

# **Parental controls guide**

# TikTok parental control and safety settings

## Parental Controls information

### Type of guide

Social media privacy guides

---

### Features and Benefits

TikTok features a number of privacy and safety settings to restrict who can contact and comment on your child's posts and profile. It also features a Digital Wellbeing feature to restrict inappropriate content and help them manage how long they spend on the app.

[pdf link](#)

---

### What specific content can I restrict?



Chatting



Cyberbullying



Inappropriate content



Location sharing



Privacy



Privacy and identity theft



Social networking

---

### What do I need?

A TikTok account

# TikTok parental control and safety settings

---

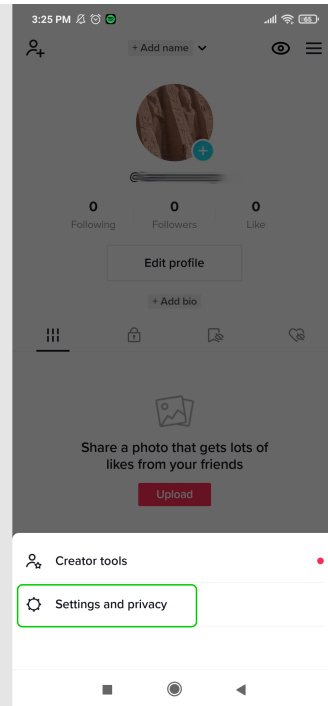
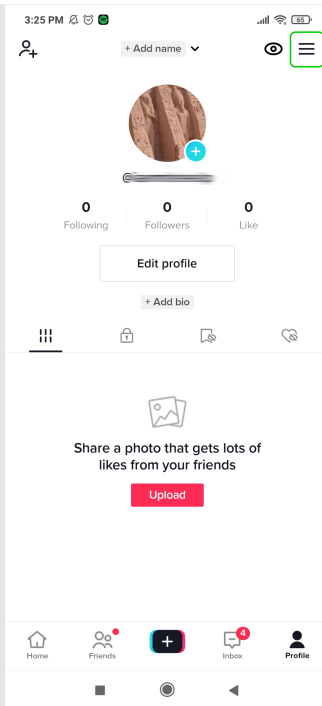
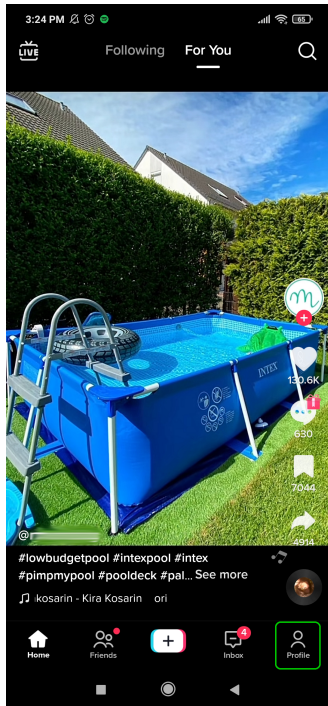
## Step by step guide

---

1

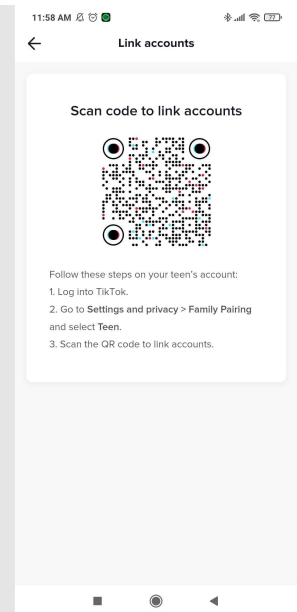
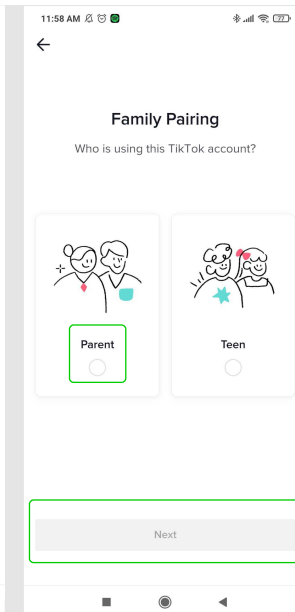
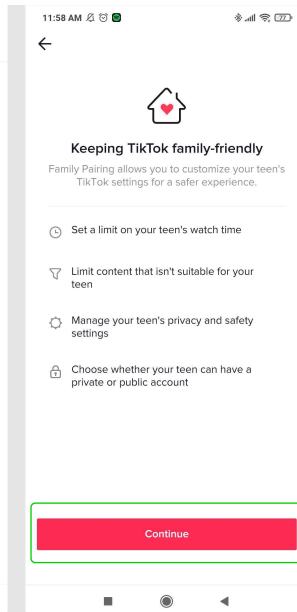
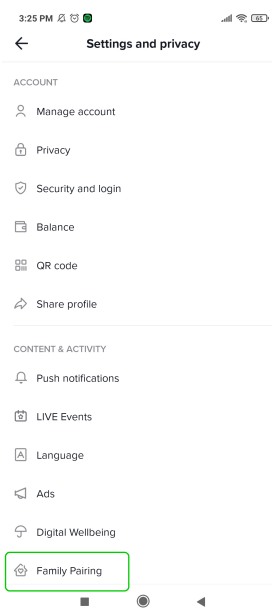
Family Pairing Family Pairing allows parents and teens to customise their safety settings based on their needs. To manage or view Family Pairing controls, you need to first link the parent and teen accounts: Step 1 – Go to your profile and then tap the 3 horizontal lines located in the top right-hand corner. Tap Settings and privacy. Step 2 – Tap Family Pairing. Choose your role (or your teen’s on their device) to get access to a QR code. Your teen will do the same on their phone. Step 3 – Once you pair the accounts, simply select the account you want to manage and update the available controls.

