TikTok

🔳 Minimum Age Requirement

• TikTok requires users to be 13 or older.

• Children under 13 are redirected to a restricted version called TikTok for Younger Users.

1. 🔒 Make the Account Private

- Profile > ☰ > Settings and Privacy

- Tap Privacy > Toggle on Private account

Also under Privacy:

  - Suggest your account to others → Turn off

  - Who can comment → Friends or No one

  - Who can view liked videos → Only Me

2. 🚫 Restrict Interactions with Strangers

- Who can send you direct messages → No one or Friends

- Who can mention you / tag you → No one or Friends

- Download videos → Turn off

- Who can duet or stitch → Friends or No one

3. 🛡️ **Use Family Pairing (TikTok Parental Controls)**

- On both devices: Open TikTok > Go to Settings and Privacy > Family Pairing

- Choose Parent on your phone and Teen on your child's

- Scan the QR code to link the accounts

Once linked, you can:

- Set Screen Time Limits
- Enable Restricted Mode (limits mature content)
- Turn off DMs
- Control search settings
- View who they follow and block inappropriate users

4. ⏳ **Set Screen Time Limits**

Via Family Pairing

Or manually: Profile > ☰ > Digital Wellbeing > Daily screen time