

TikTok Tips for Parents



Welcome

Whether you are a parent, guardian, or teacher, you are arguably one of the most important adults in a teen's life. We know it's important that you can feel comfortable that your teen is having a fun, safe experience while using TikTok, which is why we provide you and your teen with a range of tools to put you in control.

As with all apps your teen may use, it's helpful to know the options you have to make it right for you and your family. We encourage you to take time to explore the tips with your teen, scroll through our safety videos, and dive into the app together to help them learn about the features and settings that can help them customize their experience.

As we continue to nurture our growing and diverse global community, we will continue to launch new tools and initiatives to support a positive and safe app environment.



For more information on TikTok's safety tools and resources, visit tiktok.com/safety or see our safety videos at [@tiktoktips](https://tiktok.com/@tiktoktips).

Contents



What is TikTok?.....	4
TikTok Terms.....	6
Connections.....	8
Content.....	10
Community.....	12
Digital Wellbeing.....	16
Talking TikTok.....	21

What is TikTok?

TikTok is a short form video platform that offers in-app editing, effects, and sounds to help users develop imaginative short videos and creative content. Our mission is to inspire creativity and bring joy.

TikTok enables everyone to be a creator, and encourages users to share their passion and creative expression through their videos. TikTok has a 12+ rating in the App Store and Google Play store.



TikTok Terms

Challenge

As part of a challenge, a well-known brand or creator uses a video to call on a the community to personally interpret a specific topic, dance, or song.

Creator

TikTok creators may not be household names (yet), but they are creative innovators from all walks of life, and from all over the world.

Discover

The Discover page is the central location for all things trending on TikTok. From creators on the rise to hashtag trends and top sounds, this is the place to see what's popular.

Duet

Duet is TikTok's collaboration tool. It allows users to create with others through side by side videos.

Effect

TikTok's digital effects are interactive and advanced features that can add a fun twist to any video.



Fans

If users are particularly enthusiastic about the content of another user, they can become a fan and follow their profile. This way, they don't miss any activities of their favorite creator.

For You Feed

The For You Feed is a central part of the TikTok experience. It is based on new technologies and recommends relevant videos. In this way, users can be inspired by the content of all members of the TikTok community.

Hearts

Liking a video is the quickest and easiest way to give a little love to a video you see on the For You page. The more hearts it has, the more likely it is to be seen by other users around the world!

Sound

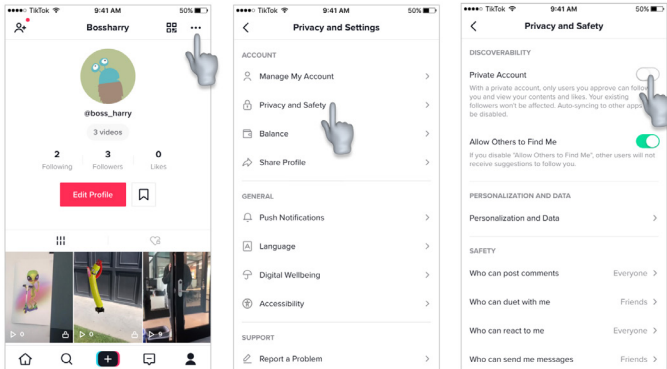
Sound is an essential part of every TikTok video; whether a user original, or chosen from the music library of 20 million + songs available in-platform.

Connections

We want our users (13 and up) to have their best experience online, which means being able to create and have fun while feeling safe and comfortable. We have built-in app level controls to manage your teen's connections on the platform.



