

****USER DOCUMENTATION****

******(For Non-Technical Users of the FBI App)******

1. Overview & Purpose

The FBI App helps children ages 5-9 explore and understand their emotions through play. In our app, kids become detectives who investigate how their body feels using friendly characters. Each character teaches a lesson through visuals and interactive activities that make emotional awareness fun and engaging. Parents and clinicians can then see simple summaries of what the child feels.

2. Getting Started

2.1 Opening the App (Mobile or Web)

The app launches into a Home Screen that presents key functions:

- Characters
- Activities
- Profile
- Settings

The Internet is required for conversations because the app loads content from the backend server.

2.2 Choosing a Character

Characters are stored in the Flutter project under:

fbi_app/assets/characters/

To use them:

1. Tap Characters in the bottom navigation.
2. Choose a character card.

3. Tap Start Chat.
4. Follow the prompts. Each character responds based on scripts stored in the backend (populate-characters.js).

No technical knowledge is needed; the app guides each step.

2.3 Using Activities (Audio, Breathing, Reflection)

Activities are found in:

fbi_app/assets/audio/

To use them:

1. Go to Activities.
2. Select an exercise such as:
 - Grounding exercise
 - Breathing routine
 - Emotion reflection
3. Tap Play to start the audio.

Tips:

- Headphones recommended
 - Keep the volume above the silent mode
-

2.4 Updating Your Profile

Located in:

fbi_app/lib/pages/profile_page.dart

Users can:

- Change display name

- Change avatar
- Update preferences

How to update:

1. Open Profile.
 2. Tap Edit.
 3. Make changes.
 4. Tap Save.
-

2.5 Resetting Password (Email-Based)

Backend sends emails using SendGrid (email-config.js).

Steps:

1. On the login screen, tap Forgot Password.
2. Enter your email.
3. Check your inbox for a reset link (template stored in /templates).
4. Create a new password.

If no email arrives:

- Check the spam folder
 - Ensure email is spelled correctly
-

3. Frequently Asked Questions (FAQ)

Why won't the character conversations load?

The app depends on live data from the backend GraphQL API (index.js).
Check your internet connection.

Audio won't play. What should I do?

Try:

- Turn up the volume
 - Disable silent mode
 - Check Bluetooth output
 - Reopen the app
-

My profile changes didn't save.

Make sure:

- You tapped "Save"
 - Your internet connection is active
 - The backend server is running (for testers)
-

Why did I get an error message?

Most errors come from:

- No network connection
- Server offline
- Outdated app version

Restart the app and try again.

4. User Assumptions & Expectations

Internet Required

Character data and activities are loaded from the backend server via GraphQL (/graphql endpoint).

Audio Must Be Enabled

Exercises rely on audio files stored in assets/audio/.

Device Storage

The app stores:

- Minimal user profile info
- Progress markers
- Local asset downloads

No sensitive data is stored locally.

Email Access

Users must have access to a working email for password resets.

5. Built-In Help

The FBI App contains:

- Password reset email templates
- Clear UI designs for onboarding
- Simple navigation that does not require instructions