

Inside
your teen's
digital world



Be in Touch
SAFER SANER KIDS

TikTok

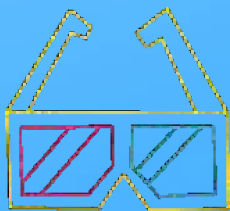
When you realize you
use anyone's ID to
alcohol underage be
they can't see your



What parents
need to
know about



HOW TO MAKE TIKTOK SAFER FOR YOUR TEEN



YOUR T(W)EEN WANTS TIKTOK?

- TikTok requires users to be 13
- Know that it is “real age” rated 16+
- Teens need wisdom and maturity to be able to use TikTok positively!

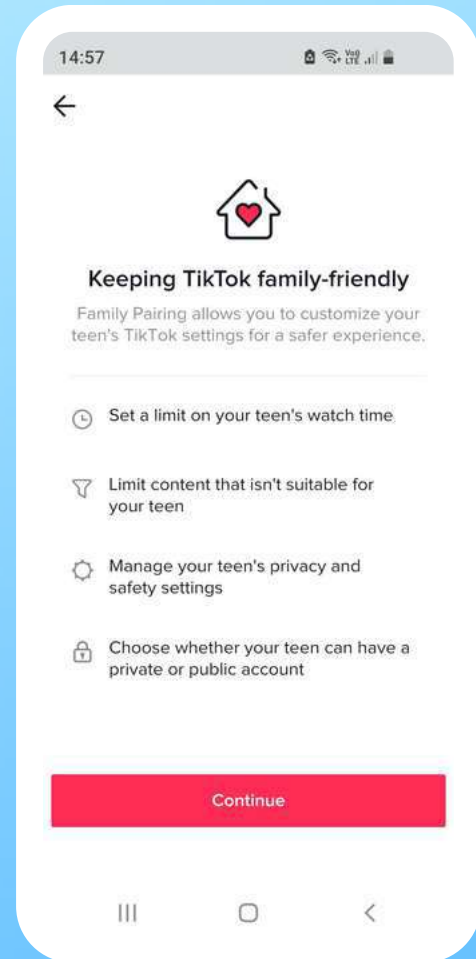


YOUR TEEN HAS TIKTOK?

- **Know** your teens's TikTok profile(s) and get involved!
- **Talk** to them about -
 - thinking before they upload or comment
 - deleting and blocking nasty comments
 - always protecting personal information
 - question what they see and hear
 - how TikTok makes them feel!
- **Help** them make it safer by changing the in-app settings...