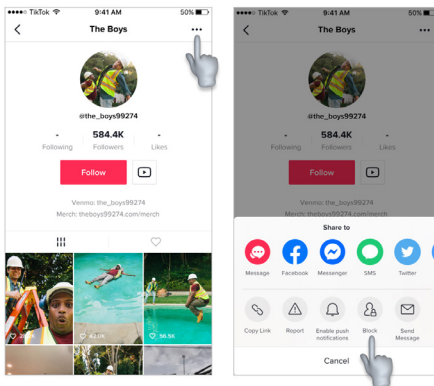
Private vs Public Accounts



To change your account from public to private:

- i. Go to the “Privacy and Settings” screen and tap Privacy and Safety
- ii. Turn Private Account on

Blocking a User



If you would like to block a user simply:

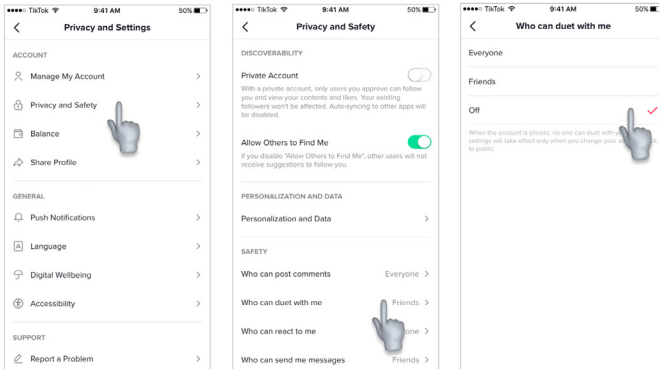
- i. Go to that user's profile
- ii. Tap the three dots in the right corner
- iii. Tap “Block”

Content

We're building a global community where users can create and share authentically, discover the world around them, and connect with others across the globe. We're also committed to keeping this community safe.



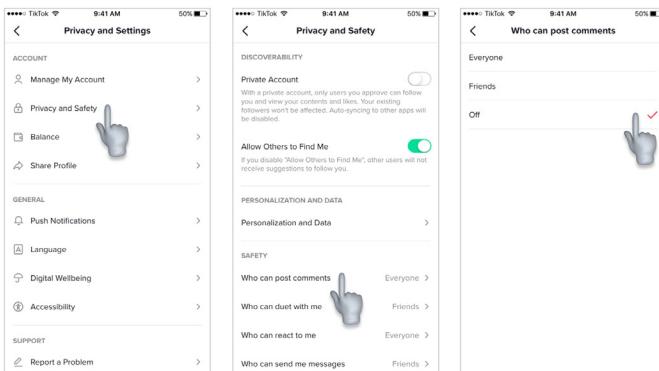
Restricting Duets



To enable restrictions on who can create duet videos with you:

- i. From your profile, open the Privacy and Safety settings
- ii. Tap “Who Can Duet With Me”
- iii. Choose the setting you prefer (Everyone, Friends, or Off)

Comment Restrictions



To enable restrictions on who can comment on your posts:

- i. From your profile, open the Privacy and Safety settings
- ii. Tap “Who Can Comment on My Videos”
- iii. Pick Everyone, Friends, or Off

Community

TikTok is an inclusive platform built upon the foundation of creative expression. We encourage users to celebrate what makes them unique, within a community that does the same. We deeply value that our users come from a huge breadth of nationalities and cultures, and we take into account the cultural norms and local regulations of the countries we operate in.

Our code of conduct is outlined in our Community Guidelines at: [tiktok.com/safety/resources/new-community-guidelines](https://www.tiktok.com/safety/resources/new-community-guidelines)

To learn more, visit [tiktok.com/safety](https://www.tiktok.com/safety).

“TikTok has given me an outlet where being different is encouraged and celebrated and where all types of creativity are welcome.”

