

PART ONE: Parent/Caregiver Information and Consent.

- STEP 1: You'll need your parent/caregiver's consent to participate in this program! Invite them to give their consent by entering their email in the box provided on the following page. Your parent/caregiver will then receive an email notifying them that you are interested in participating in the program (if they can't see the email, remind them to check their Junk folder!).
- STEP 2: Your parent/caregiver will need to click on the link provided in the email to read the Parent Information Sheet and provide their consent for you both to participate in the program (remember, this program has a parent component too).

PART TWO: Log In Details and Young Person Information and Consent.

- STEP 1: Your parent/caregiver will be asked to nominate a password for you to log in to the program. Make sure that this is something that's easy for you both to remember! Once that's done, they'll be assigned a Participant ID number (shown in the blue box on the top right of the screen). You'll need this number, or your parent/caregiver's email address and the password they nominated to log in to the program!
- STEP 2: Now it's time for you to come to the computer to read through the Young Person Information Sheet. This sheet provides important information about the OCD? Not Me! Program. You will then be asked to provide your consent to participate using the online Consent Form.

PART THREE: Young Person Screening Assessment

- STEP 1: To determine whether the OCD? Not Me! Program is appropriate for the symptoms you are experiencing you will need to complete an online screening assessment. This consists of a short set of questions about you and your current symptoms.



If the program is suitable:

You will be able to access the young person brief pre-test assessment on the screen. Once you have completed this assessment you will gain access to the program. You will continue to complete a brief assessment at each stage of the program to help track your progress with the program.



If the program is not suitable

You will not be able to access the OCD? Not Me! Program and your parent/caregiver will receive an email notification with a link of alternative resources that may be more appropriate for your current needs. Additionally, if you indicate that you are experiencing medium-high suicide risk, your parent/caregiver will receive a separate email outlining how to manage this.