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# TikTok parental control and safety settings

## Step-by-step guide

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.

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If your teen uses TikTok, these top 3 tips can help keep their experience positive.

## Set up Family Pairing

Manage screen time, notifications, content and who can contact your child with Family Pairing.

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## Use Restricted Mode

Automatically restrict inappropriate content with a switch to help keep your teens' feed positive.

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## Manage screen time

Help your teen avoid too much passive scrolling by setting daily limits and break reminders.

## How to set parental controls on TikTok

For Family Pairing, you will need your own TikTok account. Otherwise, you will need access to your teen's TikTok account. It's best to review these settings together.

[Family Pairing on TikTok](#)

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## **1** Family Pairing on TikTok

Family Pairing on TikTok allows parents and teens to customise their safety settings based on their needs. To manage or view Family Pairing controls, you

**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.

## Controls available with Family Pairing

- Screen time management
- Mute notifications
- Restrict content
- Manage who can send DMs



With Screen Time means you can set time limits and schedule break reminders, which can be managed with a passcode.

## To manage screen time:

**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.

## Screen time limits for under-18s:

TikTok is implementing changes to its screen time features for under-18s. Users under 18 will have a 60 minute screen limit set daily.

To continue using the apps, teens will need to enter a passcode. While these features can be turned off, it's a good idea to talk with your child about why they exist to help them learn screen time balance.



### 3 Where is Restricted Mode on TikTok?

The Restricted Mode feature on TikTok can help limit the appearance of content that may not be suitable for underage users.

#### To set up restricted mode:

**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.

## 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.

### To make a TikTok account private:

**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.

## 5 How to 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.

**Step 3** – **View details & customise > Communication & multiplayer.**

### To change video view settings before uploading a video:



ct **Filter all comments**, all comments will be hidden unless you approve them.

## To filter comments on TikTok:

**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.

## 7 Choose who can DM you

You can control who contacts your child on TikTok by checking the direct message (DM) settings and changing the privacy levels.

### To change your default 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.

## 8 How to 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 your default settings:

**Step 1** – Go to the video, then tap the **three dots** located at the side.



## 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.



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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.

## 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**.

## 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 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.



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