

CONQUER OCD IN THE CLASSROOM WITH THESE

3 TIPS!

#1

Encourage conversation about OCD. This helps normalize the experience, encourage empathy, build trust, and alleviate guilt and shame associated with OCD.



#2

Make a plan with the student and caregivers for when they are triggered. Then, create a cue to signal that anxiety is high and the plan needs to be set into motion.

#3

Keep the student and caregivers actively involved in planning - check in often and collaborate on any necessary changes.

