

# TikTok's Top 10 Tips For Families



TikTok is a short form video platform that offers in-app editing, effects, and sounds to help people develop imaginative and creative content. Whether you are a parent or guardian, you are one of the most important adults in a teen's life. We encourage you to talk regularly with your teens about their digital lives and how they can be responsible and safe in all online activities. We understand every family is different, which is why we offer a range of tools and features to help you take an active role in your teen's TikTok experience.

As with all apps your teen may use, it's helpful to study the options you have to create a fun and age-appropriate experience for you and your teen – and we hope you can use these tips to have open conversations with your teen about how to be responsible and safe online. Take time to explore the tips with your teen, visit our [Guardian's Guide](#) and [Youth Portal](#), and dive into the app together to help them learn about the features and settings that can help them customize their experience.

# Here are 10 tips to help keep your teen safely enjoying TikTok.

## 1. Enable Family Pairing and device-level parental controls.

TikTok is intended for people 13 and over, and we've given it a 12+ app store rating. This allows you to use device-based parental controls provided by Google and Apple to block the app from an underage child's phone. For more, see instructions for [iOS](#) or [Android](#) for more on parental controls (or "restrictions") and how to enable them. TikTok's [Family Pairing](#) features also allow you to link your TikTok account to your teen's to enable a variety of content and privacy settings.

## 2. Talk to your teen about their privacy settings.

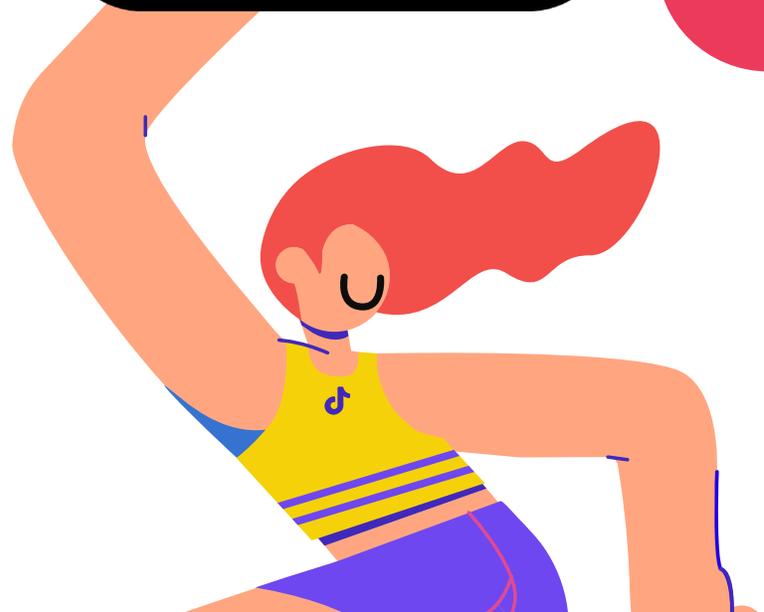
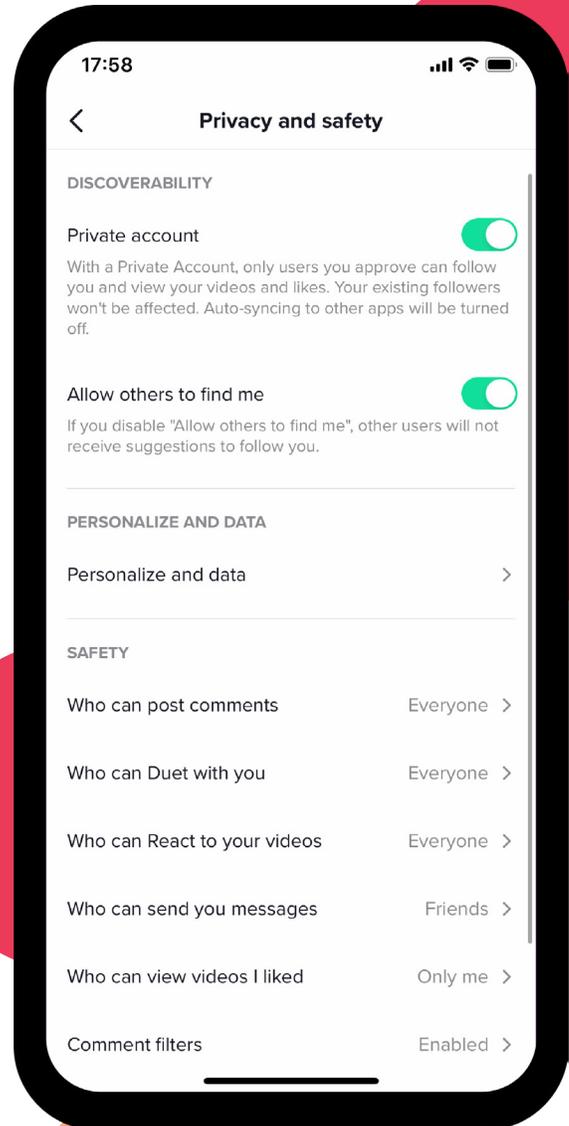
By default, for those over age 16, a TikTok account starts as public – but you can easily enable a private account in the Privacy settings of the app. A private account means you can approve or deny follower requests, and only people you've approved as followers can see your content. Learn more about enabling a private account [here](#).

