

BBC Own It App and Keyboard

Controls & Settings guide

Getting that first phone is a big moment for any child. But for parents and carers, it's often a worrying time too. The Own It keyboard and app gives parents peace of mind by empowering children to make smart choices and helping them to lead a positive life online.



What do I need?

A smartphone

The Own It app and keyboard lets children: get advice whenever they type, track their feelings, win badges as they reflect, find help when they need it and take quizzes to learn more about themselves.

Step by Step instructions

Steps overview

[Here's how to add a note](#)

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1. Own It encourages children to add notes and reflect on their emotions, much like a little diary.

Here's how to add a note:

Step 1 – launch the Own It app and tap the button below the face

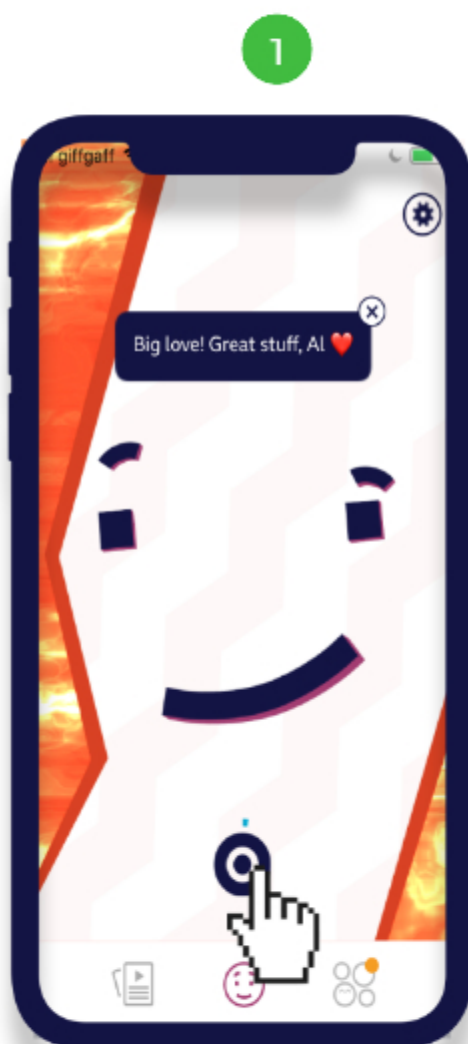
Step 2 – select an emoji

Step 3 – choose a second emoji from the wider set

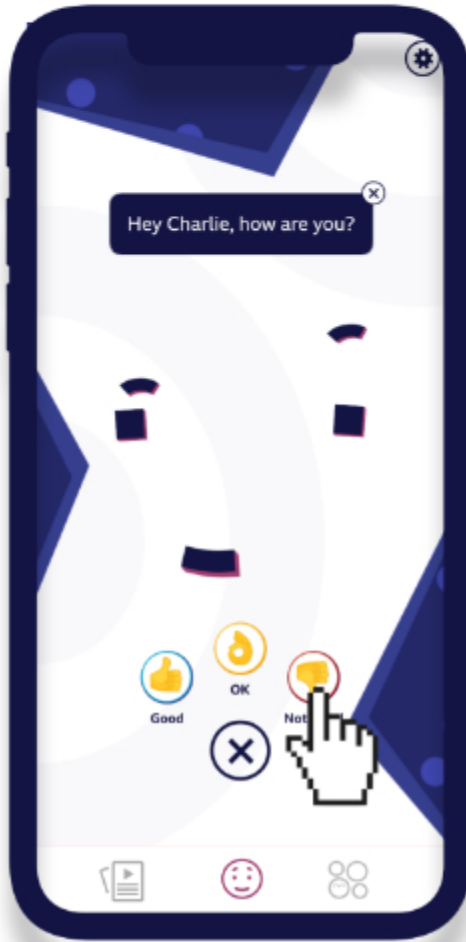
Step 4 – type a note and select 'done'

Step 5 – review your note and 'finish'

