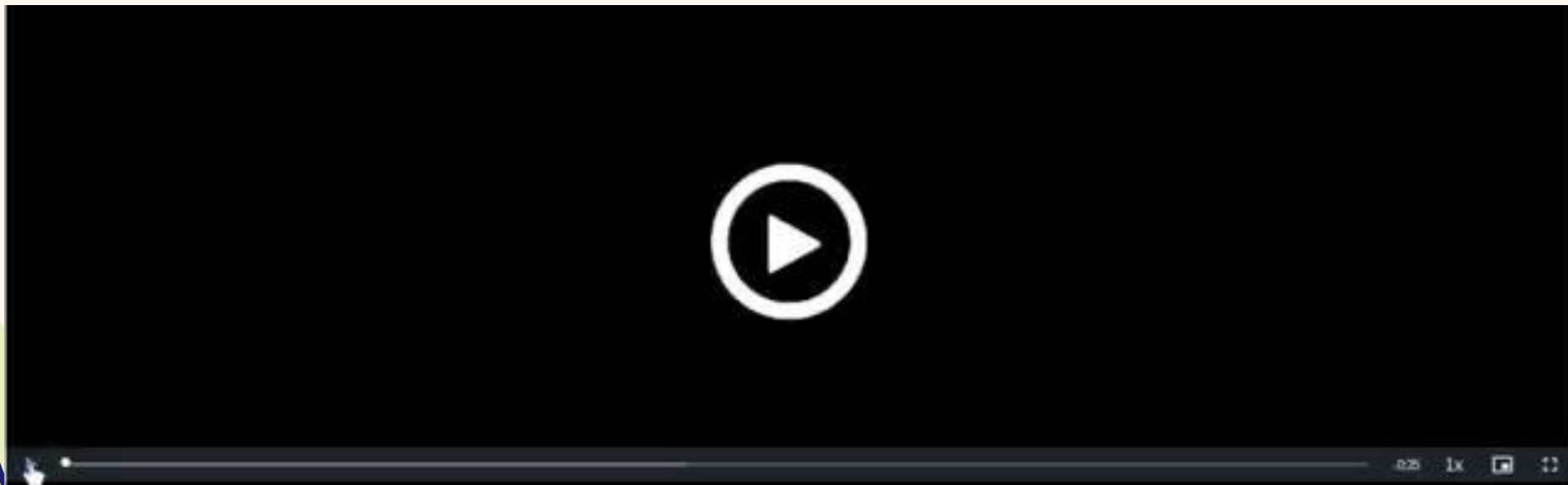


## Numbers 21-100

All the numbers from 21-100 follow the same pattern shown with 21-30! We'll practice this pattern with 91-100

# Numbers 91-100

Hold up the number using your primary hand





# Practicing with BINGO!!

- **Write 9 numbers** from **1-100** on your paper sheet
- Zahra will pick out a number and sign it to you- pay attention and practice reading and interpreting number signs
- Cross out the number on your sheet when its been picked out
- When you cross out all the numbers shout **BINGO** loudly
- Chocolate prize for the first one to shout Bingo

# Culture Day Diversity Fair

<https://docs.google.com/document/d/14aAVt7ZiS1kro1stjyT3YyazBjDefJD4oGmTv4fsTLw/edit>

# The plan for next session

- One of our routinely **BSL only** sessions!
- Practicing/learning signs
- Games/quizzes
- Signing to songs that are suggested
- Let us know any suggestions through:
  - Anonymous box
  - Email [8mcsapra@ahs.bucks.sch.uk](mailto:8mcsapra@ahs.bucks.sch.uk)
  - Email [8mzqazi@ahs.bucks.sch.uk](mailto:8mzqazi@ahs.bucks.sch.uk)

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**Thank you for coming :)**

# Icon pack: Hospital



