**Keeping my child safe on TikTok**

**To turn Restricted Mode on or off:**

1. In the TikTok app, tap Profile at the bottom.
2. Tap the Menu button at the top.
3. Tap Settings and privacy.
4. Tap Content preferences, then tap Restricted Mode.
5. Follow the steps in the app to set or enter a passcode to turn Restricted Mode on or off.

<https://support.tiktok.com/en/safety-hc/account-and-user-safety/user-safety>

Six safety settings to help keep your child safe

A recent report by [Ofcom](https://www.ofcom.org.uk/__data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf) highlighted that **over half of 3-17-year-olds are using TikTok**. Here’s everything you need to know about the popular video-sharing app.

What is TikTok?

TikTok is a video-sharing platform where you can watch and create videos, and livestream. The app has an age-rating of 13+.

Users can browse different videos on TikTok via a personalised feed known as the ‘For You Page’. You can also search for content using topics or hashtags.

How does the TikTok algorithm work?

The platform uses algorithms to show users different video content based on their interests and other videos they watch. This means that not everyone’s ‘For You Page’ is the same.

Sometimes platforms also test out different types of content with similar themes to see how we interact, so it knows what to show us in the future.

What types of videos are on TikTok?

Anyone with an account can upload a video to the platform. This means that there’s a whole range of videos that feature different topics, challenges or ideas. Some might include:

* dancing or lip-synching
* clips from TV shows or films
* sports
* comedy sketches or funny videos
* recipes
* fitness
* news or world events.

Is TikTok safe for children?

TikTok can be a creative outlet for young people as it allows them to learn about video editing and discover new interests.

However, it can be easy for children and young people to come across inappropriate content on the app.

Because TikTok uses algorithms to show users new content, it’s easy for young people to come across inappropriate or upsetting videos. The platform also has communication features that allow users to privately message each other which could put your child at risk of being contacted by someone they don’t know.

Make sure your child signs up to TikTok with the correct age

All accounts created by 13-16-year-olds are set to private by default. They also have restricted access to direct messages and livestreaming. However, you should still review the settings to ensure they’ve been set up correctly.