

# APP EVALUTAIION & “Test Everything” Guide

## **STEP 1:** *Test Everything*

If your child asks for an app, download the app and test it for one week before allowing your child access. (1 Thes 5:21)  
If you deem it safe and appropriate, allow it while remaining alert and discerning for changes in child's behavior.

## **STEP 2:** *Take Notes*

If your child already has access to an app that, in your spirit, you do not think is good for them (i.e., always wanting to spend time on it, controls their thoughts, or negatively modifies their behavior), begin taking notes (literal, not mental) on what you observe from your child while praying for wisdom and clarity.

### **Ask Yourself:**

- (1) What is the app teaching my child to love?
- (2) What is the app training their desires towards?
- (3) Does the app encourage humility or pride?
- (4) Does the app promote vanity or virtue?
- (5) Does the app protect innocence or erode it with content that pushes boundaries?
- (6) Does the app nurture creativity or exploit attention?
- (7) Does the app respect childhood or commercialize it?

## **STEP 3:** *Listen to the Holy Spirit*

Do not quench the Spirit's warning about an app/game/website with justifications of safety, or at least it's better than "that other" app. Listen closely to the Holy Spirit.

You may not know what's happening on the app, but you know your child and can recognize concerning changes.

## **STEP 4:** *Test Everything Again*

Test everything again. Research the app deeper. Read comments, reviews, parent blogs, or Reddit.

How does the app achieve maximum engagement? Are there DM's, Competition, Leader Boards, Bullying, Grooming?  
Or is there hope for fame or virality? Does it introduce new ideas? Does it use guilt as a motivator to return?

## **STEP 5:** *Reject what is evil*

Reject what is evil; hold on to what is good. If the app is causing your child to sin or fall away from faith, cut it out.  
Go to your child, repent if you allowed something you shouldn't have, and explain why the app can no longer be used.  
Hold fast to the truth of Matthew 18:8-9.