# A Guide to TikTok for Aussie Parents and Guardians

**TikTok** | **ySafe**

Helping your teens manage their online activity is a really important role and one that can feel overwhelming if you're not familiar with TikTok, or the tools that are available to help.

To assist you, we've partnered with ySafe - Australia's leading online safety educators - to develop the Guardian's Guide, which provides a simple overview of TikTok and the many tools and controls we've built into the product to help keep teens safe.

It also has a step-by-step guide to Family Pairing, an easy-to-use tool to manage teen online safety.

## TikTok's Online Safety Tools

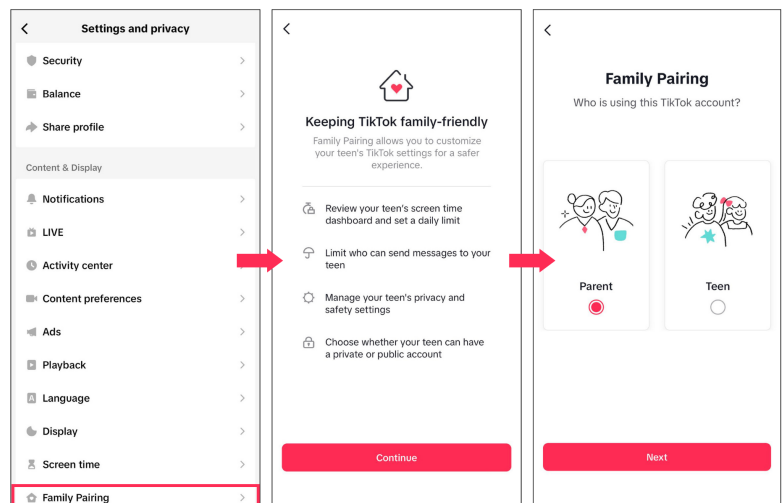| Family Pairing | Private By Default | Age Restrictions | Screen Time Tools |
|---|---|---|---|
| Link your TikTok account to your teen's account to help them manage screen time, privacy and more. | Users aged 13-15 have their accounts set to private by default, enabling teens to make informed choices about what they choose to share, when, and with whom. | Direct messaging is only available to those aged 16+, and users must be 18+ to host or view a live stream. | Users under 18 automatically have daily screen time limits of 60-minutes. Once reached, they need to enter a passcode to continue watching, encouraging active decision making to extend that time. |

## How To Use Family Pairing

1. Download the TikTok app
2. Tap on "**Profile**", "**Settings and Privacy**", and scroll down to select "**Family Pairing**"
3. Select "**Parent**" and repeat step 2 on your teen's account and select **"Teen"**
5. Scan the QR code from your teen's profile or send them an invite to link accounts

You can now work with your teen to set daily limits for screen time, limit who can send messages to your teen, and manage their privacy settings together.

**WATCH HOW ON TIKTOK**

# Strategies For Communicating With Teens

Here are a set of guidelines from our online safety partner, ySafe, to help you communicate the importance of online safety with your teens. For more information, visit **ySafe's online safety hub** and **TikTok.com/safety**.

## It starts with understanding the ABC's:

### Manage Access

Family Pairing allows parents and guardians to link their accounts with those of their teens and use a variety of privacy and safety tools, such as managing screen time limits, setting a teen's account to private, and deciding who can comment on their videos.

Parents and guardians might also want to consider a **device control** to add an additional layer of protection for teens. These tools help you manage how and when teens can access certain platforms, filter inappropriate content both on the device and in-apps, and monitor activity to ensure safety is optimised.

### Set Boundaries

Setting boundaries for teens is all about understanding the importance of safe participation. Young people want and need to be allowed freedom and choice, but they also need to understand the confines those choices exist within.

Setting boundaries might look like supporting your teen's use of a platform or tool, but helping them understand that it comes with responsibility. Implementing a **digital device contract** to create a sense of formality and responsibility regarding their online time might be appropriate.

Or, creating rules and expectations on how they should behave, or what actions they should take when situations occur online that they know aren't right.

### Openly Communicate

Communication is about understanding each other's perspectives, and conveying your message in a way that resonates for the other person.

Discussions about the online world need to happen early and occur often, and ensure that your teen knows that no matter what happens online, they can come to you for support and guidance.

Starting a conversation with teens about the online world can be tricky. Try beginning with a simple question about what's on their For You Page, or who their favourite creator is.

Seeing and understanding what your teen is enjoying online makes communication about safety on these platforms easier to manage.

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