

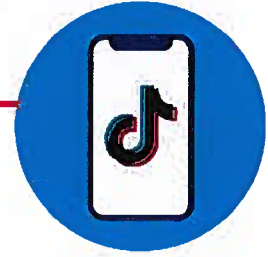
Tips for parents

- What is TikTok?
- How does it work?
- What are the community guidelines?
- How to use Family Pairing
- How to make use of privacy tools

 **#Tips**



What is TikTok?



TikTok is an entertainment platform where users create, share and watch short videos. It's a creative space where people can express themselves and engage in communities that interest them. You must be at least 13 years old to register an account on TikTok.

How does it work?



Visit [TikTok Guardian Guide](#) to see 5 top tips for parents

Once signed up and logged in, you can search for specific interests or browse trending categories. When you do this, TikTok starts to learn which content you like and begins to recommend that type of content on your homepage feed, otherwise known as your 'For you' feed. The more you engage with content that you enjoy, the more tailored TikTok becomes to your likes and dislikes. The app also has its own video editing tools, so you can create your own videos.

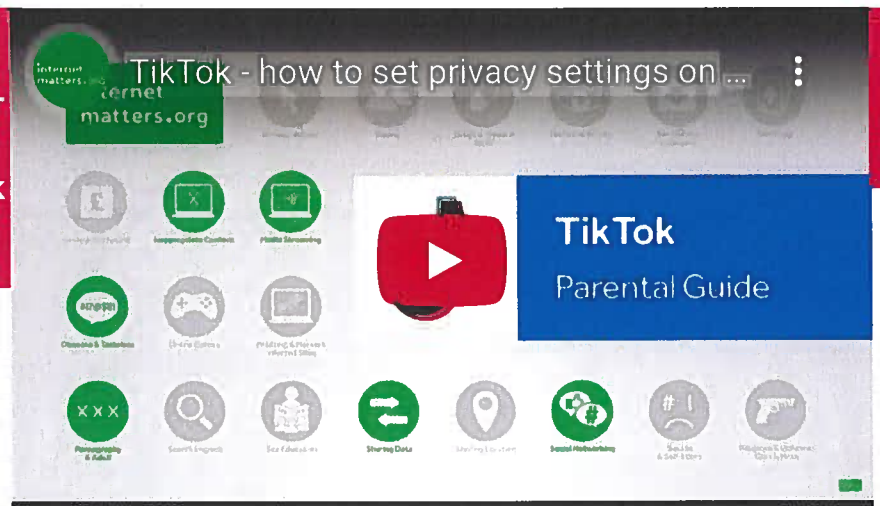
How to create an account



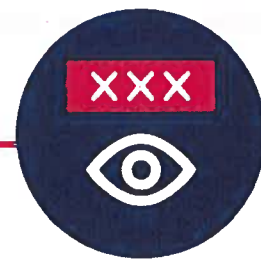
Click on the 'person' icon and you can choose to sign up with an email, phone number or existing Google, Facebook, Twitter or Instagram account.

Once you've selected an option, you are then asked to enter your date of birth. If it is below the age of 13, the following message appears: "Sorry, looks like you're not eligible for TikTok. But thanks for checking us out!"

Check out our step-by-step how-to guide to set up your teen's TikTok account safely



What are the community guidelines?



TikTok upholds a set of community guidelines to maintain a welcoming and supporting space for everyone using the app.

These are the types of content and behaviours that are not allowed, according to TikTok's community guidelines:

- **Violent extremism**, such as threats or encouragement of violence, dangerous individuals and terrorist and criminal organisations
- **Hateful behaviour** based on race, ethnicity, national origin, religion, caste, sexual orientation, sex, gender, gender identity, serious disease, disability and immigration status
- **Illegal activities and regulated goods**, such as weapons, drugs, alcohol, tobacco, gambling and any criminal activity
- **Violent and graphic content**, such as deaths, accidents, fighting or animal cruelty
- **Demonstration of suicide, self-harm and dangerous acts**
- **Harassment and bullying**
- **Adult nudity and sexual activities**
- **Sexual exploitation, grooming and other crimes against minors**
- **Spam, impersonation, misinformation and intellectual property violations**
- Any activity that threatens the security of TikTok, such as **hacking and viruses**

Any content or behaviour that violates the community guidelines will be removed and TikTok will suspend or ban users involved in severe or repeat violations. TikTok will also report accounts to the authorities when necessary.