1



JS

2





# TikTok parental control and safety settings

---

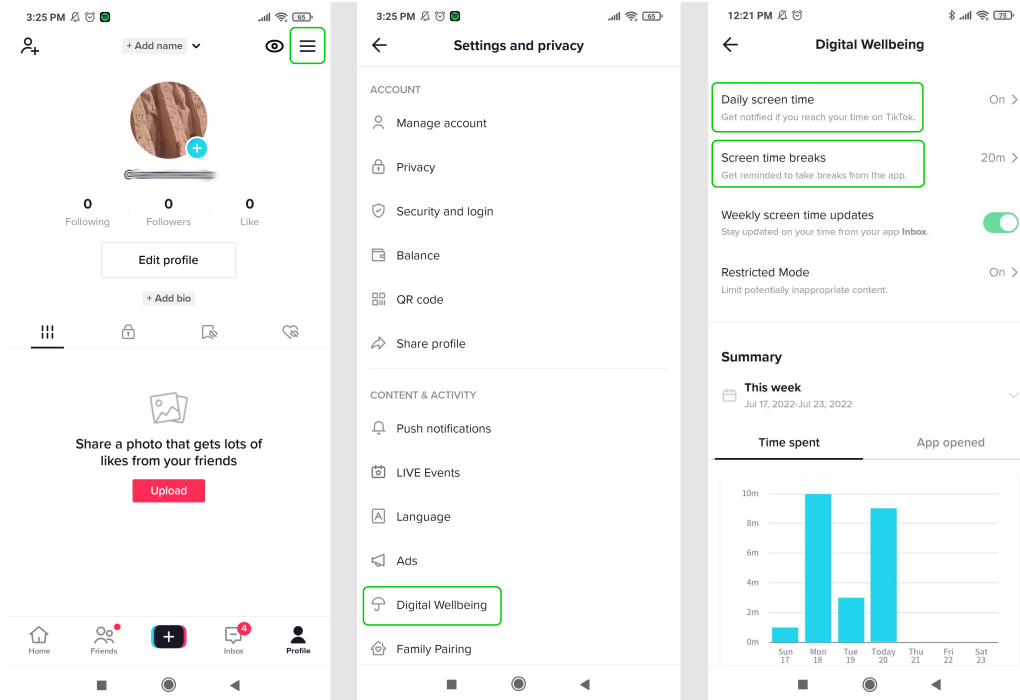
## Step by step guide

---

2

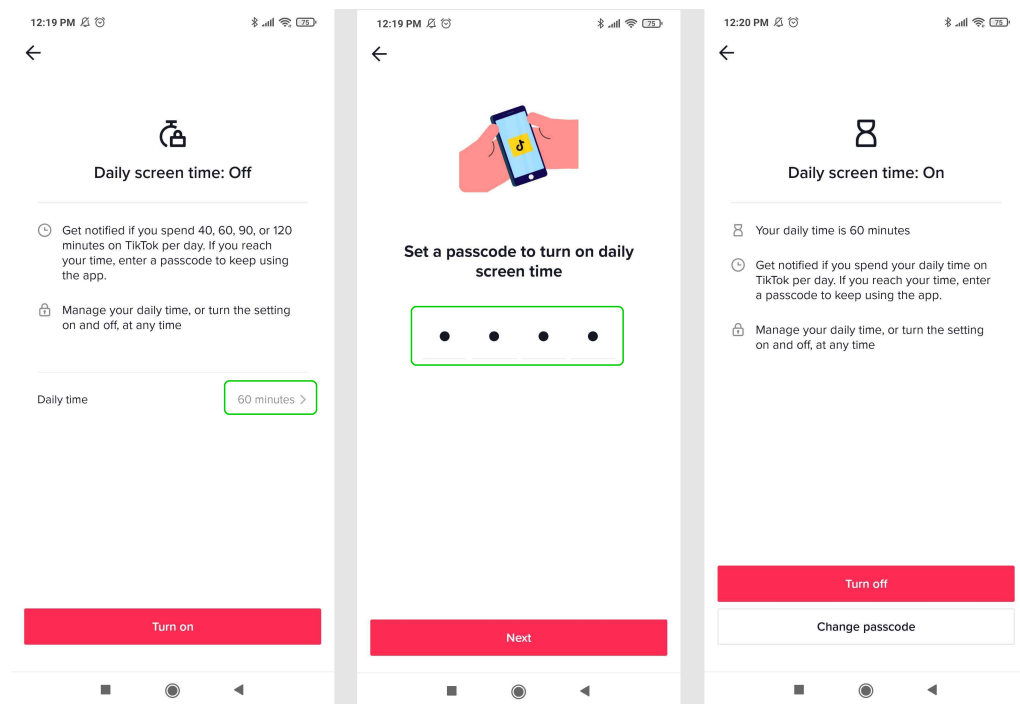
Manage screen time Turning on Screen Time means you can set time limits and schedule break reminders, which can be managed with a passcode. Step 1 – Go to your profile, then tap the 3 horizontal lines located in the top right-hand corner. Tap on Settings and privacy. Step 2 – Go to Digital Wellbeing. Tap Daily screen time and follow the instructions. Set a pass code that only you know. You can set limits up to 120 minutes per day. If your child reaches this limit, they will need to enter the pass code to continue using the app. Step 3 – Schedule breaks by tapping Screen time breaks and choosing the amount of uninterrupted screen time is okay before your child should be reminded to take a break. You can also toggle on Weekly screen time updates to monitor your or your teen’s screen time throughout the week.

