



Guide to MOMO One

For anyone working with or supporting children and young people

MOMO  **One**
MIND OF MY OWN

Making it easier for children and young people to express their views and for workers to evidence them

What does MOMO One do?

- › Makes **one-to-one conversations** with young people (from 8 to 21) easier
- › Creates **verbatim statements of their views**
- › Helps them **prepare for meetings, raise problems or ask for something**
- › Facilitates **problem solving** and **saves you and them time.**

How to use it

1. Understand it first by **signing up to Workers MOMO** (see p3)
2. Introduce it to **your young people** when you meet or visit
3. Help them **sign up for a young person's account**, letting them be in control
4. Use it **together to guide your conversation**, creating a record of their views
5. Ask them to **send their views** to you or any other workers they choose
6. Encourage them to **use it solo** when you're not there.

Get your Workers MOMO account

Gives you access to:

- MOMO One when your children can't or don't want their own account
- MOMO Express (if your area has signed up)

- › Go to: **workers.mindofmyown.org.uk**
(Save as a favourite or put a link on your desktop)
- › Click '**Sign up**', **enter your details** and wait for **your account to be approved**
- › After approval **you'll receive an email** - follow its instructions carefully
- › **Sign in** and go to '**Existing profiles**'. Select '**Test Profile**' and have a practice
- › **Create a profile** in Workers MOMO for children who can't have their own MOMO account. Use it with them to take you to MOMO One
- › Remember to sign your young people up to their **own accounts** if you can.

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Devices that MOMO One works on

You and your young people can download MOMO One on to **Android** and **Apple** devices. It can also be used on **any internet browser** at **app.mindofmyown.org.uk**

Co-use it with your young person on:

- their tablet, computer or Xbox (best)
- foster carer's tablet or computer
- your tablet, laptop or large screen phone
- placement's computer
- school computer
- any device with internet access

Young people can **sign up on one device then log in again from any other**, including their smartphone, as often as they like.

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Using wifi

(wireless internet connection)

- › MOMO needs an **internet connection** to work
- › You can get wifi in your **house, office and public locations**
- › Most work laptops and devices **can connect to wifi** (for free)
- › Your mobile phone **uses mobile data** to connect to the internet
 - Some phones can use this mobile data signal to create wifi (tethering/hotspotting)
 - Connect your laptop to the wifi from the phone.

Email addresses

- › Young people **need an email address** to have their own account
- › Check if they have a **personal or school** one already
- › If not, see if it's appropriate for them to **use a foster carer's email or get an email address that's overseen**
- › Use your **worker account** with them if they can't have their own account

How to use MOMO One effectively

- › **Practise with the test profile** on your Workers MOMO account
- › Sign your young people up to **their own accounts**
- › **Co-use** it with them for real (let them be in control)
- › **Encourage them to use it solo** when you're not there
- › Use your Workers MOMO account with them **only if necessary**

For more info visit mindofmyown.org.uk

If you have questions or feedback, then email us on support@mindofmyown.org.uk