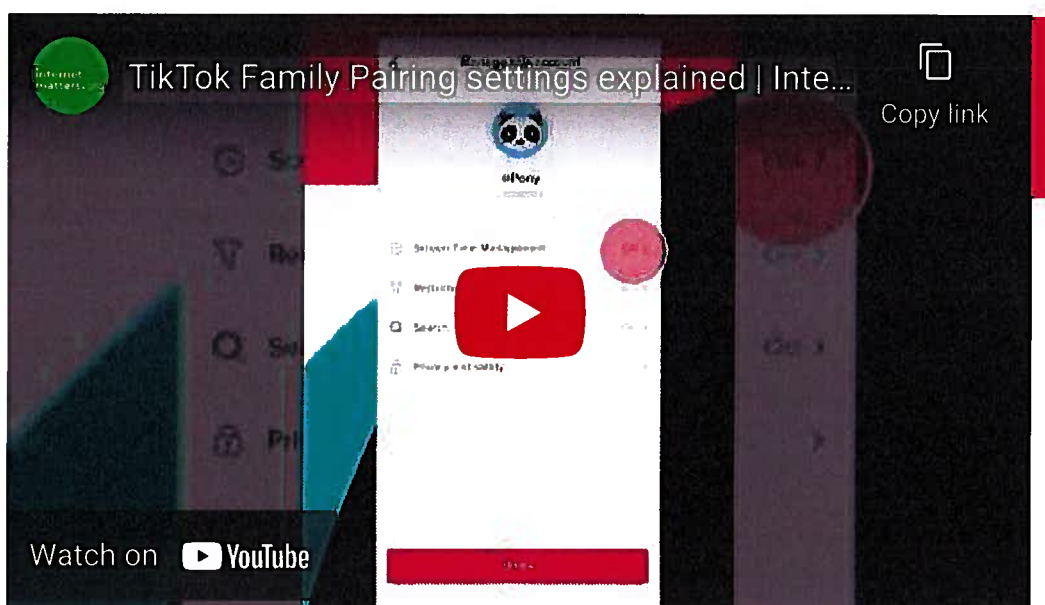
How to use Family Pairing



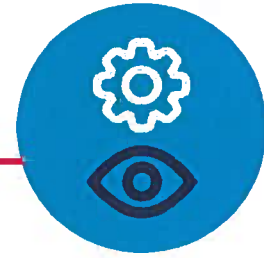
Family Pairing is a tool that allows parents or carers to link their own TikTok account to their teen's account. Once linked, you'll be able to manage some of your teen's content and privacy settings from your own device.

- 1 tap your profile in the bottom right corner
- 2 tap the three-line icon in the top right corner
- 3 tap settings and privacy
- 4 tap Family Pairing
- 5 read the summary of Family Pairing and tap continue
- 6 answer 'Who is using this TikTok account?' by selecting Parent
- 7 follow the prompts and use the QR code provided to link accounts

Now that your accounts are connected, you'll have the options to set a limit on your teen's screen time, restrict content that might not be suitable for them, turn off direct messaging, disable their search bar and set their account to private. Some of these settings will already be restricted if your teen is under the age of 16. For example, when a person younger than 16 signs up to TikTok, their account will be private by default, and they will not have access to direct messaging.



How to make use of privacy tools



TikTok has a range of features that allow you to customise your privacy. Going through these features with your teen can help them make informed choices about who they allow to watch and interact with their content. When your teen understands that they are in charge, it can help empower them to express themselves more fully online.

The first choice teens can make about their privacy on TikTok is whether to have a public or private account. Users under the age of 16 will have a private account by default when they sign up to the app. When you have a private account, other users have to send a request to follow you. Only the followers you have accepted will be able to see and engage with your content.

Regardless of whether they choose a public or private account, teens can use individual **community controls** to create a level of privacy on the app that they are comfortable with. This includes limiting who can direct message them, comment on their videos, and Duet, Stitch or download their content.

Discover the platform together

Even without Family Pairing, parents or carers can help manage their teen's experience through TikTok's Digital Wellbeing tool. Some of the settings in this tool include screen time management and limiting unsuitable content. This feature is accessed through the 'Settings and privacy' section of their teen's app. The adult can set these restrictions which are then protected by a passcode.



Tips for young People

- Understanding the Rules
- Keeping your account secure
- Where to go for help
- 5 ways to live your best life on TikTok
- Making use of the Youth Portal

