



# Guide to MOMO

For anyone working with or supporting children and young people

The communication app for young people and their workers

**MOMO**  
MIND OF MY OWN

# What does MOMO 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 MOMO

1. Understand it first by **using the demo** (*see p3*)
2. Introduce it to your young people when you **meet or visit**
3. Help them through the signup process, **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.

# Try the demo

- › Have a go now:  
**app-demo.mindofmyown.org.uk**  
*(type this into your browser's address bar)*
- › Sign up as if **you are a young person** and choose '**Demoshire**' as your area
- › Pretend to be **preparing for a meeting** or **using at a worker visit**
- › **Send your statement** to one of the listed worker types
- › Remember to **sign your young people up** to their own accounts on the **real app**.

# Devices the real MOMO app works on

You can **download the real app** on to Android and Apple devices. It can also be used on any internet browser at **[app.mindofmyown.org.uk](http://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)*

- › 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**
  - Connect your **laptop to the wifi** from the phone.

# Email addresses

- › Young people **need an email address** to use MOMO
- › **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**  
*(remember: internet access could be restricted in their care plan)*
- › Or they could get an email address that **their carer oversees**
  - We recommend **Ghostmail.com** or **Gmail.com**  
*(and if they're not in foster care get parental consent).*

# How to use MOMO effectively

- › Practise using the **demo**
- › **Introduce** your young people to the real app
- › Let them sign up so they have **their own account**
- › **Co-use** it with them for real (let them be in control)
- › Encourage them to **use it solo** when you're not there

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)