—Anna O’Brien
@glitterandlazers



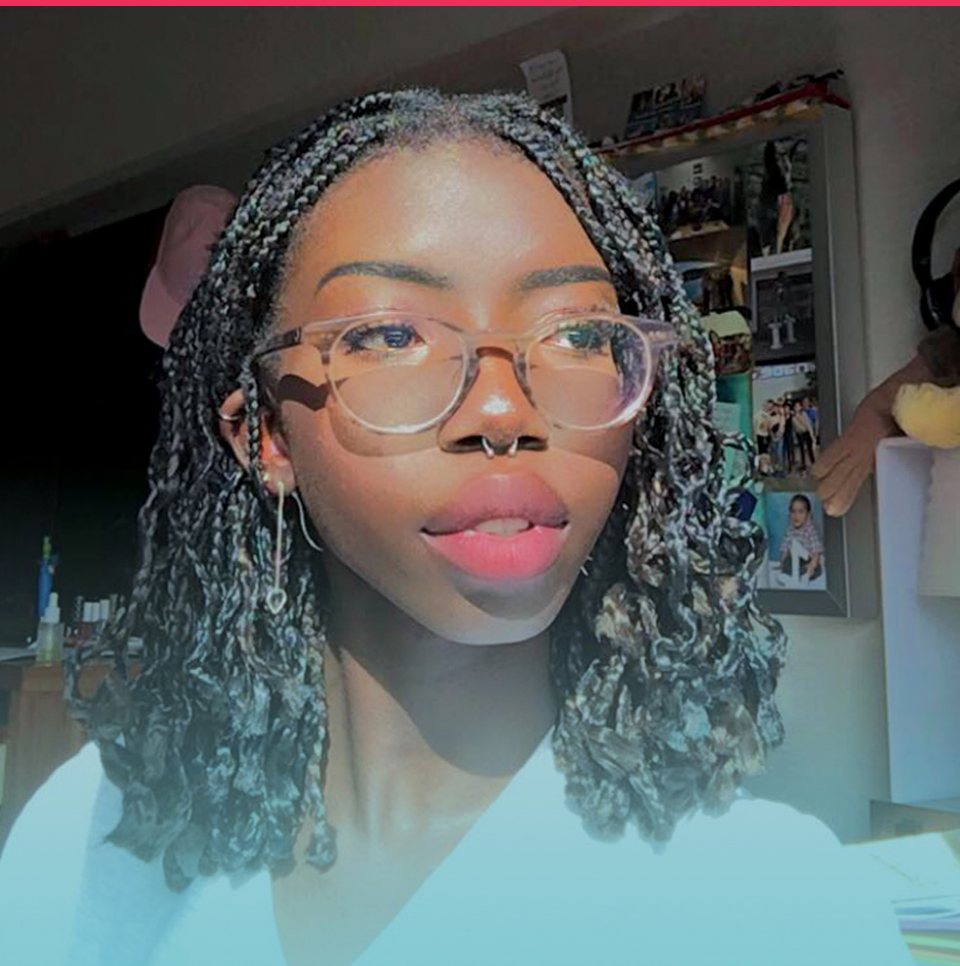


“TikTok has helped me learn more about my daughter every single day. Making videos with her has brought us closer together and I’m thankful for that.”

—Nick Casas
@nickandsienna

"Tiktok has given me a platform to express myself and serve as a beacon of motivation to other young girls."

—Sarah Lugor
@shreksgivingster



Digital Wellbeing Checklist

As with all apps your teen may use, it's helpful to know the options you have to make it right for you and your family – and we hope you can use the below to set guidelines for their appropriate use of TikTok.

☐ Enable device-level parental controls.

TikTok is intended for users 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.

☐ Set your teen's account to private.

By default, a TikTok account starts as public – but you can easily enable a private account in the privacy and safety settings. A private account means you can approve or deny follower requests, and only users you've approved can see your content.





❑ Decide who can follow you.

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

❑ Limit the content you see.

If your teen comes across a video that doesn't vibe 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 gets older.



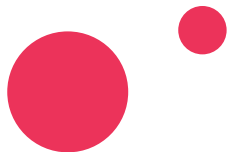
❑ Control your comment section.

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 set a custom list of keywords that will be automatically blocked from any comments on their videos.



☐ Set messaging preferences.

