

# A GUIDE TO MIND OF MY OWN



**An introduction to the Mind Of My Own One app  
for parents and carers of young people**

[www.mindofmyown.org.uk](http://www.mindofmyown.org.uk) | [support@mindofmyown.org.uk](mailto:support@mindofmyown.org.uk)

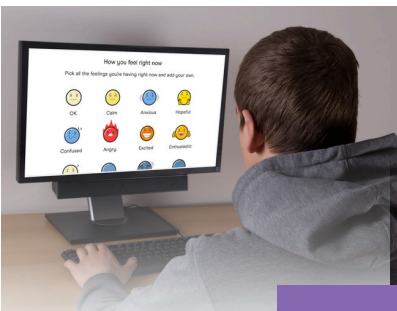


## What does One app do?

One app helps children and young people communicate their views with practitioners. Young people can create their own account on One app, which can be used on any device.

This means that young people can use the app to say how they are **feeling** and **what they need**, in a way that suits them.

One app enables young people to be more actively **involved in their lives** and is an accessible and empowering way to tell their practitioners about things that are important to them.





# HOW CAN YOUNG PEOPLE ACCESS THE APPS?

Young people can access the **One app** 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



# 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.

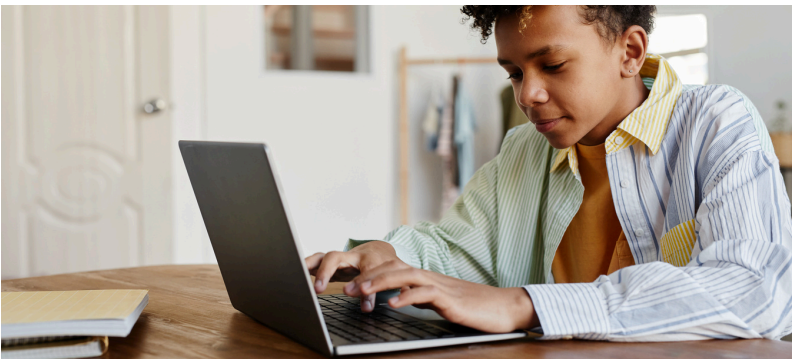
# EMAIL ADDRESSES



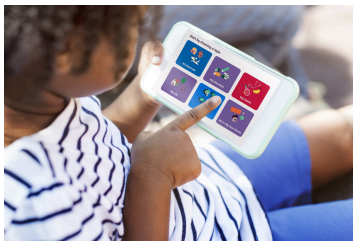
In order to have their own account, **young people need their own email address**. This can be their personal or a school email. If they don't have an email and are unable to get one, you can use your worker account instead.

Give young people the control to have their say. Start by co-using One app, then encourage them to sign up for their 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!



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