

Before You Hand Over Your Phone

TikTok Safety Settings Every Parent Should Know

A quick checklist to help you set up TikTok for a safer, more positive experience for your child.



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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Filter Keywords | Restricted Mode | Content Preferences | Refresh Your Feed | Watch History | Screen Time | Family Pairing |

1 Filter Keywords

Block unwanted words and hashtags from your child's feed and search results.

How to set it up:

- Go to Settings and privacy
- Tap Content preferences
- Select Filter keywords
- Add words or hashtags you want to block



Examples:
blood, ghost, makeup,
knife, sharp, slap

2 Restricted Mode

Limit exposure to inappropriate content.

How to set it up:

- Go to Settings and privacy
- Tap Content preferences
- Turn on Restricted Mode



This helps limit content that may not be appropriate for younger viewers.

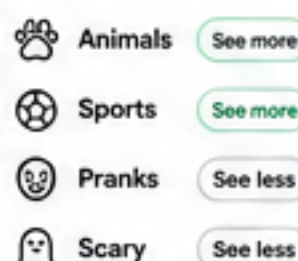
3 Content Preferences

Choose the types of topics your child sees more or less of.

How to set it up:

- Go to Settings and privacy
- Tap Content preferences
- Adjust each topic to See more or See less

Examples:



4 Refresh Your Feed

Periodically reset TikTok's recommendations.

How to set it up:

- Go to Settings and privacy
- Tap Content preferences
- Select Refresh your For You feed
- Choose Weekly



Continued: Sections 5–7

5 Check Watch History

Review what your child has been watching.

How to check it:

- Go to Profile
- Tap Menu ≡ (top right)
- Select Activity centre
- Tap Watch history



✓ Why it's useful:

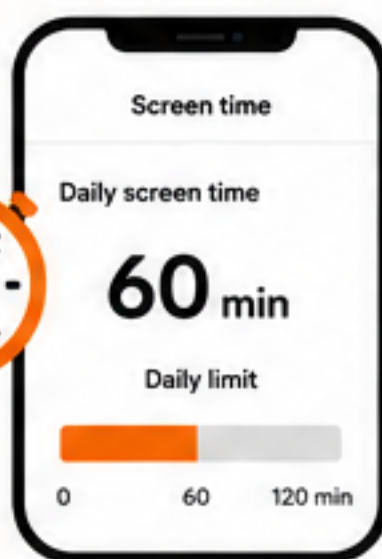
Helps you understand what content they enjoy — and spot anything upsetting or unusual.

6 Set Screen Time Limits

Set a daily limit to encourage healthy habits and prevent endless scrolling.

How to set it up:

- Go to Profile
- Tap Menu ≡
- Select Activity centre
- Tap Screen time
- Turn on Daily screen time and choose your limit



Tip

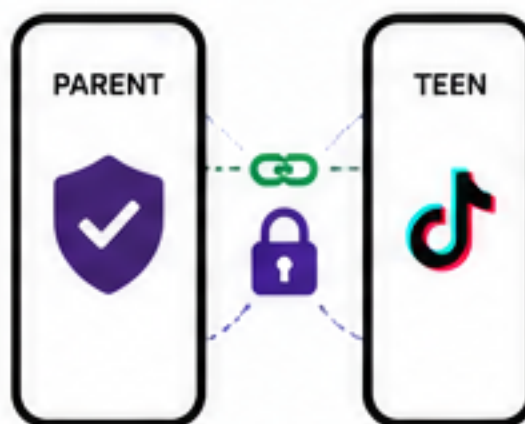
Too much screen time can steal time from real life.

7 Family Pairing

Link your account with your teen's account for comprehensive parental controls.

How to set it up:

- 1 Tap Profile
- 2 Tap Menu ≡
- 3 Settings and privacy → Family Pairing
- 4 Continue → Parent or Teen → Next
- 5 Follow the steps to link accounts



Great for:

- ✓ Managing settings together
- ✓ Extra visibility
- ✓ Peace of mind



7 Parental Controls You've Unlocked



Set daily screen time limits



Require parent passcode for extra time



Filter videos using keywords



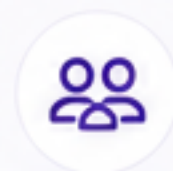
Enable Restricted Mode



Manage messaging and comment settings



View privacy settings



See who your child follows and who follows them



Technology is most powerful when it brings us closer.
Stay curious. Keep the conversation going.

