

Task Book: Children

App Description

Our Interactive app, Rehnuma, aims to bridge the communication gap between parents and children and allows you to understand more about yourselves. Decades of stigmatizing topics like puberty, sexual and menstrual health has rifted parents and children apart on such topics, leaving children with little to no information on such topics.

In the application, the user will have an avatar they can talk to, which will respond back according to how the user interacts with it. The app is based on a modular learning system, where different modules will teach the user about different aspects in the sexual health spectrum. The level can increase by reading articles and then testing the knowledge gained by taking quizzes. The user can also take diagnostic quizzes, which are like check-ups and will guide the user about any potential health risks. We also provide an easy-to-use period track calendar and helpful tips to make the painful time a little less painful. The avatar also teaches users interesting facts about their bodies, and they can also customize the avatar by changing its clothes, amongst the many features of the app.

Tasks

Disclaimer: After completion of each task, bring user back to the home screen/tell user to navigate back themselves

1. Sign Up

- a. Select Child
- b. Select age 15 and above
- c. From the login screen sign up
- d. Fill your details and click sign up
- e. Take the app tutorial

2. **Self Check Up**

You have downloaded the app and want to take a Self Check Up to gauge your level of understanding about your body, the changes it goes through during puberty and other related topics.

- a. Take a Self Check Up:
 - Choose the following answers:
 - ❖ Q 1/8: Yes
 - ❖ Q 2/8: Yes
 - ❖ Q 3/8: Tap on the center of the scale
 - ❖ Q 4/8: No
 - ❖ Q 5/8: No
 - ❖ Q 6/8: Maybe
 - ❖ Q 7/8: No
 - ❖ Q 8/8: twice

3. **Avatar Customization**

- a. You have decided you do not like how your avatar looks and want to change it. Browse for a different avatar.
- b. You do not like the shirt your avatar is wearing. Browse for different Avatar T-shirts

4. **Change Language**

You challenged your mom to a quiz competition on puberty (you will take the quiz on the app); however, your mom does not know English that well and would like to take the quiz in Urdu.

- a. Go and change the language of the App from English to Urdu.

5. **Increase the accessibility of the app**

You are about to show the app to your friend who is visually impaired, so you decide to tweak the settings to make sure he can read the app more easily, and so that the avatar doesn't detect any noises

- a. Go to settings
- b. Increase the font size
- c. Disable the microphone

6. Play a suggested video

You enjoy videos and learn really well using them. You decide to start your learning journey with a video in Rehnuma

- a. Go to articles
- b. Scroll down to the suggested video and play it

7. Read an article

You want to start your learning journey for your current module through an article.

- a. Open the articles
- b. Read one

8. Search

You lack knowledge on healthy relationships and want to learn more about it

- a. From your recent search, read an article on healthy relationships

9. Safe Doctor

You have signed up for the app and have successfully logged into your account.

You wish to call Doctor Usman (a gynecologist) so you can ask him some questions about your delayed period.

- a. Find Dr. Usman
- b. Call Dr. Usman

10. Period Tracker

- a. Track Your Period Cycle On A Calendar
- b. Read Articles Regarding Menstruation

11. Quizzes

You wish to take a quiz on Anatomy to increase your learning about the module.

- a. Go to quizzes
- b. Take Quiz on 'Anatomy'
- c. Choose the following answers:
 - ❖ Q 1/4: In the ovaries
 - ❖ Q 2/4: Vas deferens
 - ❖ Q 3/4: False
 - ❖ Q 4/4 36 days
- d. Submit Quiz

12. Log Out

You wish to log out from the Application.

- a. Go to settings
- b. Click Log Out

13. Login Through Fingerprint

You already have an account and want to log into the application so you can use one of the many features it provides.

- a. Log into the app using your fingerprint

14. Change Mode

You are currently in 'Learning' Mode and want to switch to 'Interactive' mode to interact with your avatar.

- a. Switch to 'Interactive' Mode

15. Go to User Profile

- a. See User Experience Points
- b. See current learning module