

“Mind of My Own” Practice Hub Guidance

Mind of My Own is managed by the Rights and Participation Service.

If can be used to support the reviewing process, foster carers review, help a young person prepare for ANY meeting, gather views in relation to a child protection conference, share good news or for a child/young person to tell you if they are unhappy and may want to complain about something.

If you need support or additional training please let us know.

# Benefits to Children and Young People

1. Makes **one-to-one conversations** with young people easier.

# Creates verbatim statements of their views.

1. Helps them **prepare for meetings, raise problems or ask for something.**
2. Facilitates **problem solving** and **saves you and them time**.

# What You Need to Do

1. Understand it first by **signing up to a Workers Account.**
2. Introduce it to **your young people/children** when you meet or visit them.
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.

# It is Quick and Easy to Sign Up

Go to: [**workers.mindofmyown.org.uk**](https://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 will receive an email** – follow the instructions carefully.

**Sign in** and go to **‘Existing profiles’; s**elect **‘Test Profile’** and have a practice.

Remember to sign your young people up for their **own accounts** if you can.

You and your young people can download Mind of My Own 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
* home computer
* school computer
* any device with internet access

Young people can **sign up on one device then log in again from any other**.

For further information please visit [www.mindofmyown.org.uk](http://www.mindofmyown.org.uk/). For local support and guidance please email Jake.Shaw@Birminghamchildrenstrust.co.uk or Rizwan.Mohammed@Birminghamchildrenstrust.co.uk.

You can also click here to access guidance on [Using Mind Of My Own as a Social Worker](https://proceduresonline.com/trixcms2/media/16510/using-mind-of-my-own-as-a-social-worker.pdf) and [Using Mind Of My Own in Fostering](https://proceduresonline.com/trixcms2/media/16511/using-mind-of-my-own-in-fostering.pdf)

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| Date | 20 September 2022 |
| Version Control | V2 |
| Lead Officer | Jake Shaw |