Messaging can be a great way to trade creative ideas with other users, but on TikTok only your teen's followers can send them a private message. Your teen can unfollow or block a user to curtail an individual's ability to send a DM, or disable messaging entirely from their privacy settings.



☐ Restrict duets.

Duets can be a fun way to create videos with another user, but your teen has the control to decide who can make duets with or react to their content. They can set their preference just once at the account level and have the chosen setting apply to all their videos, or choose to selectively enable or disable duets for just a particular video.





☐ 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 sees anything that they believe violates these guidelines, they can report content or a profile directly from the app.



☐ Put a cap on screen time.

Managing Screen Time helps limit the time your teen spends on the app each day. The feature, a part of our Digital Wellbeing offerings, lives behind a passcode and can be enabled for various time limits up to 2 hours. At the device level, screen time can also be managed directly through parental controls in Android and iOS device settings.

☐ Make videos together!

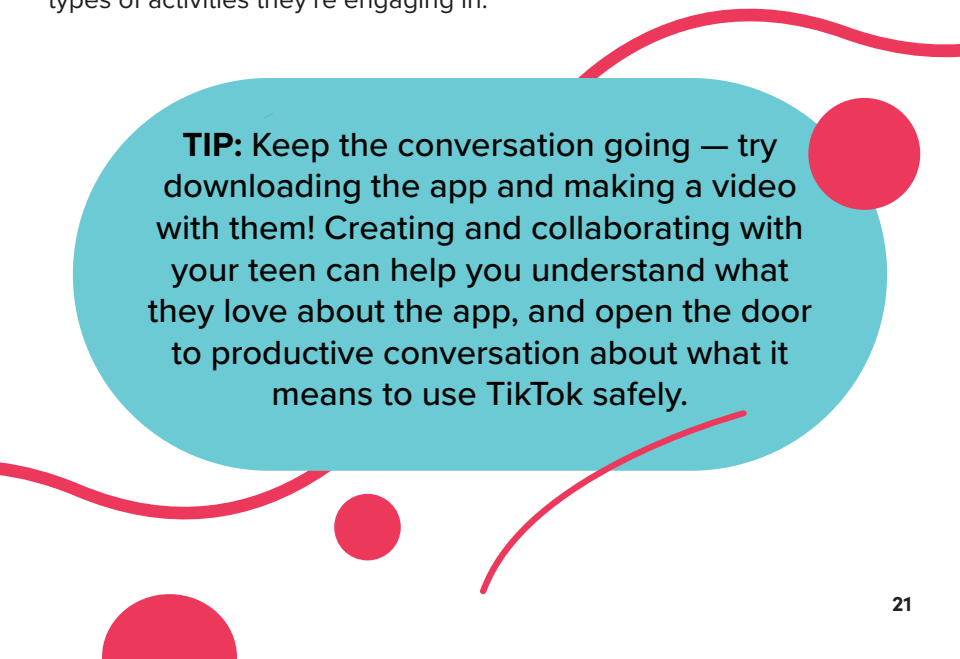
TikTok is fun and easy to use. Join in on a trend or have fun with everyday moments together. Creating fun content with your teen can be a great way to get involved and learn about their interests.



Talking TikTok

It's easy for parents to feel intimidated or "out of the loop" when it comes to TikTok or any new app but relax, you don't have to be a technology expert to know how to help your teen safely use TikTok or any other app. The "rules" for using any site or service are pretty similar. Everyone should be respectful of themselves and others, be mindful of what they post, and understand how to use any privacy settings, security tools, or blocking and reporting mechanisms.

It's important to keep the lines of communication with your teens as open as possible, and to have ongoing conversations about what's appropriate for them in terms of privacy settings, time spent online, and the types of activities they're engaging in.



TIP: Keep the conversation going — try downloading the app and making a video with them! Creating and collaborating with your teen can help you understand what they love about the app, and open the door to productive conversation about what it means to use TikTok safely.



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