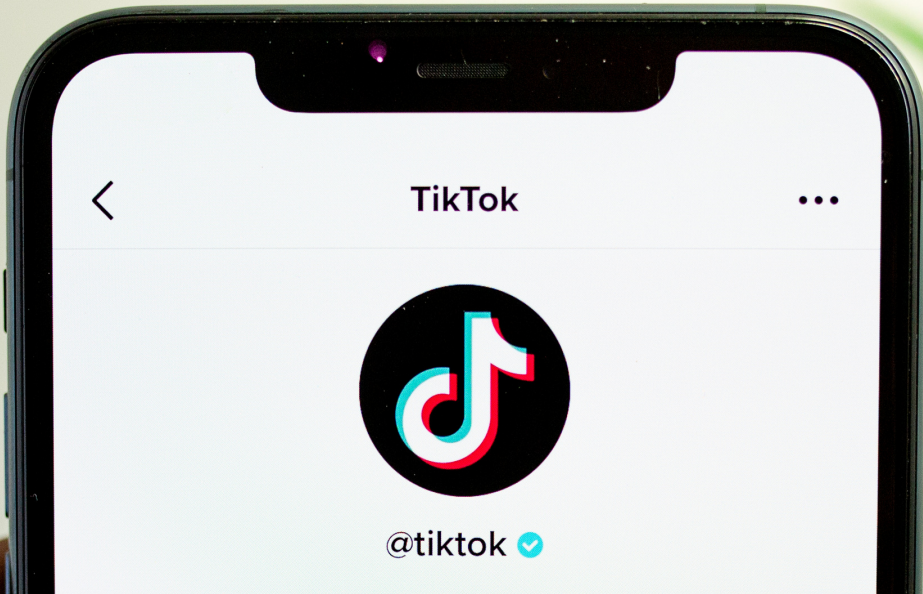


PARENTS' GUIDE TO KEEPING CHILDREN SAFE ON TIK TOK



While Tik Tok may be an outlet for creativity and fun, research is beginning to uncover the potentially harmful effects of the social media platform on the mental wellbeing of our children and teens. While research is still limited, early evidence suggests that children with attentional difficulties, preexisting mental health concerns and exposure to environmental stress or trauma may experience more difficulty with social media use. Children and teens may also be exposed to inaccurate information and inappropriate or upsetting content. There is also a potential negative impact on body image for all genders, as well as a reported increase in “Tik Tok Tics”.

It is important to note, however, that not all social media use leads to negative outcomes. Social media allows for exposure to new interests and hobbies, sharing of fun and educational content and even allows us to learn more about other people and cultures. It has also been a powerful tool in allowing us to stay connected with others during the pandemic. So, how do we keep our children safe while on the app?

It is important to learn about the potentially harmful effects of Tik Tok, as well as how to keep our children safe, so that we may make a more informed decision regarding our children's use of the social media platform.

SOURCES:

https://www.contemporarypediatrics.com/view/what-tiktok-could-mean-for-adolescent-mental-health?mkt_tok=MjEwLVJiU0wODUAAAGDMimg3H2N-ZB-q9duDXH1hw8DtEvY3kflsQRagbK5Au3h039-

<https://www.common sense media.org/articles/parents-ultimate-guide-to-tiktok#:~:text=Common%20Sense%20recommends%20the%20app,kids%20to%20access%20the%20app.>

<https://www.common sense media.org/articles/how-to-block-and-report-cyberbullies-on-tiktok#:~:text=Go%20to%20their%20profile, Tap%20Report%20or%20Block.>

HOW DO WE KEEP OUR CHILDREN SAFE?

AGE RESTRICTIONS

- Tik Tok requires that all users be at least 13 years old in order to use all features of the app.
- Children under 13 may use the app with limited access. Children are not able to search, comment on others' videos or post their own videos. They will only be able to see videos safe for viewing by young children.
- For children ages 13-15, accounts are private, meaning that children may only comment on friend's videos (and vice versa).
- Children 16 and over may have access to the full app, allowing them to livestream and use direct messaging.

Please note that while these restrictions are in place, children may easily circumvent these controls by inputting a fake birth year. Children's activity on the app should be closely monitored.

HOW TO...

MAKE YOUR ACCOUNT PRIVATE

Tap the three dots next to your user profile (top right corner) and select "Settings and Privacy," then "Privacy". You will then have the ability to turn on the "Private Account" feature.

REPORT OR BLOCK ANOTHER USER, VIDEO, COMMENT OR CHAT

Report a person: Go to their profile, tap on the three dots, tap Report or Block.

Report a video: tap on the right-facing arrow on the video page under the heart and comment icons, tap Report.

Report a comment: tap and hold the comment, tap Report.

Report inappropriate chat message: open the conversation, tap on the three dots, tap on Report.

PARENTAL CONTROL SETTINGS

FAMILY PAIRING

Family pairing enables parents to connect their accounts to their children's accounts in order to customize safety controls, such as Screen Time Management and Restricted Mode.

TO SET UP FAMILY PAIRING

On your phone, as well as your child's phone, tap the three dots next to the user profile and click Family Pairing. You will be able to sync your account to your child's using a QR code.

SCREEN TIME MANAGEMENT

Parents may choose to limit children's access to the app to 40, 60, 90 or 120 minutes per day. You may set a password so that children are not able to change this feature.

RESTRICTED MODE

This feature blocks mature/ age-inappropriate content. Be aware though, that children may still be able to come across such videos on their own. Again, you are able to lock this setting with a password.