# Text Description automatically generated Safeguarding Newsletter

**Term 6 2022**

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Parents' Ultimate Guide to TikTok

**How does TikTok work?**

Tik Tok users sign up with a phone number, an email address, or a third-party account such as Facebook and Instagram. Once logged in, you can search popular creators, categories (comedy, animals, sports), and hashtags to find videos. Or you can use your phone contacts or social media followers to find friends already on the app. Many children on Tik Tok like to create videos, but plenty of people don't post themselves, they just use the app to find and follow content creators.

How can you make your TikTok account private?

To make your TikTok account private, go to your profile page and select the three-dot icon in the top-right corner. On the "Settings and privacy" page, tap Privacy. That takes you to the Discoverability page. Toggle the switch for Private Account. On this page, you can also control other safety and privacy features, such as who can send you comments and direct messages, and who can do a duet with you. Using the Friends setting or turning those features off completely limits contact with strangers.

**What age is TikTok recommended for?**

Common Sense recommends the app for age 15+ mainly due to the privacy issues and mature content. TikTok requires that users be at least 13 years old to use the full TikTok experience, although there is a way for younger children to access the app. Anyone under the age of 18 must have approval of a parent or guardian, but there are plenty of young tween users.

**Is TikTok appropriate for children?**

If you supervise your children, use safety settings, and stick to songs you already know, TikTok can be a child-friendly experience. But TikTok's emphasis on popular music means many videos include swearing and sexual lyrics, so it may not be age-appropriate for children to use on their own. Even with limits, it's easy to find people wearing revealing clothing and dancing suggestively, although TikTok won't let you search for objectionable content such as "porn." As with social media apps like Instagram and Snapchat, TikTok has a commercial element that encourages children to buy stuff. Users can also earn TikTok Reward points by inviting friends to download the app, and then they can redeem those points for coupons from brands like Sephora and Uber. You'll find plenty of other marketing and purchasing opportunities.

**How safe is TikTok?**

Using any social network can be risky, but it's possible for children to safely use the app with adult supervision (and a private account). TikTok has different rules for different ages:

* Users under 13 can't post videos or comment, and content is curated for a younger audience.
* For kids age 13 to 15, accounts are private by default; only friends can comment on videos, and other users can't duet (explained below) with your videos.
* Only users 16 and over can livestream and use direct messaging,
* Only users over 18 can buy, send, or receive virtual gifts.
* TikTok also offers some tools for parents to limit how much time kids spend on the app and what children can see. Parents can also use Restricted Mode to reduce mature content or Family Safety Mode to pair their account with their children to control settings completely.

**What is TikTok?**

TikTok (originally called musical.ly) is a social network for sharing user-generated videos, mostly of people lip-synching to popular songs. Users can create and upload their own videos where they lip-synch, sing, dance, or just talk. You can also browse and interact with other users' content, which covers a wide range of topics, songs, and styles. These videos can be grouped by hashtags, which often correspond to challenges, memes, or current events (i.e., #pandemiclife)

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**Does TikTok have parental controls?**

TikTok offers a few ways for parents to manage children’s' accounts. You can either enable time limits and the content filter on your child’s phone and protect the settings with a passcode, or you can download TikTok, create your own account, and use the Family Pairing feature to manage your child's TikTok settings using your phone. (If you choose Family Pairing, you'll need your child's phone to sync the settings.)

Here's how to enable screen limits and filter content on your child's phone: Go to your child's account and tap the three dots at the top right of the user profile. Then select "Digital Wellbeing" next to the icon of an umbrella. From there, select the features you want to enable:

**Screen Time Management**. This setting limits users to a maximum of two hours on the app per day, but you can limit it to 40 minutes. If you're only enabling this on your child's phone, choose a passcode to lock the setting.

**Restricted Mode**. This blocks mature content, but even with the filter on, children using the app on their own might come across age-inappropriate videos. Lock the setting with a passcode.

To set up Family Pairing so you can manage the above settings, plus safety and privacy, first download TikTok onto your phone and create an account. Then, make sure you have your child's phone and their TikTok login handy.

**Family Pairing**. On both phones, tap the three dots next to the user profile; tap Family Pairing and sync your account to your child’s via the QR code.

**How can I use TikTok with my children?**

You can provide a buffer between kids and iffy content by watching with your children and making videos together. Offer to hold the camera or turn it around to do a selfie duet. You can post it or save it as "private" so only you can see. The app also lets you share videos by email, text, or other social media where you can better control who sees it, so children can perform for friends and relatives instead of a wider network of people.

