



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**

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

If you have questions
or feedback, then email us on
support@mindofmyown.org.uk