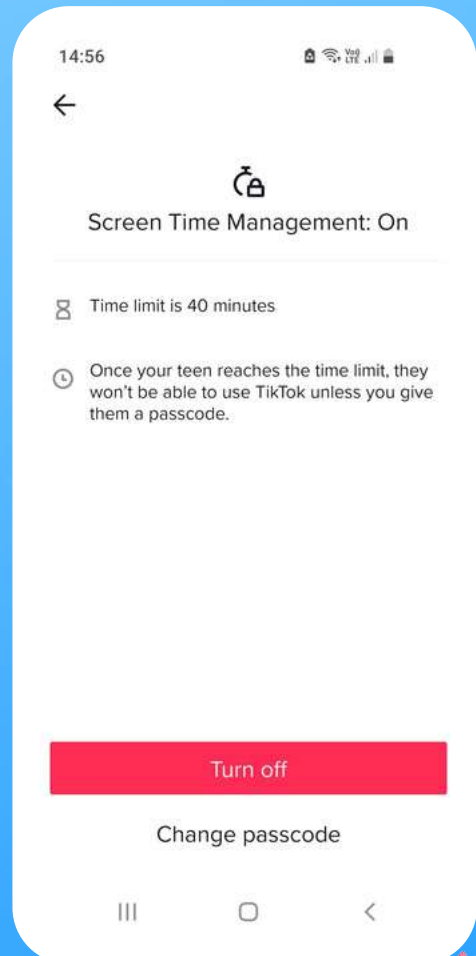
1

SET UP FAMILY PAIRING



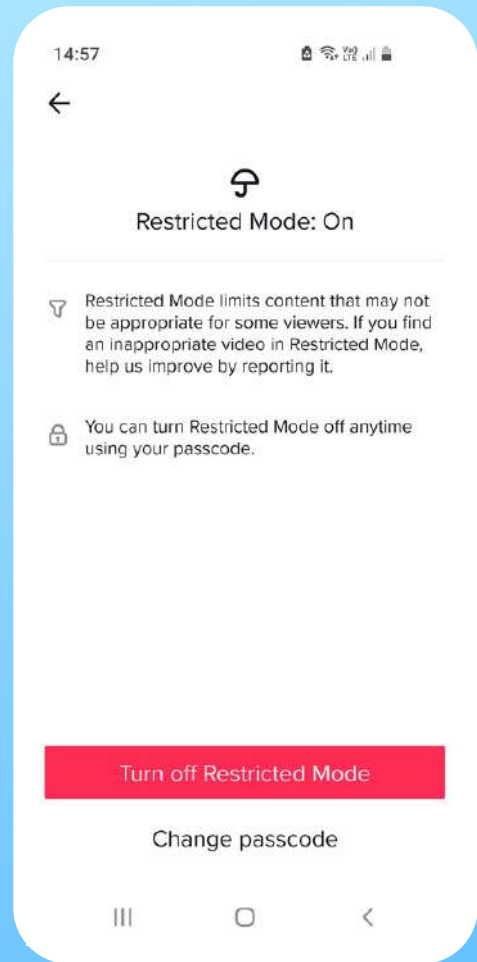
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MANAGE SCREEN TIME



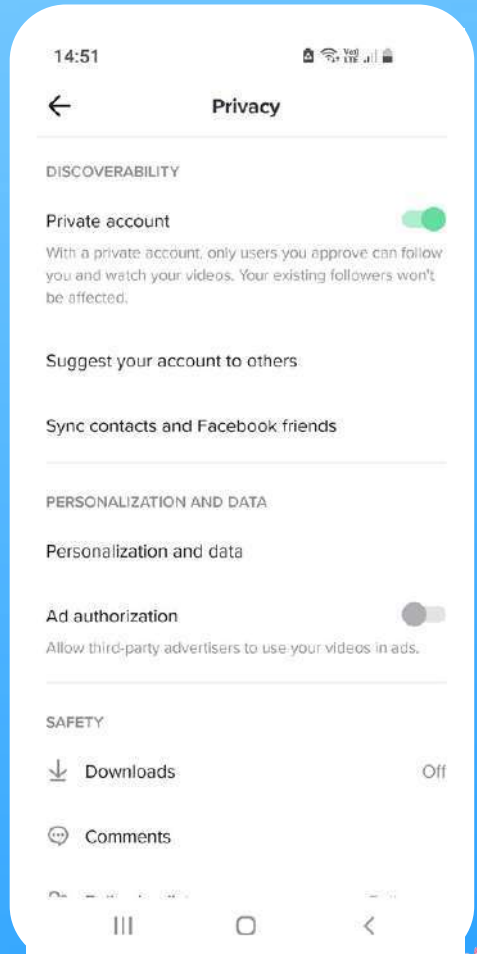
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USE RESTRICTED MODE



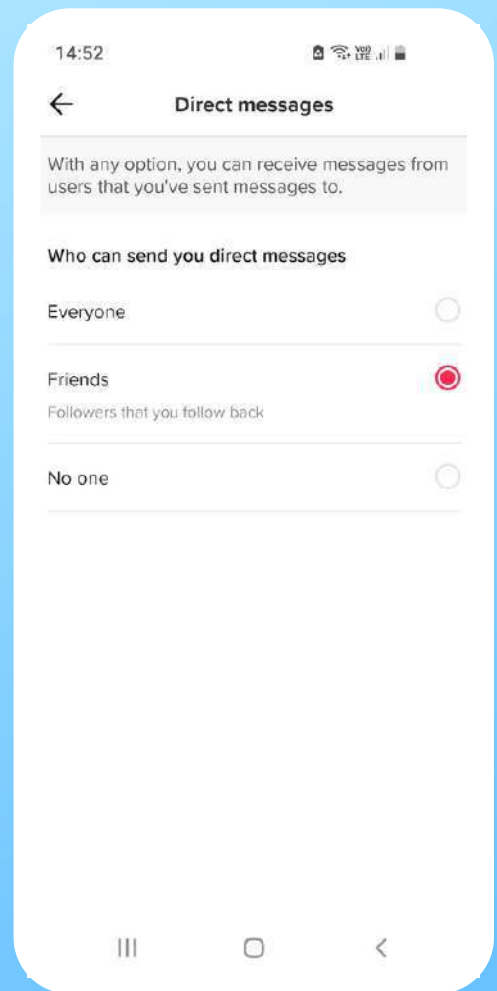
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KEEP ACCOUNT PRIVATE



