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.

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.
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Step by step guide

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.
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ACCOUNT
- Manage account
- Privacy
- Security and login
- Balance
- Gift code
- Share profile

CONTENT & ACTIVITY
- Push notifications
- LIVE Events
- Language
- Ads
- Digital Wellbeing
- Family Pairing

DIGITAL WELLBEING
- Daily screen time
- Screen time breaks
- Weekly screen time update
- Restricted Mode
  - Limit potentially inappropriate content.

Summary
- This week
  - Time spent
    - App opened

Daily screen time: Off
- Get notified if you spend 40, 60, 90, or 120 minutes on TikTok per day. If you reach your time, enter a passcode to keep using the app.
- Manage your daily time, or turn the setting on or off at any time.

Daily screen time: On
- Your daily time is 60 minutes.
- Get notified if you spend your daily time on TikTok.
- If you reach your time, enter a passcode to keep using the app.
- Manage your daily time, or turn the setting on or off at any time.

Set a passcode to turn on daily screen time

Turn on

Next

Change passcode
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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.
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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.
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.
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.
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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.
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.
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Privacy settings

Who can watch this video

Allow comments

Allow Dust

Allow Stitch

Allow auto-generated captions
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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.