

A GUIDE TO MIND OF MY OWN



An Introduction to the Mind Of My Own Apps
For those working with children and young people

www.mindofmyown.org.uk | support@mindofmyown.org.uk



What does Express do?

Express is a co-designed, innovative and user-friendly app that helps **young children** and those with **additional needs** to express their views, wishes and feelings.

It helps you reach those children who may otherwise struggle to communicate their views to you.

Express is an accessible app, designed to be used by children alongside a worker.

You can access Express through your **Practioner Space**.





GETTING STARTED



Practitioner Space

- ✔ Go to **space.mindofmyown** to access your **Practitioner Space**
- ✔ Click **'Sign up'**, enter your details and wait for your account to be approved by your service admin
- ✔ After approval you will receive an email with the steps you need to complete in order for your account to be activated
- ✔ When working with a young person, sign in to the Practitioner Space and create a profile for them. Through this profile, you can enable the young person to access both One app and Express.

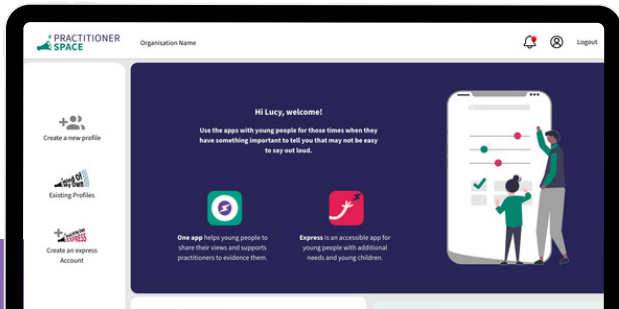
YOUR PRACTITIONER SPACE

Practitioner Space and One app

Using your Practitioner Space is a great way to introduce One app to a young person. After using it once with you, encourage them to sign up for their own account so that they will be in control of where, when and how they use the app to have their say.

Practitioner Space and Express

Express can only be accessed through the Practitioner Space. Use it with children who are too young to be able to use the One app, or those with additional needs. To access Express, log in to your worker account and select the child's profile, then click the Express button.





HOW CAN YOUNG PEOPLE ACCESS THE APPS?

Young people can access the **One app** and **Express** through a **web browser** on any device with an internet connection.

They can also download the One app on **Android** and **Apple** devices.

Mind Of My Own needs an internet connection to work. Young people can use either WiFi or mobile data or If there is no wifi available, we suggest using mobile phone data to create WiFi (tethering/hot spotting).



Scan for One App



Scan for Express



PRIVACY POLICY

We take young people's privacy very seriously and are fully **GDPR compliant**. We need certain information from the young people for the apps to work, including email and date of birth. These are stored securely and never shared with anyone.

We will provide a **privacy pack** to help you explain privacy to those children who may struggle to understand the implications of sharing information.

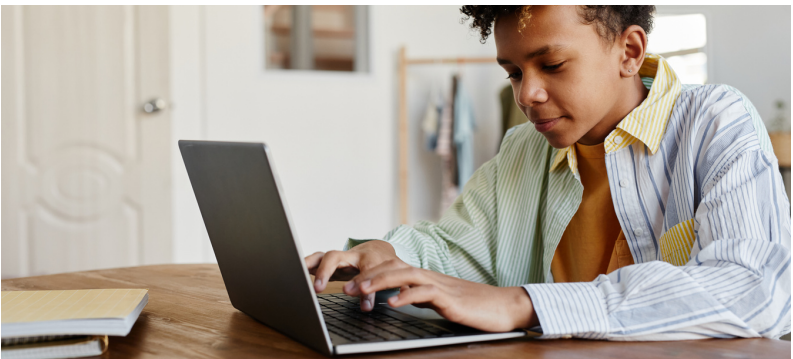
EMAIL ADDRESSES



In order to have their own account, **young people need their own email address**. This can be their personal or a school email. If they don't have an email and are unable to get one, you can use your worker account instead.

Give young people the control to have their say. Start by co-using One app for real on your Practitioner Space, then encourage them to sign up for their own account.


Remember that if young people have their own accounts they will be able to use One app much more freely and share their views with you even when you are not there.





NEED SOME HELP?




CONTACT MIND OF MY OWN!

 mindofmyown.org.uk

 [@MindOfMyOwnApp](https://twitter.com/MindOfMyOwnApp)

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