



School health professionals need to have some knowledge of OCD, be aware of signs that may suggest a student is experiencing OCD, and know how to promote a supportive and inclusive school environment. Please consider sharing this resource with teaching staff, and mentioning it during staff development sessions.

A student who is able to talk about their feelings of anxiety or depression might also be troubled by disturbing intrusive thoughts, urges or images (obsessions), but feel

“It is trivialised, for example with the Minister of Health saying ‘now is the time to be OCD’, or Khloe Kardashian saying she’s got ‘Khlo-CD’. It’s always very disrespectful to us and reinforces myths that OCD is all about cleaning and contamination. There are many other forms it can come in.”

<https://www.mentalhealth.org.nz/get-help/getting-through-together/having-a-hard-time-getting-through/managing-obsessive-thoughts-and-compulsions-during-covid-19/>

To improve the student community’s understanding of OCD and promote positive attitudes about lived experience of OCD, consider the role of the school library. Ensure that there are age-appropriate books with diverse representation of real-life individuals or fictional characters with OCD.

<https://www.pragmaticmom.com/2017/09/ocd-characters-childrens-books/>

<https://bookriot.com/2019/07/23/ya-books-about-obsessive-compulsive-disorder/>

<https://my.christchurchcitylibraries.com/blogs/post/stacy-greggs-latest-pony-book-is->