1

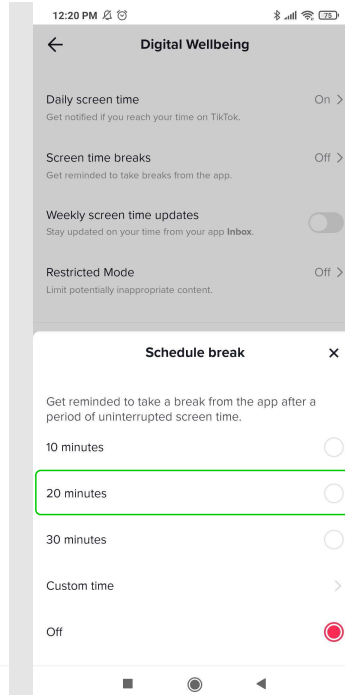
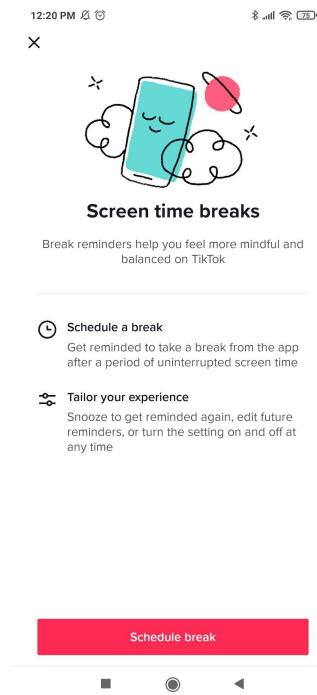


JS

2



3



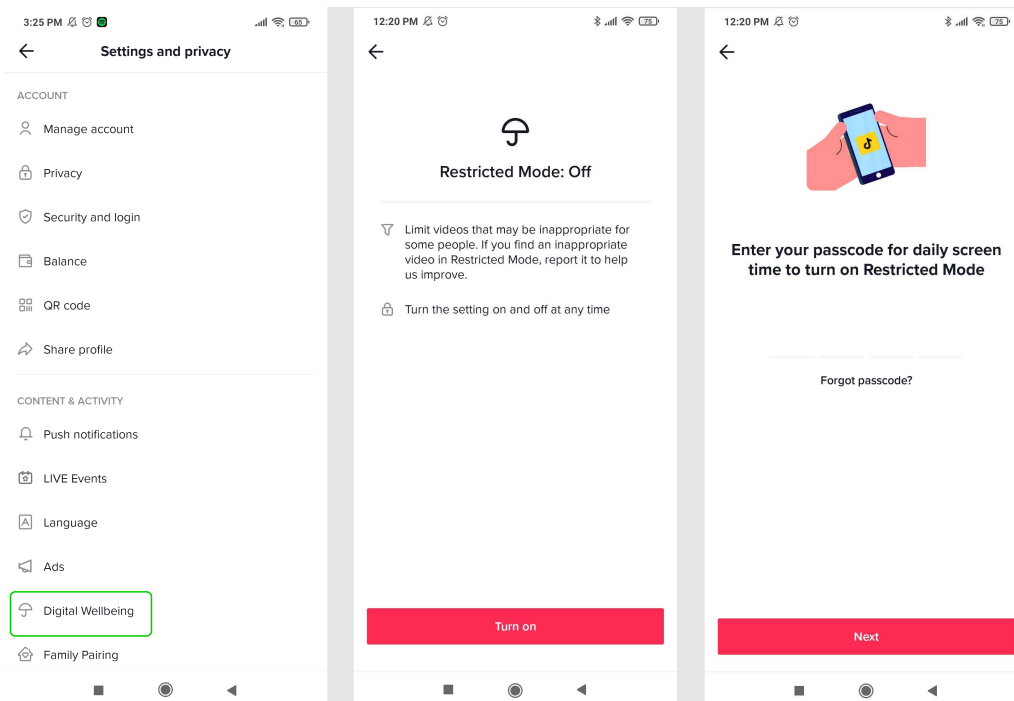
JS

# TikTok parental control and safety settings

## Step by step guide

3

**Restricted mode** The Restricted Mode feature on TikTok can help limit the appearance of content that may not be suitable for underage users. Step 1 - Go to your profile, then tap the 3 horizontal lines in the top right-hand corner. Tap Settings and privacy. Step 2 - Go to Digital Wellbeing, then Restricted Mode. Step 3 - Follow the steps in the app to turn on Restricted Mode. You must have the screen time pass code to change this setting.

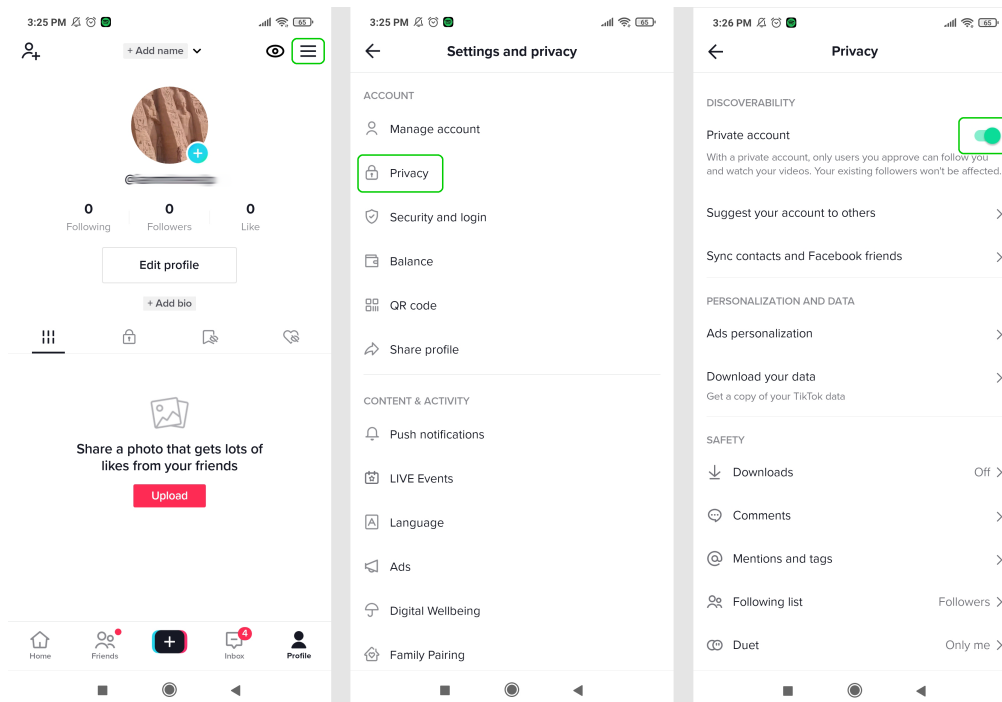


# TikTok parental control and safety settings

## Step by step guide

4

Make an account private Please note that even with a private account your child's profile photo, username, and bio will be visible to all TikTok users. It is best to ensure no sensitive or personal information is included here. Step 1 - From your profile page, tap the 3 horizontal lines located in the top right-hand corner. Tap Settings and privacy. Step 2 - Go to Privacy, then tap the toggle until it turns green.



