

TikTok Guide for Parents



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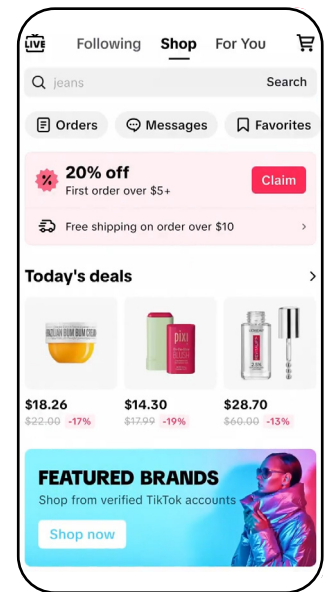
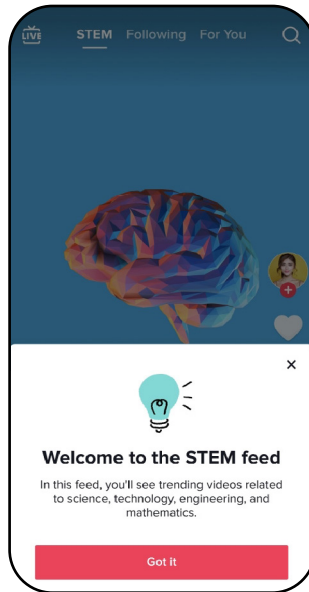
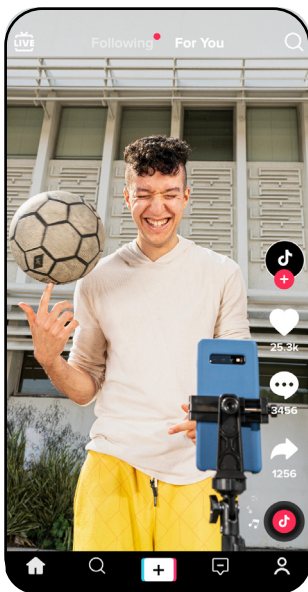
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TikTok 101

TikTok is a short-form video platform that offers in-app editing, effects, and sounds to help people develop imaginative videos and creative content.

TikTok is a place where people come to discover new ideas, learn new skills, and connect with others in their daily lives. TikTok enables everyone to be a creator and share their passion and creative expression through their videos.



The For You feed is a central part of the TikTok experience.

It recommends videos to you based on content you've engaged with, such as videos you have viewed, liked, or shared.

We also have the **STEM feed**, which is turned on **by default for teens** under 18.

Here your teen can explore a wide range of entertaining, and enriching videos related to science, technology, engineering, and math.

TikTok Shop is an e-commerce platform where parents can shop with confidence directly for whatever they need, for themselves or their family.

TikTok Shop has policies to protect shoppers and promote a trustworthy shopping environment. TikTok Shop is only available to people aged 18 and over.

Family pairing, only on TikTok

TikTok's Family Pairing feature allows parents and guardians to customize or view more than 20 content, privacy, and well-being settings for their teen.



Screen time

Customize screen time limits by day and get screen time reports. All teens have a 60-minute daily limit by default.

Block accounts

When blocked, teens can't interact with the account or view their content.

Time Away

Prevent their teen from accessing TikTok during specific hours set by a parent.

Search

Restrict their teen from using Search on TikTok.

Direct Messaging

Restrict who, if anyone, can send direct messages to their teen. By default, DMs are disabled for teens under 16.

Manage Topics visibility

View how their teen has customized their feed using Manage Topics.

Upload notifications

Receive a notification when their teen uploads new content.

Push notifications

Decide when push notifications are muted. By default, push notifications muted at night for teens.

Connections

View who their teen follows and blocks, and who follows their teen's account.

STEM feed

Enable the TikTok STEM feed (science, technology, engineering, math). This feature is on by default for teens.

Filter keyword

Create a keyword list to filter content from their teen's For You feed.

Restricted Mode

Further limit content that may not be suitable with Restricted Mode.

Discoverability

Set the account to private if their teen has made their account public.



Visit our **Guardian's Guide** for more information on the tools and controls available to families.

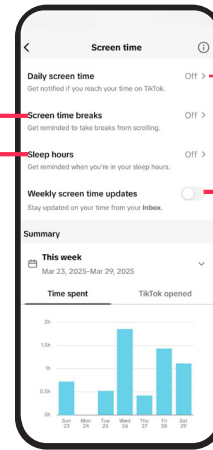
Empowering our community with screen time tools

At TikTok, we work to support the well-being of everyone on our platform.



Screen time management

We help our community understand and control how they spend their time on TikTok.



Screen time breaks:

Get nudged to take a break from the app after a period of uninterrupted screen time.

Sleep Hours:

Wind down with a guided meditation experience and mute notifications.

Daily screen time:

Set limits on how much time you can spend on the app each day.

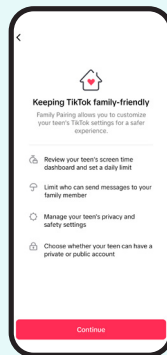
Screen time updates:

Receive weekly info about your screen time usage.

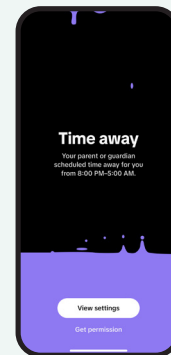


Tools for teens and families

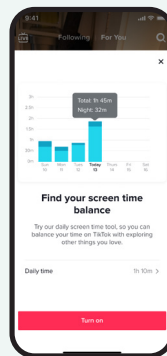
All under-18s are set a 60-minute screen time limit by default. We offer teens and families a variety of controls to further manage screen time.



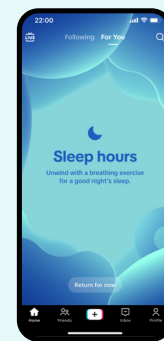
With **Family Pairing**, caregivers can set up screen time management features for their teens account, like a custom screen time limit for each day of the week and a schedule to mute notifications.



Caregivers can use Time Away to decide when it's best for their teen to not have any access to TikTok. Teens can request extra time, but caregivers make the final decision.



If teens decide to opt out of the 60-minute default and spend more than 100 minutes on TikTok in a day, we prompt them to set a daily screen time limit.



Sleep hours interrupt teens For You feed at 10pm, reminding them to wind down for the night with guided meditation

*Accounts aged 13-15 already do not receive push notifications from 9pm and accounts aged 16-17 have push notifications disabled from 10pm.

Safety and privacy protections for teens on TikTok

At TikTok, we consider the unique developmental needs of teens by providing different experiences for teens ages 13-15 and 16-17. In the US, we offer a curated experience for those under age 13 that includes additional safeguards and privacy protections.

Feature	13-15	16-17	18 +
Direct messaging	Not allowed	Private by default	Allowed
Account visibility	Private by default	Private pre-selected, option to set to Public	Public
Daily screen time	60 minutes	60 minutes	Personal Choice
Nighttime meditation	10pm-6am	10pm-6am	Personal Choice
Nighttime notifications	Disabled from 9pm	Disabled from 10pm	Personal Choice
Going LIVE	Not allowed	Not allowed	Allowed
Virtual gifting	Not allowed	Not allowed	Allowed
Eligible for For You feed	Not eligible	Eligible	Eligible
Video downloads	Not allowed	Off by default	Personal Choice
Comment rules	Only Friends can comment	Followers by default	Everyone
Duet and Stitch	Not allowed	Off by default	Personal Choice