TikTok Tools & Resources For Families

At TikTok, safety is a top priority, and that's especially true for teens. Every family is different, which is why TikTok offers a range of tools and resources to help you and your teens create a fun, safe, and age-appropriate experience on the platform.

Parental controls

TikTok's Family Pairing features let a parent or guardian link their TikTok account to their teen's to enable a variety of content and privacy settings, including:

- **Screen Time Management**

- **Direct Messages**

- **Restricted Mode**

TikTok encourages families to discuss the Family Pairing features with their teens, and explain why they choose to turn them on.

TikTok's Guardians Guide provides a one-stop shop for guardians to learn about TikTok basics, how to get started on the platform, safety and privacy tools available to them, and additional resources to address common internet safety concerns.

Youth safety

As young people start their digital journey, TikTok believes it's important to provide them with age-appropriate privacy settings and controls.

- Accounts 13-15 are set to private by default, which means only someone who your teen approves as a follower can view their videos.

- By default, direct messages are disabled for 13-15 year olds, and they're set to 'No One' for 16-17 year olds.

- Video downloads, Duet, and Stitch are only available on content created by people 16 and over.

In the US, TikTok accommodates those under the age of 13 in TikTok for Younger Users, a view-only experience with curated content and additional safety and privacy protections designed specifically for an under-13 audience. In this ecosystem, community members can experience and make fun, creative, and even educational videos but cannot post those videos, comment on others' videos, message with others, or maintain a profile or followers. TikTok partners with Common Sense Networks to help make sure content is both age-appropriate and safe for an audience under 13.

In TikTok's Youth Portal, teens can learn about best practices for staying safe online and having a positive and enriching experience on TikTok.

Private vs. public accounts

By default, for those 13-15 years old, your account starts as private. A private account means that while others on TikTok can search for you, they must request and be approved as a friend in order to contact or see your content. If you approve the request, that person will be able to view your videos. Teens under 16 will also see a pop up asking them to proactively decide who can or can't watch the first video they create.

For those 16 and older, your account starts as public by default, which means any TikTok community member can view your videos and post comments or reactions to engage with the content you've created and shared – but you can easily change this in your privacy settings. If you switch to a private account, you can approve or deny follower requests, and only people you've approved as followers can see your content.

Restricting a Duet or Stitch

A Duet is a video feature on TikTok. Enabling Duets means others on TikTok can use your video content to create split screen video using the same audio. Stitch, another collaboration tool on TikTok, allows people to clip and integrate scenes from another person's video into their own. Like Duet, Stitch is a way to reinterpret and add to another person's content, building on their stories, tutorials, recipes, math lessons, and more. The new video will be owned by the Duet or Stitch creator (not the original creator).

Creating a Duet or Stitch can be a fun way to make videos with another TikTok community member, but you're in control: we give you the option to decide who can Duet or Stitch with your content. You can choose to selectively enable or disable these features for each TikTok video you create. Only those 16 and older can Duet or Stitch.

Enabling comment restrictions & filters

TikTok helps connect a rich and diverse community, where people express themselves, but you can control whether and whom you allow comments from.
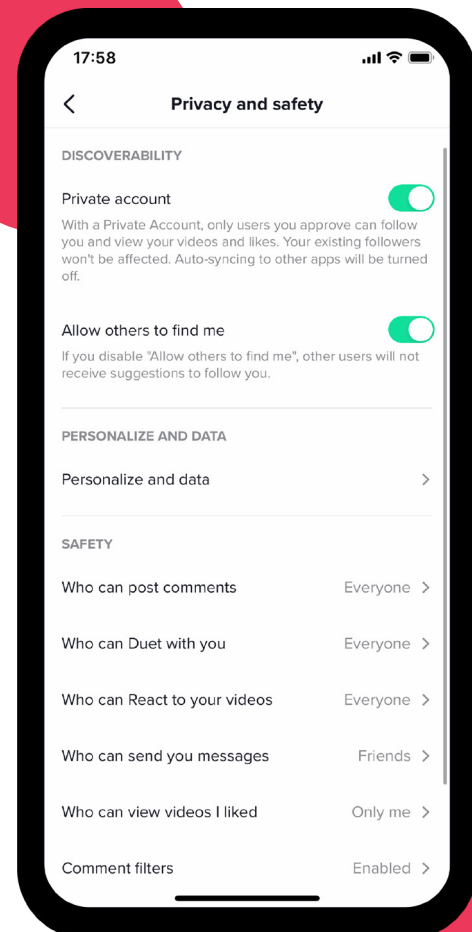
You can choose to allow everyone to comment, friends or followers that you follow back, or no one. Regardless of what or who you choose, we ask everyone to maintain a kind and respectful community environment. For those 13-15 years old, this is set to Friends by default, and the Everyone option is disabled.

In addition to comment controls, TikTok offers a few ways to quickly and easily filter comments you don't want to see. In the privacy section of your app settings, select "Comments."

From there you also have the power to manage your comments. You can choose to hide spam and offensive comments, which is turned on by default, or filter specific keywords. You can also filter all comments which gives you the power to hide or approve all comments on a video.

To set manual keyword filters, follow these steps:
1. Tap "Privacy"
2. Tap "Comments"
3. Tap the toggle to enable "Filter keywords"
4. Add keywords and tap "done"

Unfollowing an account

If you or your teen no longer want to follow an account, you can unfollow them anytime by following these steps:

1. Tap on "Following" to see who you're following
2. Tap the "Following" button to unfollow

Blocking an account

TikTok allows you to keep anyone from interacting with you or your content for any reason. By blocking an account they will not be able to view your content or send you messages. If you would like to block an account simply:

1. Go to that person's profile
2. Tap the three dots in the top right corner
3. Tap "Block"

Enabling Restricted Mode

Limit the appearance of content that may not be appropriate for all audiences. Even without Family Pairing enabled, families can help their teens enable Screen Time Management and Restricted Mode by visiting the app's Digital Well-being controls at any time.

To enable this setting:
1. Select "Digital Well-being" under the app settings
2. Tap "Restricted Mode"
3. Tap "Turn on"
4. Set a passcode

Setting screen time limits

Screen Time Management offers 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.

To enable Screen Time Management:
1. Select "Digital Well-being" under the app settings
2. Tap "Screen Time Management"
3. Set a time limit
4. Tap "Turn on"
5. Set a passcode

Not interested in videos

If you come across content that might be irrelevant or something you don't want to see, long-press on the video, select "Not interested," and choose to hide future videos from the creator or hide videos that use the same sound.

Reporting content, accounts, or comments videos

If you come across something or content that you believe may violate our Community Guidelines, please report it so our moderation team can review and take appropriate action. You can report a specific video, audio, livestream, account, comment, or hashtag right within the app itself. To report, simply long press the video. A pop-up will appear. Select Report and follow the steps outlined.

For more information, visit TikTok's Safety Center at tiktok.com/safety