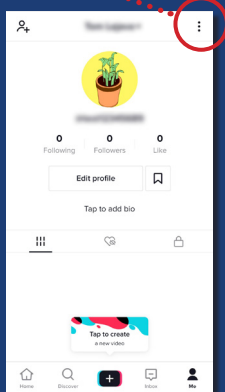# How to set-up parental controls with Family Pairing

TIKTOK

TikTok is used by many teenagers and sometimes children younger than 13 despite its terms and conditions. Using the new Family Pairing feature can allow parents to guide their child's TikTok experience in a safer way. Parents need their own TikTok account to access this feature.
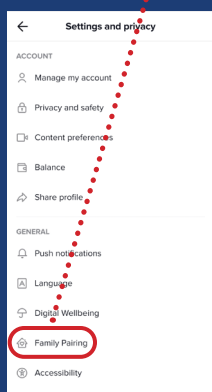
From both the Parent and Child's device

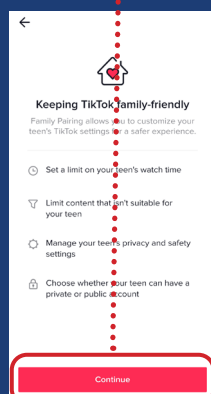**1** Click the THREE DOTS in the top right corner
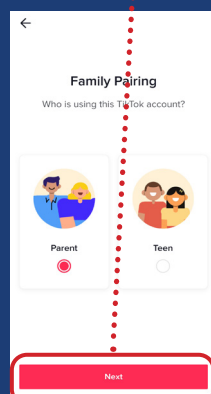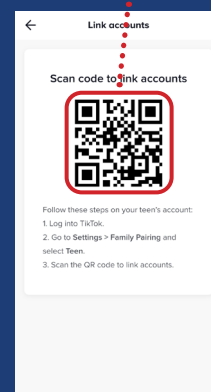
2 Select FAMILY PAIRING

3 Select CONTINUE

4 Select whether you are the PARENT or TEEN and click NEXT

5 The child SCANS THE QR CODE presented on the parent's phone

6 Your accounts are now linked

7 Make your child's account private. Accounts are viewable by everyone by default so adjust the settings for:

- **Discoverability:** Alter the settings so that you control who can view your child's content.

- **Comments:** Control who can comment on videos.

- **Liked Videos:** Control who can see the list of videos your child has liked.

- **Direct Messages:** Turn direct messaging on or off.

- **Search:** Restrict what your child can search for, including content, users, hashtags, or sounds.

- **Screen Time Management:** Set how long your child can spend on TikTok each day.

- **Restricted Mode:** Limit the appearance of content that may be inappropriate.

These features are accessible to an individual user but can be password protected to prevent any changes. From Family Pairing you can control multiple profiles at any one time.

General advice to parents/guardians:

- User profiles (bio, photo and username) are visible to ALL users, even if the account is private. Pre-approve your child's profile to prevent them from sharing anything personal.

- Block/report users and content causing a problem or deemed inappropriate.

- Explore all TikTok has to offer, to help you make informed decisions on the restrictions you impose.

- Individual posts can be private so they are not visible to any other user. Encourage your child to pause and review their content before they post anything out to their followers.

- Any video not of interest to you can be labelled as "not interested" so you see less of that style of videos in the future.

For more information and to download a helpful poster, go to:
https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/