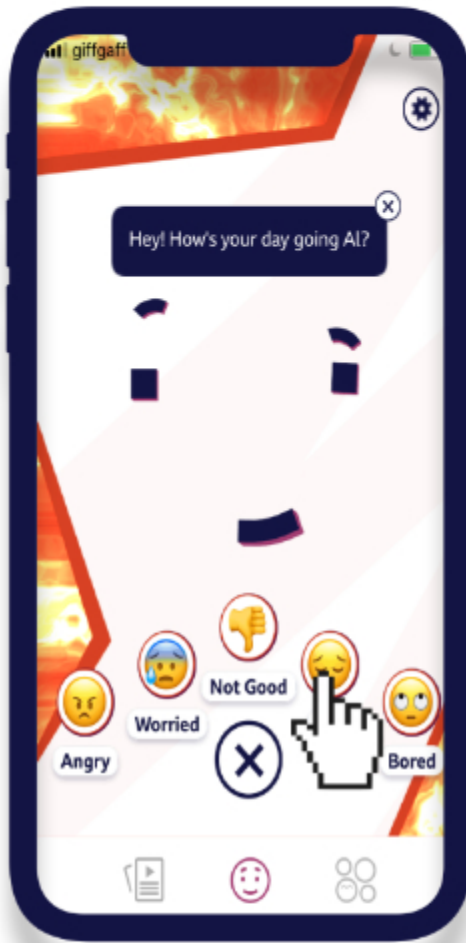
Step 6 – press the bubbles icon at the bottom of the screen and watch your note appear



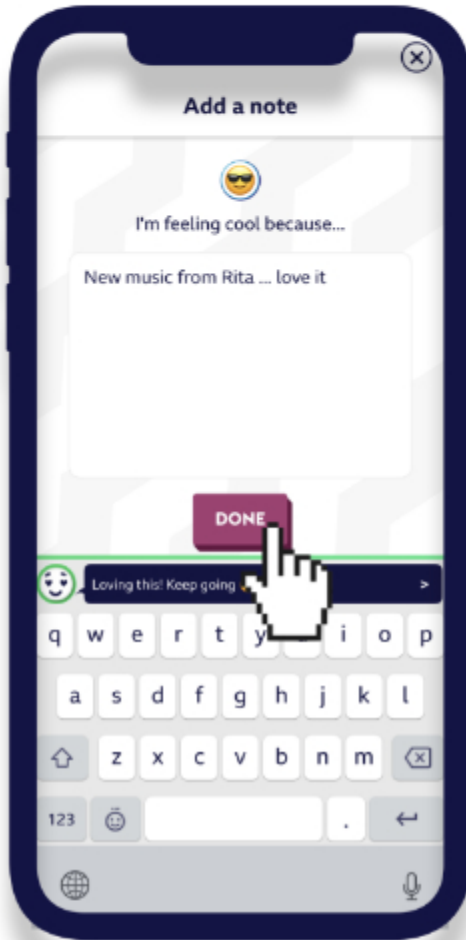
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2. How to use the keyboard

The Own It app comes with a special keyboard. This can be used just like any other keyboard – to type messages to friends, post an update or search online – but it also gives helpful tips and friendly advice to children when they need it.

Here's how to use the Own It keyboard:

Step 1 – open your favourite messaging app and select the text box to see the Own It keyboard

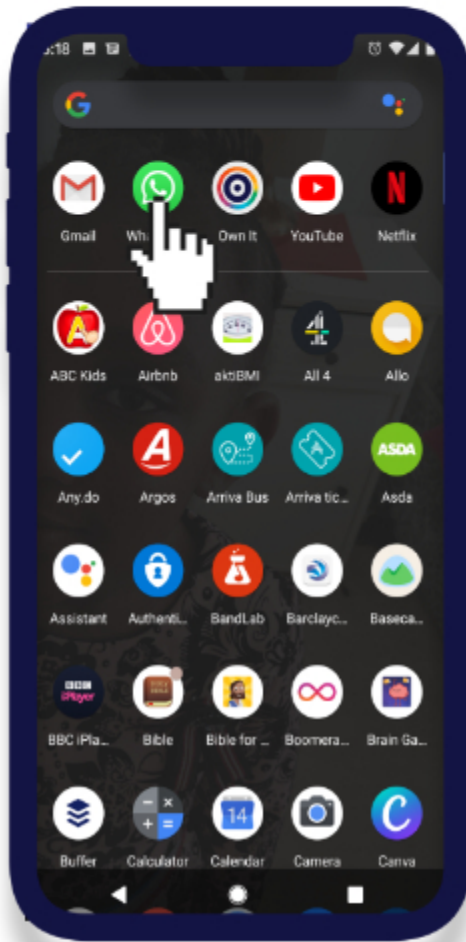
Step 2 – start typing and watch as the little face reacts to the sentiment of your message