# TikTok parental control and safety settings

---

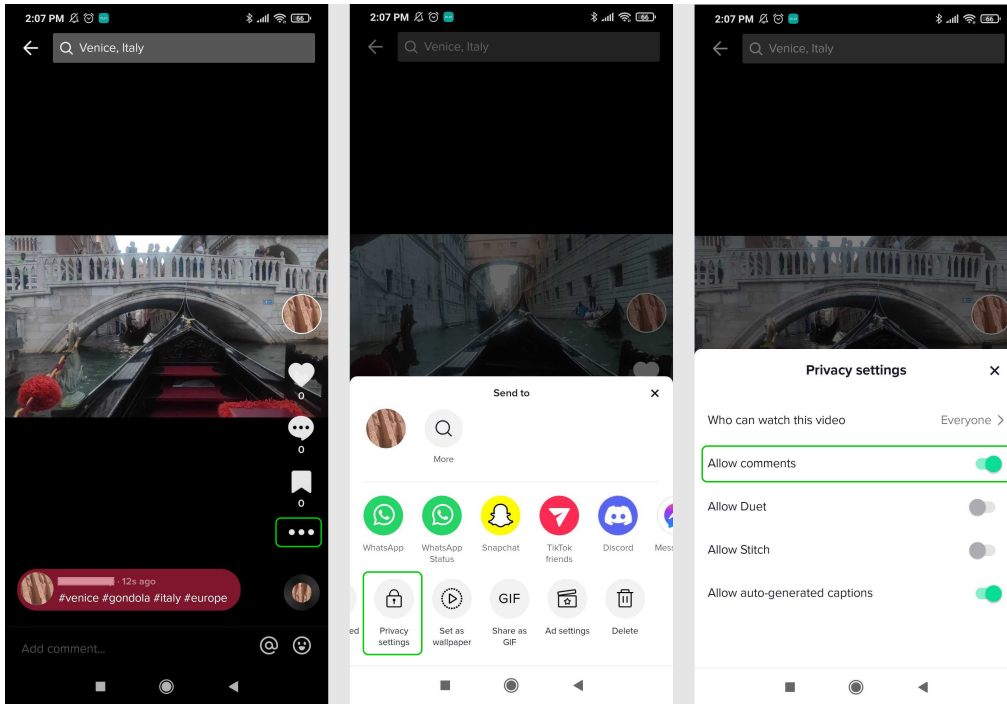
## Step by step guide

---

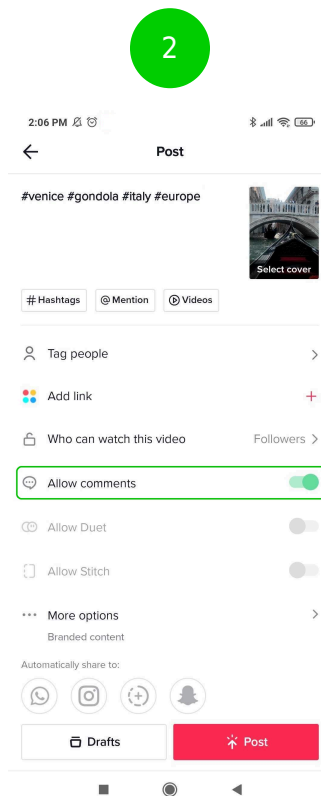
5

**Manage video comments** You can apply different privacy settings to each video you share, even if you have your account set to “Public”. To change video view settings for an existing video: Step 1 - Go to the video. Step 2 - Tap the three dots located on the right near the bottom. Step 3 - Scroll right to Privacy settings, then tap the toggle Allow comments until it turns grey to turn off comments. To change video view settings before uploading a video: Step 1 - On the post page, you can tap the toggle next to Allow comments until it turns grey to turn off commenting.

1



JS



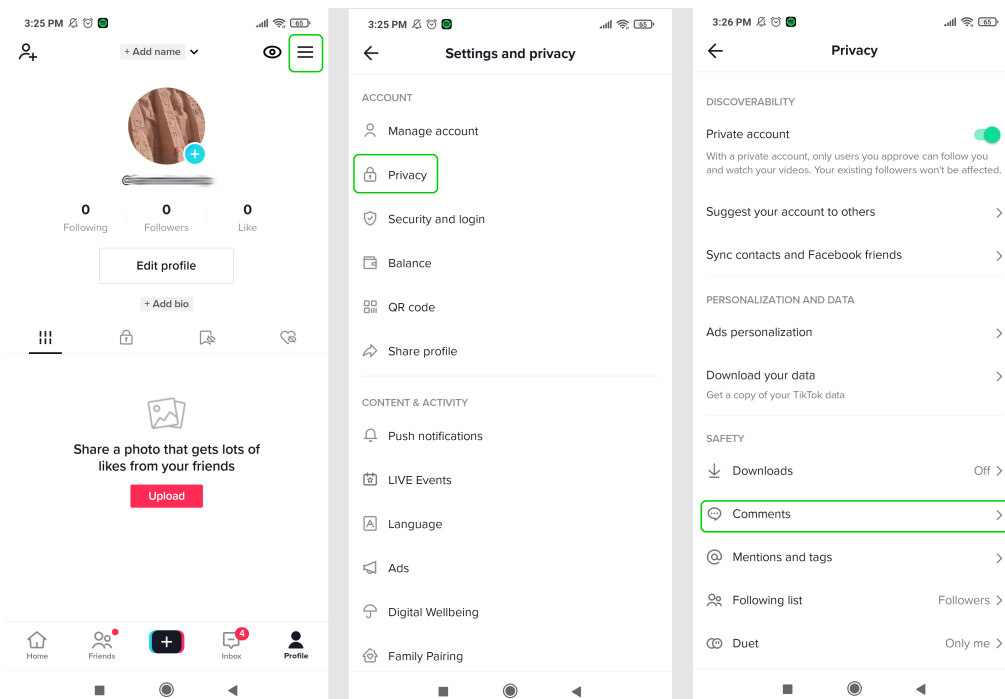
# TikTok parental control and safety settings

