



# Guide to Mind of My Own

For anyone working with or supporting children and young people

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



# What does Mind of My Own 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, share good news, 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 Mind of My Own** (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 Mind of My Own account

Gives you access to:

- Mind of My Own when your children can't or don't want their own account
- > 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 Mind of My Own for children who can't have their own Mind of My Own account. Use it with them to take you to Mind of My Own.
- > Remember to sign your young people up to their **own accounts** if you can.

# Devices that Mind of My Own works on

You and your young people can download Mind of My Own 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.

# Using wifi

*(wireless internet connection)*

- > Mind of My Own 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) – See separate user guide for this)
  - 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 Mind of My Own effectively

- > **Practise with the test profile** on your Workers Mind of My Own 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 Mind of My Own account with them **only if necessary**

For more info visit **[mindofmyown.org.uk](http://mindofmyown.org.uk)**

If you have questions or feedback, then email us on **[support@mindofmyown.org.uk](mailto:support@mindofmyown.org.uk)**