******Mind of My Own**

You can use Mind of My Own on a device, PC or Mac: [www.mindofmyown.org.uk](http://www.mindofmyown.org.uk) or download **‘Mind of My Own’** app to a device.

* First time access: Login/Register (top right hand corner of PC screen)
* Choose ‘Young Person’ and follow the instructions of the screen. An email address is needed, you can use your glow email address if you don’t have another one. You will also need to create a password.
* ‘Where do you live?’ Type Stirling.
* On the next screen, scroll down the list of organisations until you find ‘Stirling Council’. It’s near the bottom. Select ‘Stirling Council’

Then choose **One App**

On the next screen, there are lots of pictures to help you choose the information you would like to give. Choose the most appropriate one.

You’ll now be asked to give your views on a range of things. Simply tap on the image and if a text box also appears, you can add more information if you want to.

Once you have given as much information as you want, you will have the option to send your statement (this is how we refer to the information you have shared) to either an email address or a worker. Please **do not** type an email address, please choose **‘My Social Worker’** from the dropdown list. Click or tap on ‘send’

Your statement will be sent on to your Social Worker. They will let you know when they have it.