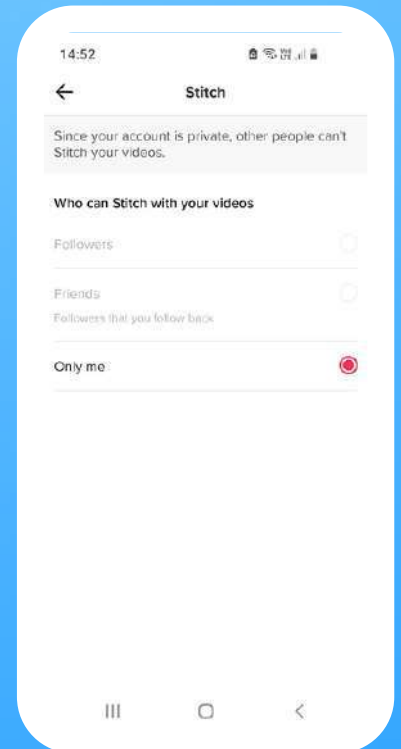
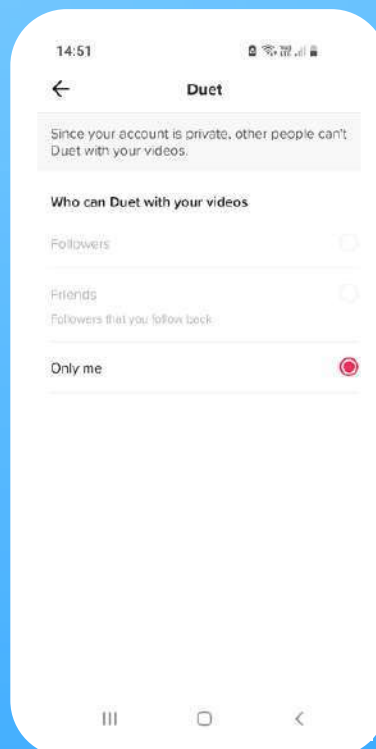
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CONTROL MESSAGES



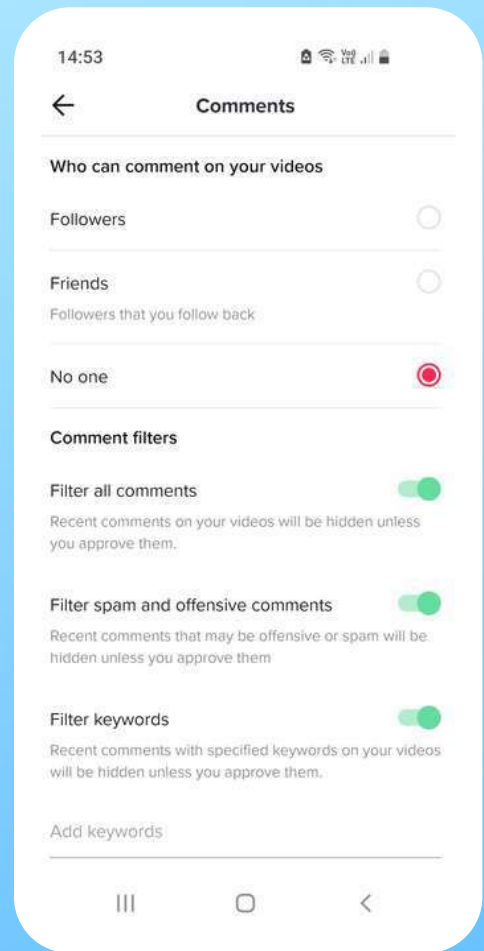
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CONTROL STITCHES & DUETS

