

# TikTok Parent Guide

## A quick guide to what you need to know

Age: 13+



### What is TikTok?

TikTok is one of the most popular **social media apps** in the world. Users can **create or watch video clips** of up to 3 minutes, often featuring music – usually via **smartphones**.

The app has **700 million users**. Although it's **intended for ages 13+**, it has **no robust age-verification process** built in, so some younger children are using it.

### What do you see on TikTok?

Everything from **make-up tutorials** to **gaming**, from **sports** to **music**. And lots of **dance moves and trends**. But anything goes – particularly if it's upbeat and funny.

TikTok has a set of **community guidelines** and doesn't permit **violent, racist, extremist** or **sexually explicit content**.

### What safety settings does it have?

TikTok offers a **restricted mode** that filters **inappropriate content**. You can also make your account **private**, meaning that users must be **approved** before they can interact with your child's content.

TikTok recently introduced **additional default privacy and security settings**. Users aged **16-17** will have their **direct messaging** setting automatically set to **'no one'**. They will also be asked to confirm that they are **happy for their videos to be downloaded**.

Users **under 16** will be asked to select who can **view their video** prior to posting.

**Push notifications** will be disabled after **9pm** for users aged **13-15**, and after **10pm** for users aged **16-17**.

### What risks are there?

TikTok has become famous for **viral challenges**, as well as **potentially harmful or upsetting videos**.

**Talk to your child about** why they should **avoid watching or sharing harmful content** and not to take part in a **trend** that could hurt them.

### What else should I do?

Remind your child to be **mindful of what they share** and who they share with. You can **go through the settings together** and explore what might be right for them. Make sure that your child knows how to **report videos or users** and how to **block users** who are bothering them.

**Reassure your child** that if they have any questions, or have had an **uncomfortable** experience, they can **come to you for support**. You could even **try making a video together** – if your child knows that you're interested in what they're doing, they're more likely to speak to you about it.

Find more advice and information at [parentzone.org.uk](https://parentzone.org.uk)