



## Social Media – TikTok

### What is TikTok?

TikTok 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)

### How safe is TikTok?

Using any social network can be risky, but it's possible for kids 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. Only users 16 and over can livestream and use direct messaging, and 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 kids can see. Parents can also use Restricted Mode to reduce mature content or Family Safety Mode to pair their account with their kid's to control settings completely. SEE BELOW!

### 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.

### How do I delete a TikTok video or a TikTok account?

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. **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.

## Parental Control Guide

TikTok offers a few ways for parents to manage kids' accounts. You can either enable time limits and the content filter on your kid'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 kid's TikTok settings using your phone. (If you choose Family Pairing, you'll need your kid's phone to sync the settings.) Here's how to enable screen limits and filter content on your kid's phone: Go to your kid'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 kid's phone, choose a passcode to lock the setting.

**Restricted Mode.** This blocks mature content, but even with the filter on, kids 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 kid'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 kid's via the QR code. Keep in mind kids can always re-download TikTok and create a new account using a different phone number or email address, so any controls you enable aren't foolproof.





# Safeguarding Team

*Safeguarding* is the action that is taken to promote the welfare of children and protect them from harm.



**Ms James**  
Designated Safeguarding Lead



**Ms Wilshire**  
KS3 Deputy Safeguarding Lead  
(Year 7, 8 & 9)



**Mrs Thurston**  
KS4 Deputy Safeguarding Lead  
(Year 10 & 11)

## Need to talk to us, but would prefer to text?



Text us on [07749723552](tel:07749723552) between 3:00pm and 5:00pm Monday-Friday

*Please speak to us for support or advice!*

Contact us Via Email:

[Zoe.James@clf.uk](mailto:Zoe.James@clf.uk)  
[Carly.Wilshire@clf.uk](mailto:Carly.Wilshire@clf.uk)  
[Jane.Thurston@clf.uk](mailto:Jane.Thurston@clf.uk)

### External Agency Support



Both OTR and CYN can offer comprehensive support on all issues. They offer youth clubs, 1-1 support and their websites can be used for students to find advice and information on a range of topics.

Kooth offer free, anonymous online support. You can encourage students to use Kooth on any issue.