## Step by step guide

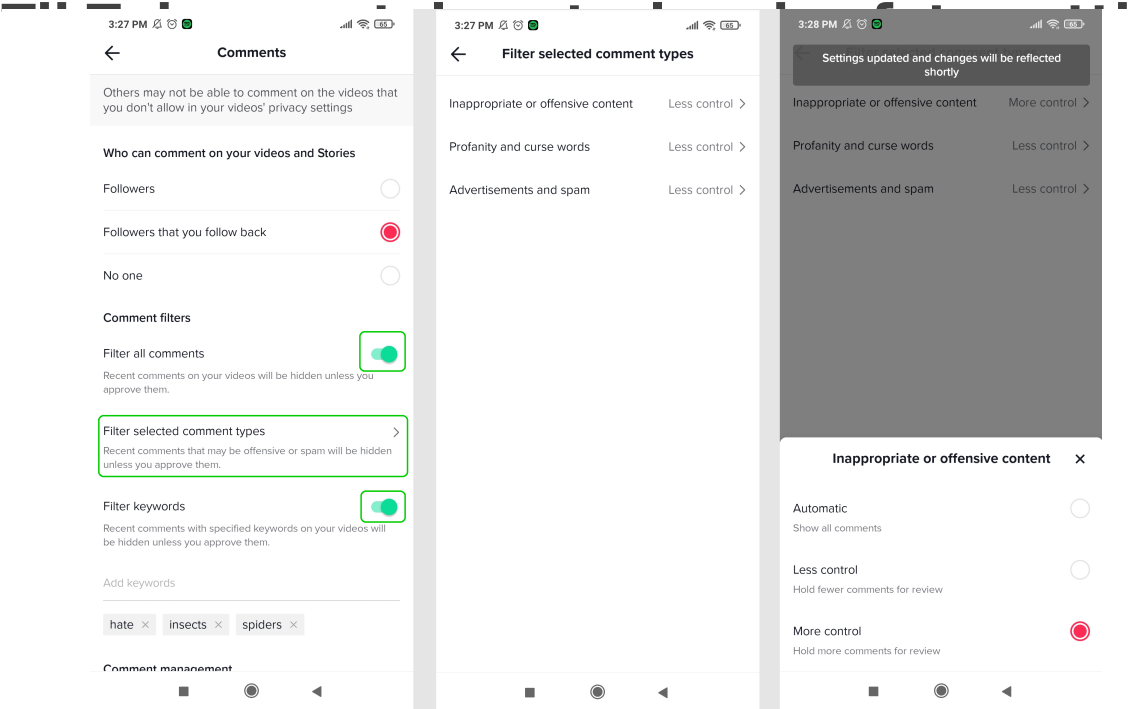
6

Filter comments If you select Filter all comments, all comments will be hidden unless you approve them. Step 1 - Go to your profile, then tap the 3 horizontal lines located in the top right-hand corner. Tap Settings and privacy. Step 2 - Select Privacy then Comments. Step 3 - Turn on Filter all comments, Filter selected comment types or choose specific Keywords to filter. This will also automatically filter offensive comments and you can also enter specific keywords to filter.

1





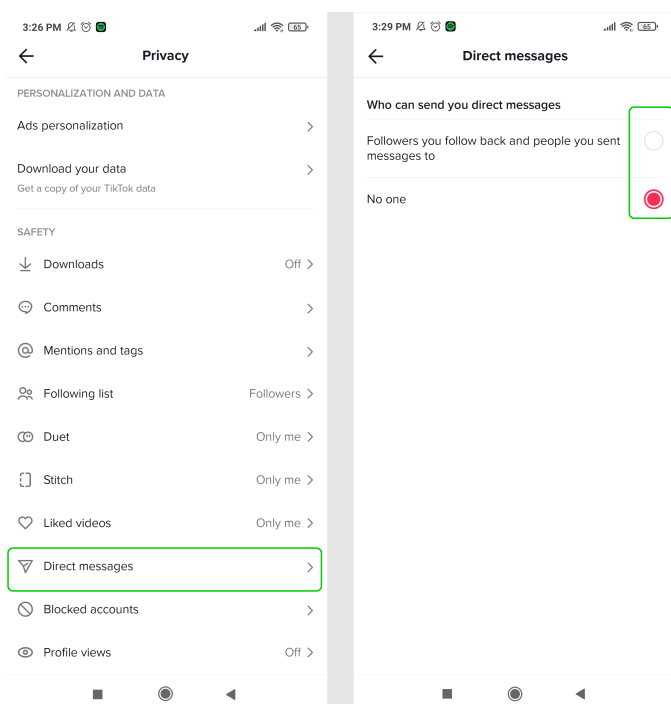


# TikTok parental control and safety settings

## Step by step guide

7

Choose who can DM you To change your default direct message (DM) settings: Step 1 - Go to your profile, then tap the 3 horizontal lines located in the top right-hand corner. Tap Settings and privacy. Step 2 - Go to Privacy then scroll down to Direct messages under Safety. Choose who can send direct messages.