## 3. Decide who can follow your teen.

Even if your teen has a private account, they can manage who follows their account by removing followers or blocking accounts at any time, for any reason. Removing a follower will curtail that person's ability to send your teen a direct message, while blocking an account will also stop them from interacting with or viewing your teen's content at all.

## 4. Limit the content your teen sees.

If your teen comes across a video that doesn't vibrate with what they want to watch, they can simply long-press on that video and tap 'Not interested' to see less of that sort of video in the future. At the account level, enabling Restricted Mode is an option that limits the appearance of content that may not be appropriate for all audiences. Restricted Mode can always be adjusted if you'd like to disable it as your teen ages, but in the meantime you can set it behind a passcode for additional control.



## 5. Control your teen's comment section.

Whether an account is private or public, your teen has the power to decide whether they want to allow comments on their videos from everyone, followers only, or restrict them altogether. This can be set either at the account level, or adjusted for each individual video they create. And even with comments on, your teen can take granular control by enabling comment filters and setting a custom list of keywords that will be automatically blocked from any comments on their videos. Learn more about managing comments [here](#).

## 6. Set messaging preferences.

Direct Messaging can be a great way to trade creative ideas with others in the community, but on TikTok only your teen's followers can send them a private message. Direct Messages are only eligible to registered account holders who are 16 and older on TikTok, and are automatically turned off for registered accounts between the ages of 13 and 15. Your teen can unfollow or block an account to curtail an individual's ability to send a DM, or disable messaging entirely from their privacy settings. By default, direct messages are disabled for 13-15 year olds, and they're set to 'No One' for 16-17 year olds.

## 7. Restrict a Duet or Stitch.

Creating a Duet or Stitch can be a fun way to make videos with another person on TikTok, but your teen has the control to decide who can make a Duet or Stich with them or react to their content. It's easy to set this preference just once at the account level and have your chosen setting apply to all your videos – or you can choose to selectively enable or disable these features for just a particular video, too.

## 8. Report anything that violates our guidelines.

TikTok is a community that embraces creativity and values support and positivity, and that code of conduct is outlined in our Community Guidelines. If your teen comes across ads or content that you believe may violate our Community Guidelines, they can report it by long pressing on the video, selecting "Report," and choosing the appropriate policy. Our community helps keep TikTok welcoming by adding unique, positive contributions and reporting misuse, spam, or anything else that doesn't follow

our Community Guidelines.

## 9. Put a cap on screen time.

Talk with your teen about time boundaries, and leverage our Screen Time Management tool as a way to limit the time your teen spends on the app each day. The feature, a part of our Digital Well-being offerings, lives behind a passcode and can be enabled for various time limits up to two hours. At the device level, screen time can also be managed directly through parental controls in Android and iOS device settings.

## 10. Make videos together!

TikTok is fun and easy to use. Join in on a trend or have fun with every day moments together. Creating TikToks with your teen can be a great way to get involved and learn about their interests.



For more info on how to adjust your privacy settings and controls, check out [TikTok's Tools & Resources For Families](#). There are several resources you can access directly from the [Guardian's Guide](#) and [Youth Portal](#) on TikTok's [Safety Center](#), including [The Family Online Safety Institute's 7 Steps to Good Digital Parenting](#).