**Join OCD Youth**

**What is OCD Youth?**

OCD Youth is a peer-led project supporting under 25s affected by Obsessive Compulsive Disorder. It is facilitated by OCD Action, the national charity for people affected by OCD in the UK, and is run by a group of young volunteers known as the Youth Advisory Panel (YAP).

### What does OCD Youth do?

#### YAP

The Youth Advisory Panel is a volunteering programme at the heart of OCD Youth. As this is a youth-led initiative, YAP volunteers meet up every month (online) and twice a year (in person) to collaborate on OCD Youth activities.

#### Activity Days

We run exciting outings for under 25s with OCD – from theme parks, to bowling, to canoeing in the Lake District. They provide an opportunity for young people with OCD to meet others with similar experiences, feel less isolated, and enjoy themselves in a safe and supportive environment.

“With a mixture of group support sessions and informal activities, the event was a great success and a testament to how valuable it can be just to share experiences with people who understand... Looking forward to the next one!”

#### Training & Awareness

We deliver OCD awareness talks with staff and students in secondary schools, sixth form colleges, universities and other networks. These cover topics specific to OCD, as well as more general information about anxiety and other mental health difficulties, stigma, discrimination and bullying. They are delivered by qualified teacher volunteers and/or members of the YAP.

#### OCDyouth.org

“I've found it helpful to know I am not on my own. Seeing other people's posts and comments have helped me feel not so isolated. If you are having a bad day it’s nice to know you can get support - or even having a good day it’s great to share the news.”

OCDyouth.org is a website for young people with OCD. Its purpose is to provide a platform for young people affected by OCD to get information, peer-support, and be part of the community.

#### e-Helpline

The OCD Youth e-Helpline is our newest service. It is a virtual (instant messaging and email) helpline, providing a listening and information support service to young people under 25 who have OCD (or think they might have).

#### Social Media

The Youth Advisory Panel have set up OCD Youth social media accounts to engage with other under 25s with OCD. Twitter and Facebook help us to widen our reach and promote our activities, so that more young people affected know where to find us. Follow us on Twitter ([@OCDyouth](file:///C%3A%5CUsers%5CTrish%5CSharePoint%5CShared%20-%20OCD%20Youth%5COCD%20Youth%20Programme%5CAdmin%20%26%20Finance%5CVolunteering%5CApplication%20Forms%5Ctwitter.com%5Cocdyouth)) and Facebook ([/ocdyouth](file:///C%3A%5CUsers%5CTrish%5CSharePoint%5CShared%20-%20OCD%20Youth%5COCD%20Youth%20Programme%5CAdmin%20%26%20Finance%5CVolunteering%5CApplication%20Forms%5Cfacebook.com%5Cocdyouth))

**Why join?**

Here at OCD Youth, young people themselves are the driving force behind all activities, campaigns and events. Joining our network is a way to be at the heart of all that, allowing you to be involved as much, or as little, as you like.

It’s a good opportunity to meet new people who may have similar experiences to you, in a supportive and understanding environment.

It’s free to sign up and is open to anyone with OCD who is under the age of 25. If you are under 18, you will need parental consent, as it means exchanging social media/contact details with other people, some of whom will be older than you.

**Sign-Up Form**

(to be filled out by you, the young person)

|  |  |
| --- | --- |
| Name |  |
| Date of birth |  |
| Home address |  |
| Contact email |  |
| Contact telephone |  |
| Facebook profile URL (optional – for us to invite you to a private YAP group) |  |
| Skype username (optional – for us to conduct your YAP interview online) |  |
| A bit about you & why you’d like to join |  |
| How you heard of us |  |

**Monitoring & Consent Form**

|  |
| --- |
| *Parent/guardian information (if applicable)* |
| Name(s) |  |
| Contact phone number(s): |  |
| Contact email address(es): |  |

 (Filled out by you if you’re 18+ or by parent/guardian if you’re under 18)

|  |  |  |
| --- | --- | --- |
| Equalities monitoring information (all questions are *optional*) | How would you describe your ethnicity? |  |
| How would you describe your gender? |  |
| How would you describe your sexuality? |  |
| How would you describe your dis/ability status? |  |
| How would you describe your religious beliefs or faith? |  |

□ I, the applicant/primary caregiver, having read the information on pages 1 and 2, agree/give permission for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to attend and participate in OCD Youth.

□ I, the applicant/primary caregiver consent to information provided by me/my child as part of OCD Youth being used in both an internal and a public-facing capacity

□ I, the applicant/primary caregiver consent to OCD Action collecting my/my child’s personal information, to enable participation in OCD Youth.

□ I, the applicant/primary caregiver agree to other members of OCD Youth and the YAP accessing contact details for me/my child, to enable collaboration and peer-support

(NB. this will include being part of a private Facebook group wherein OCD Action will be unable restrict Facebook-friendship requests and private messaging between members).

□ I, the applicant/primary caregiver agree to OCD Action taking and using photographs and/or videos of me/my child for use in online and print resources and publicity materials.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Signature:** |  | **Print name:** |  | **Date:** |  |

□ I, the applicant/primary caregiver agree that I/my child will not privately contact or meet with any other member of OCD Youth or the Youth Advisory Panel, where one or both of the parties is under 18, without the supervision of an OCD Action member of staff.