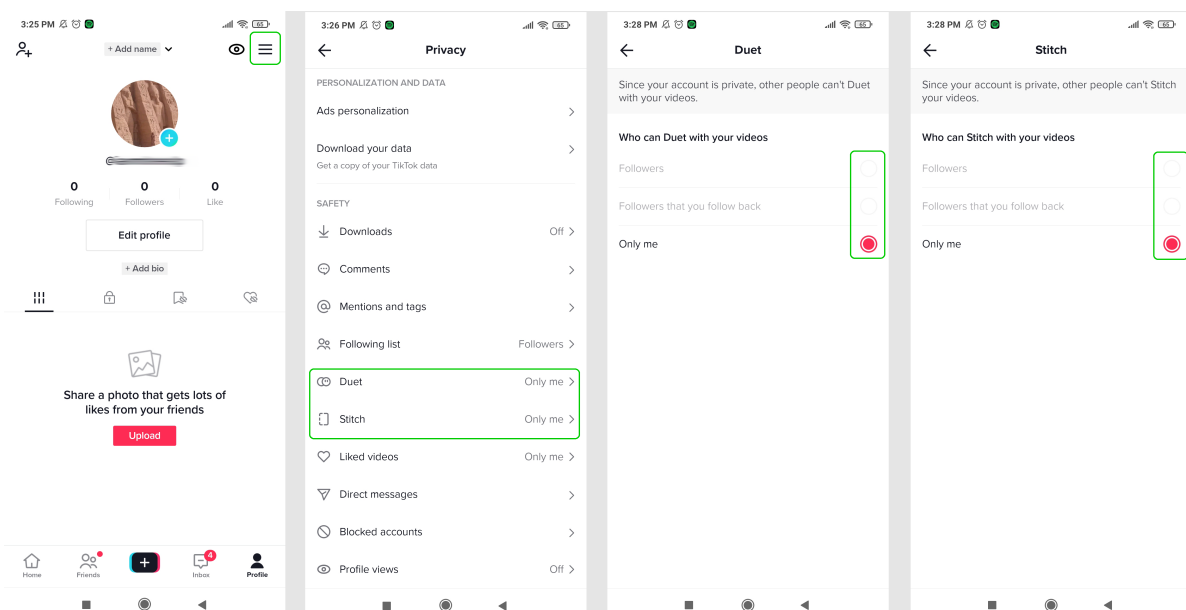
# TikTok parental control and safety settings

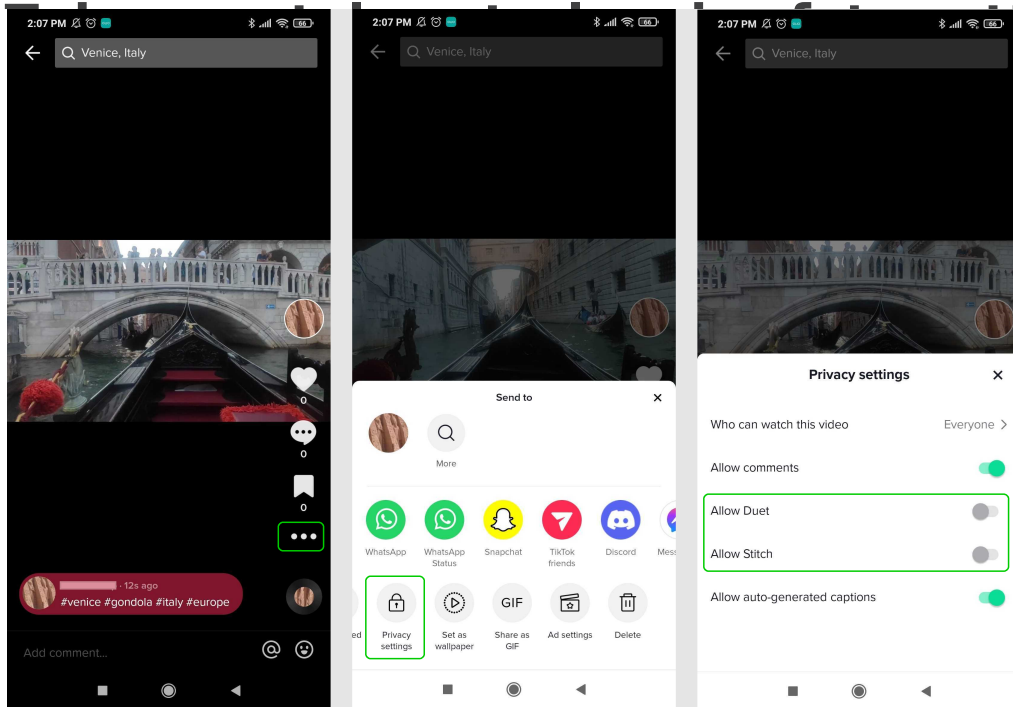
## Step by step guide

8

Manage Duet and Stitch Stitch encourages users to reinterpret and add to other users' content. Duet lets you have your video playing side by side next to someone else's. To change your default settings: Step 1 - Go to your profile, then tap the 3 horizontal lines located in the top right-hand corner. Tap Settings and privacy. Step 2 - Go to Privacy and scroll down to the section labelled Safety. Step 3 - Choose the feature you want to change then choose a relevant setting. To change settings for a single video: Step 1 - Go to the video, then tap the three dots located in the top Step 2 - Go to Privacy settings then turn the setting on or off.