Step 3 – tap the little face to find out more

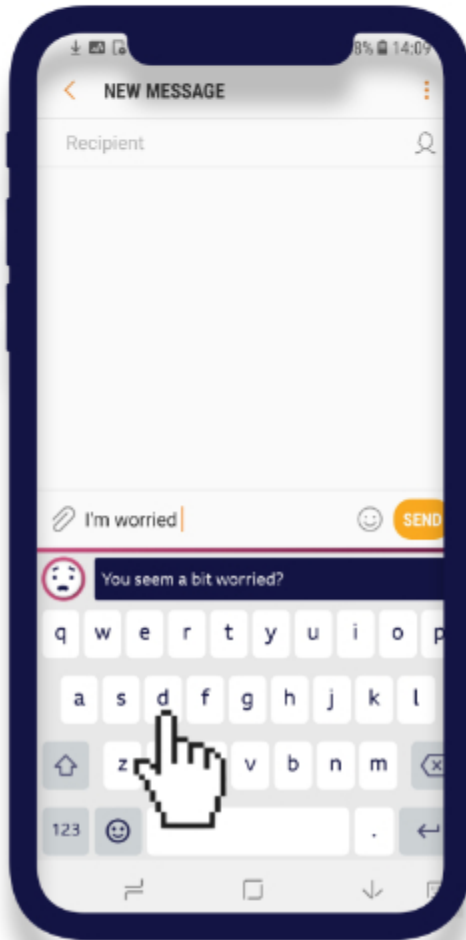
You can test the keyboard to see what it says in different situations. For example, you could type:

- 'I hate you to see the keyboard's reaction to meanness'
- 'love you to see the keyboard give positive feedback'
- 'I'm being bullied to get immediate support'

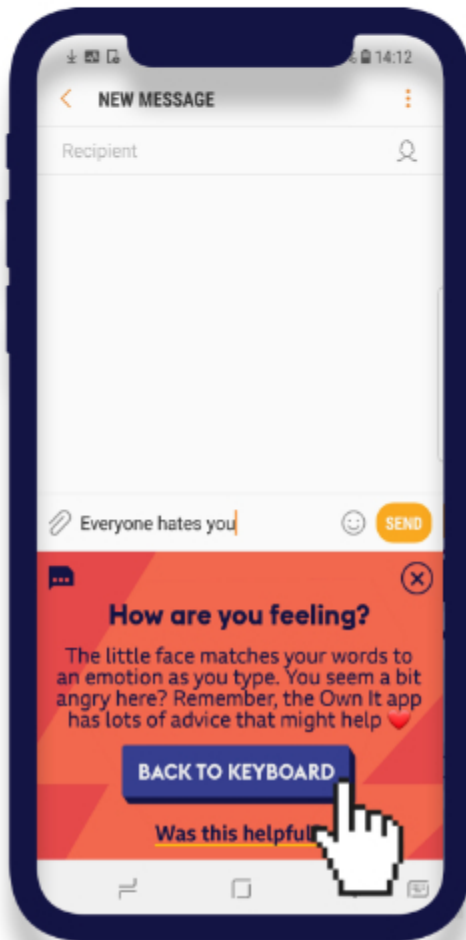
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3. How to use 'all about me'

The All about me section is home to your child's:

- notes
- badges (won by completing quizzes or adding notes)
- phone usage insights (such as how long you've been on their phone at night)

Children can see their achievements and insights over the past 7 days, or reflect on their emotions with the month view.

Here's how to use the All about me section:

Step 1 – launch the Own It app and tap the bubbles icon at the bottom right of the screen

Step 2 – click on the bubbles to see notes, badges and insights

Step 3 – switch to the months view to see your achievements and insights, month-by-month

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4. How to use the 'good to know' section

The Good to know section is where your child can find loads of useful content, including:

- videos
- quizzes
- articles

Children can browse content by theme – such as friendships and feelings – or find content tailored especially to them in the For you section.

Here's how to try it out:

Step 1 – launch the Own It app and tap the cards icon at the bottom left of the screen

Step 2 – scroll through the content by clicking on the categories

Step 3 – click to read articles and watch videos