**What are TikTok Challenges?**

Challenges are any idea that goes viral. They can be songs, activities, or dances that start trending and then get copied by users on the platform. Sometimes they're spontaneous, but sometimes they're planned out by brands, musical artists, or influencers for marketing purposes. Most popular challenges, such as the intricately choreographed dance number [Renegade](https://www.insider.com/tiktok-dances-renegade-say-so-and-more-19-top-2020-3) and pranks such as the [backwards hoodie fridge mixup](https://www.tiktok.com/amp/tag/hoodieprank?lang=en) are harmless. But some, such as the skull-breaker, are really dangerous.

**How can I delete a TikTok account?**

Deleting a TikTok account takes a few steps. First, go to your profile, then select the "..." icon in the top-right corner. Select Manage Account. TikTok requires you to verify that the account you want to delete belongs to you, so you may need to log in to a third party such as Google or add the phone number you used to register. Once you've verified the account, you'll get a code to plug in that allows you to delete your account.

**How do I delete a TikTok video?**

To delete a TikTok video that you have posted to your account, select the video you want to delete from your profile. From there, tap the "..." icon in the bottom-right corner and select Delete (it has a trash can icon). You will be asked whether you are sure you want to delete the video. Then it will be removed from your profile.

**How can I monitor my children activity on TikTok?**

Other than Restricted Mode, there's no way to filter out content on TikTok, so parents are encouraged to share an account with children over 13. This will let you keep an eye on what your child is viewing and posting. Parents of older children who are more resistant to monitoring can ask about their favourite video creators and get to know their videos (with or without your child). Also, take the time to regularly look at the most popular songs, videos, memes, and challenges.

**Who can help?**

Every school has a ‘Designated Safeguarding Lead’.

At Huntingdon Academy, this is Miss Yarnell, Mr Middleton, Mrs Want or Mrs Riley.

Attendance and medical help – Mrs King

Our Safeguarding governor is Mrs Ros Murphy.

If you have any concerns in relation to safeguarding, please feel free to speak to a member of our team.

**Useful phone numbers**

Children and Families Direct: 0115 876 4800

ChildLine: 0800 1111

Nottingham Prevent Team: call 101 ext. 800 2963/2965 or ask to speak to the Prevent Team.

Carers Federation, Action for Young Carers project: 0115 962 9351

NSPCC whistle blowing helpline: 0800 028 0285

FGM helpline: 08000 283550

Samaritans: 0115 941 1111

Report to CEOP if you are concerned that an adult is behaving inappropriately towards a child on the internet: www.ceop.police.uk

Safer Internet - Tips, advice, guides and resources to help keep your child safe online

0344 800 2382 https://www.saferinternet.org.uk/advice-centre/parents-and-carers

**Six things you can do to keep them safe on the app:**

**1. Talk to them about Cyberbullying**

Users can leave comments on videos posted so, this may leave your child open to receiving negative messages. Giving them guidance about what to do if they are [cyberbullied](https://www.internetmatters.org/issues/cyberbullying/) or see others being cyberbullied will help them to keep themselves safe.

**2. Set their TikTok account to private**

Go to their account profile page and tap on the three dots in the top right corner.  Then select “Privacy and Settings”.  From the options select “Privacy and Safety” options and toggle “[Private Account](http://support.tiktok.com/?ht_kb=setting-up-a-private-account)” on / off.

**3. Make sure they are Share Aware**

Help them to think more carefully about what they post and who it may be seen by so that they protect themselves.

**4. Get familiar with the community guidelines**

To make sure you know what is and isn’t accepted on the app you and your child can [read through the community guidelines](https://www.tiktok.com/community-guidelines?lang=en) to help them to be informed about what they can and can’t do on the app.

**5. Be aware of explicit songs on the app**

Some of the songs featured on the TikTok app may have explicit language and sexual content that may not be suitable for your child. It is best to review the app together with your child beforehand.

**6. Turn on Digital Wellbeing settings on TikTok app**

Enable [Digital Wellbeing.](https://support.tiktok.com/en/safety-hc/account-and-user-safety/user-safety)You can also enable the Restricted Mode.

**7. Know how and when to report**

You can report any inappropriate, abusive Live, video, comment or anything else on the platform.

How to report inappropriate content on the TikTok app?

You can report content that doesn’t follow TikTok’s Community Guidelines.

You can block followers ‘by choosing the fan you’d like to remove and selecting ‘Block’ from the menu of options.

Be sure to update the TikTok app to ensure you are kept up to date with the latest features.