

# A Guide to TikTok for Parents and Guardians



Helping your teens manage their online activity is important, but it can feel overwhelming if you're not familiar with the tools available to help you. Our Guardian's Guide shows you all of TikTok's safety features, and a step-by-step guide to Family Pairing, to put you in charge of your teens' account.

## How to use Family Pairing:

1. Download the TikTok app.
2. In the TikTok app, tap Profile at the bottom.
3. Tap the Menu button at the top, then select settings and privacy.
4. Tap Family Pairing.
5. Tap Continue.
6. Tap Parent or Teen, then tap Next.
7. Follow the steps to link the accounts.



## Safety and privacy protections for teens on TikTok

At TikTok, we consider the unique developmental needs of teens, meaning those accounts registered to teens 13-15 experience TikTok differently to those aged 16-17.

Feature	13-15	16-17	18+
Direct messaging	Not allowed	Off by default	Friends by default
Account visibility	Private by default	Private pre-selected, option to set to Public	Public
Comment rules	Only Friends can comment	Followers by default	Everyone
Going LIVE	Not allowed	Not allowed	Allowed
Daily screen time	60 minutes	60 minutes	Personal choice
Virtual gifting	Not allowed	Not allowed	Personal choice
Nighttime notifications	Disabled from 9pm	Disabled from 10pm	Personal choice

# Digital Safety Pledge for Families

Our family pledge is a conversation starter to help serve as a contract between parents or guardians and teens.



**We will work together to ensure safe, age-appropriate, and positive digital boundaries.**  
This is a partnership. We will show one another **respect, listen,** and remember to **ask questions.**

## Family Pairing agreements. We have discussed:

- Daily screen time limits and when to mute notifications
- Filtering keywords to exclude content from your feed
- Privacy settings to choose who can see or interact with you
- A 30 day check in to review the pledge

## Teen Agreements

### I will stop and think before deciding to act.

Before I do anything online - whether it's posting a comment, sending something to a friend, or interacting with someone I may not know in real life – I'll stop and think. Is it safe? Is it respectful? Is it real? If I'm unsure, I'll check with you or another trusted adult, like:

### If I see something, I'll say something.

Even though apps have community guidelines, I may still encounter content or interactions that make me uncomfortable. If I see something that worries me or makes me feel uneasy, I'll tell you so that you can help me avoid it or report it.

### I will understand the safety features of each app.

## Caregiver Agreements

### I will lead by example.

I understand that my behaviour sets the standard for our family's digital habits.

### I will be available to chat.

I recognise that being available to talk will help you feel supported. Please don't be afraid to initiate a conversation. I will talk to you about what you're seeing online, who you're speaking to, and what you're enjoying.

### I will always be there for you if things go wrong.

When you share a problem, I'll listen, ask questions, and focus on how we can navigate the challenge together.

### I will respect your privacy.

My goal is to keep you safe while honouring your personal space. We'll work together to find a balance, and I'll explain why I may want to follow your online accounts, turn on safety features, or have certain access to your device.

## What should happen if we don't follow these agreements:

Teen Signature:

Parent(s) / Caregiver(s) Signature(s):