1





# TikTok parental control and safety settings

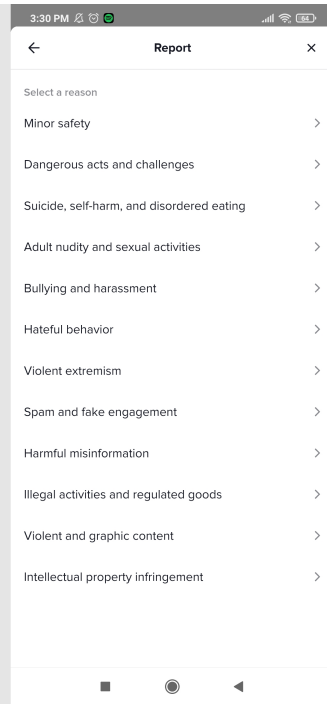
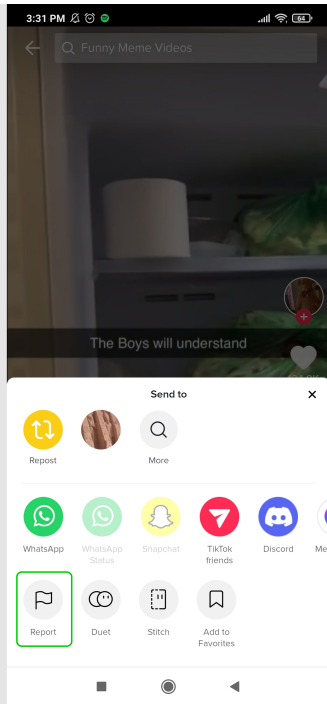
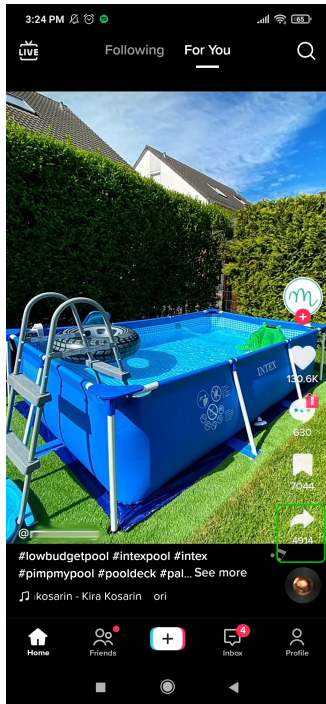
---

## Step by step guide

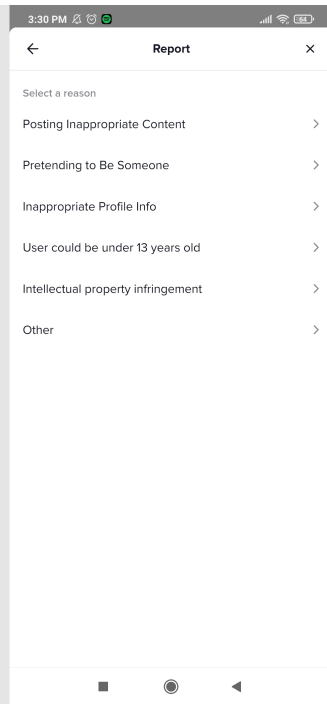
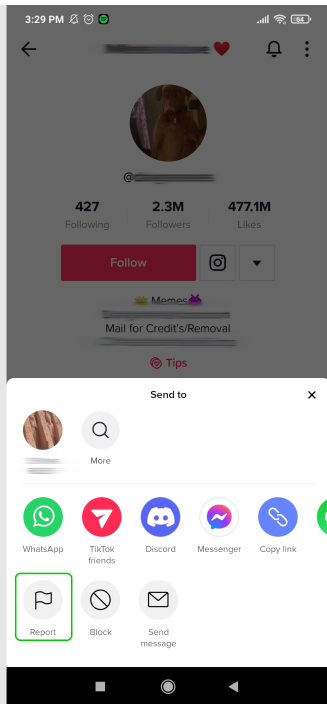
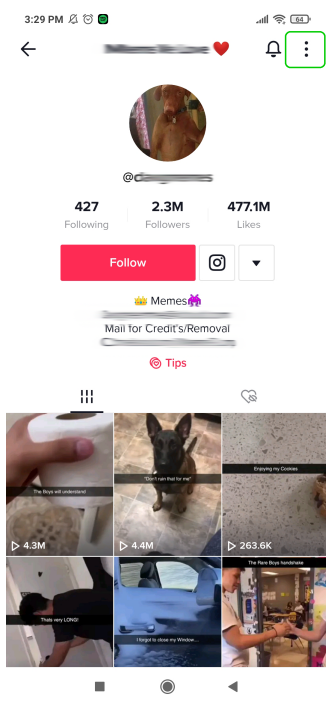
---

9

Report a problem You can report a live video, comment, video, DM, user, sound, hashtag, or anything else that goes against the community guidelines. To report content on a video: Step 1 - Go to the video you wish to report and tap the share arrow. Step 2 - Tap Report and select a reason then follow the prompts until you can tap Submit. To report an account: Step 1 - Go to the profile of the user you want to report. Tap the 3 dots in the top right corner. Step 2 - Tap Report. If you choose Report account, follow the prompts to select a reason until you can tap Submit. You can also follow these instructions to block a user. To report specific content on TikTok, including comments, messages and sounds, tap Report content instead. You will then be given instruction for how to report each category.



2

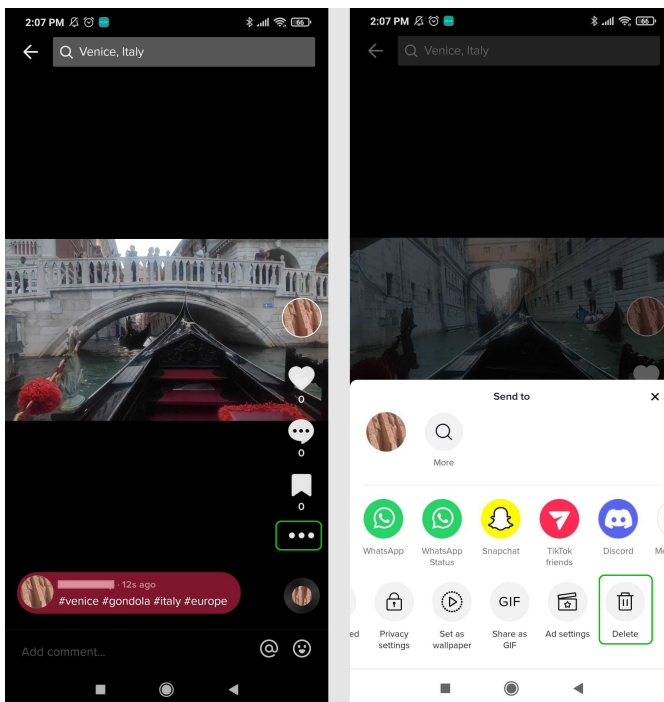


# TikTok parental control and safety settings

## Step by step guide

10

How to delete a video If you've posted a video on TikTok that you no longer want up, you can easily delete it. To delete a video on TikTok: Step 1 - From the video tap the 3 dots above your profile picture. Step 2 - Tap Delete.



