

TikTok Digital Well-being Checklist

Use this checklist to decide what TikTok guidelines are right for your family.

- Enable device-level parental controls.** The 12+ app store rating allows you to use device-based parental controls provided by Google and Apple to block the app from an underage child's phone.
- Set your teen's account to private.** By default, TikTok account for those 16 and older start as public—but you can easily enable a private account in your privacy settings. Accounts for those 13-15 years old are set to private by default. A private account means you can approve or deny follower requests, and only people you've approved can see your content.
- Decide who can follow you.** Even if your teen has a public account, they can manage who follows their account by removing followers or blocking accounts at any time, for any reason. Removing a follower restricts that person's ability to direct message your teen, while blocking someone will 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 fit 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 be adjusted or disabled as your teen gets older.
- Control your comment section.** With a private or public, your teen has the power to decide if they want to allow comments on their videos from everyone, followers only—or restrict them altogether. This can be adjusted for each individual video they create. Even with comments on, your teen can set a custom list of keywords that will be automatically blocked from any comments on their videos. Your teen can also filter all comments, which allows them to review all comments before they appear on their content. They can also report and delete comments and block up to 100 accounts at a time.
- Set messaging preferences.** On TikTok only your teen's followers can send them a direct message. Your teen can unfollow or block an account to restrict an individual's ability to send a direct message or disable messaging entirely from their privacy settings. Direct messages are disabled for 13-15-year-old account holders.
- Restrict a Duet or Stitch.** Only those 16 and older can Duet or Stitch. Your teen can choose to selectively enable or disable a Duet or Stitch for each video they create.
- Report anything you believe may violate TikTok's Community Guidelines.** If your teen sees anything they believe violates TikTok's Community guidelines, they can report content or a profile directly from the app.
- Turn on Family Pairing.** This feature links a parent's TikTok account to their teen's and once enabled, a parent can directly manage a number of safety controls for their teen's account.
- Put a cap on screen time.** Screen Time Management helps limit the time your teen spends on the app each day. The feature lives behind a passcode and can be enabled for up to two hours.
- Make videos together!** Creating fun content with your teen can be a great way to get involved and learn about their interests.