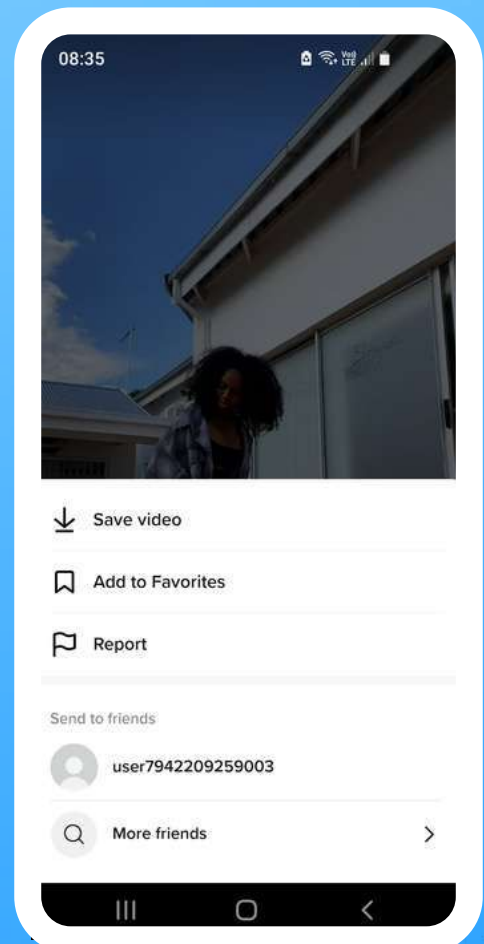




CONTROL & FILTER COMMENTS

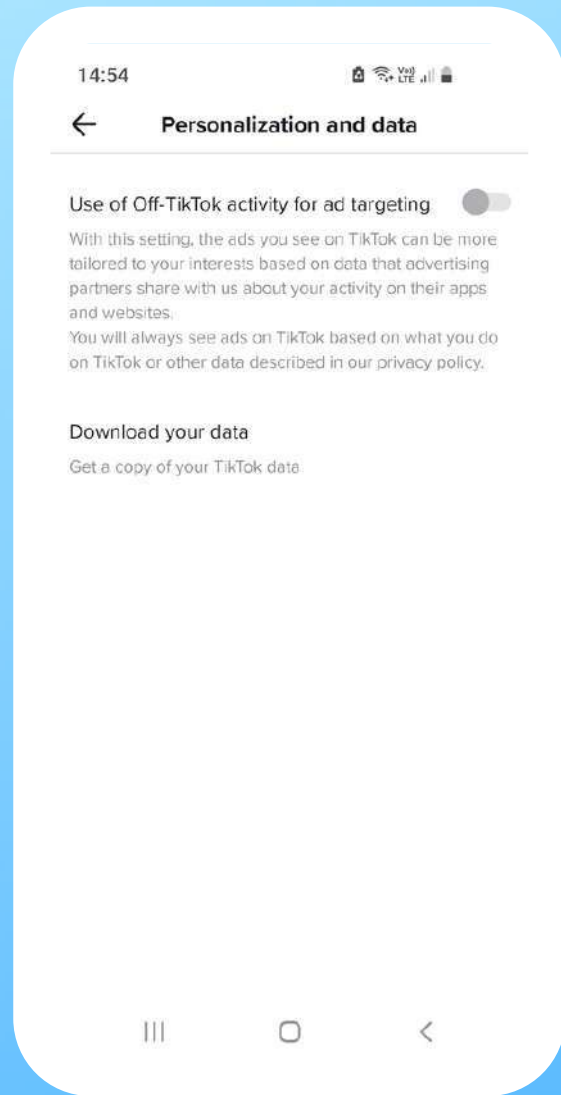


REPORT & BLOCK





CHANGE AD SETTINGS



WHAT NEXT?

- Agree family tech rules
- Chat to your teen about their online life
- Install a parental control
- Keep devices OUT of bedrooms at night
- Keep checking in and checking up
- Talk, talk, talk to your teen!



Check out the Be in Touch website for more resources to help you keep your kids safer and saner online!

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