# TikTok parental control and safety settings

---

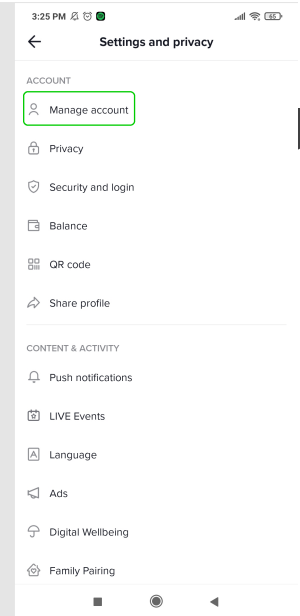
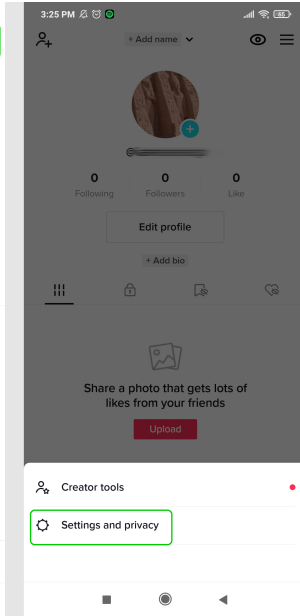
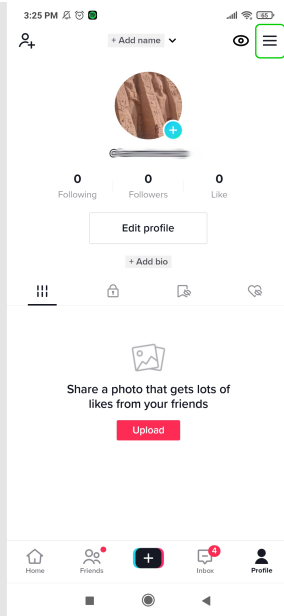
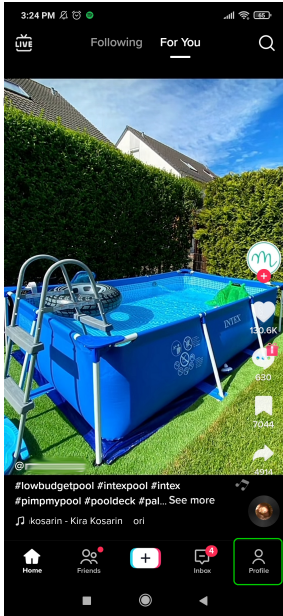
## Step by step guide

---

11

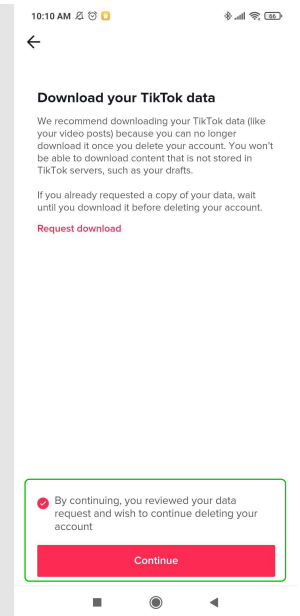
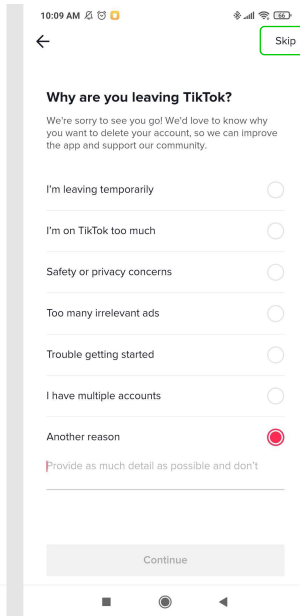
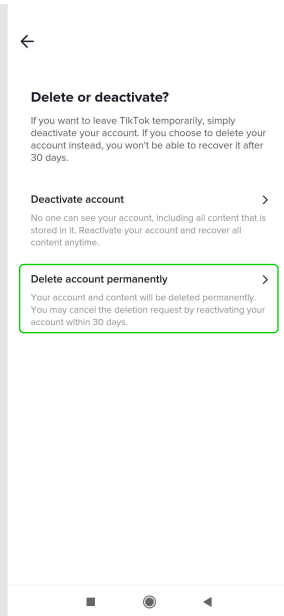
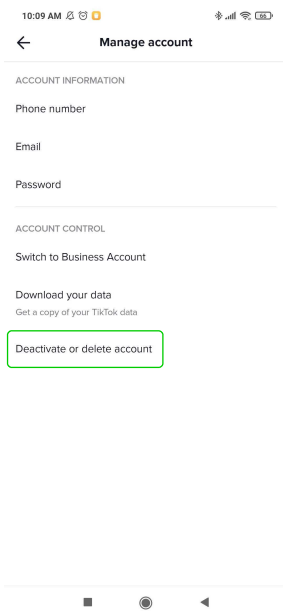
How to delete a TikTok account If you no longer want a TikTok account, you can deactivate or delete it. To delete a TikTok account: Step 1 - From your home page, go to your profile and tap the 3 lines in the top right corner. Select Settings and privacy, then Manage account. Step 2 - Tap Deactivate or delete account at the bottom of the screen. Step 3 - You can deactivate your account if you plan to come back to it. However, for a permanent solution, select Delete account permanently. Step 4 - Give a reason or select Skip. Then, if you'd like to download your data, tap Request download. Otherwise, tick the box at the bottom of the screen and tap Continue. Step 5 - Follow the confirmation prompts and verify your account login details. Finally, tap Delete account and then Delete. You will then be taken to the signup screen.





JS

2



3

