

# A Guide to TikTok for New Zealand Parents and Guardians

Put me on your fridge!



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

To assist you, we've partnered with Netsafe - New Zealand'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 keep teens safe.

## TikTok's Online Safety Tools

### Family Pairing

Link your TikTok account to your teen's to help them manage screen time, privacy and more.

### Private by Default

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.

### Age Restrictions

Direct messaging is only available to those aged 16+, and users must be 18+ to host a LIVE.

### Screen Time Tools

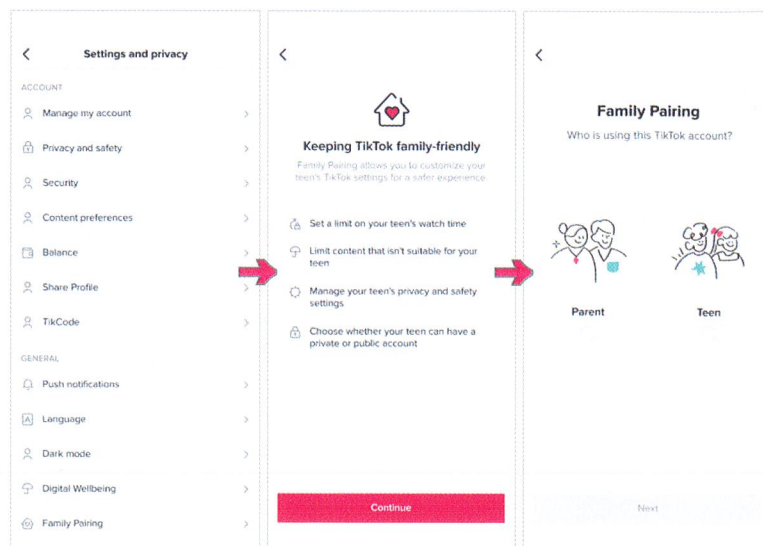
Users under 18 automatically have daily screen time limits of 60-minutes. Once reached, they need to enter a passcode to continue watching, encouraging active decision making to extend that time.

## 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. Nominate whether you are the **"parent"** or **"teen"**
4. Scan the QR code from your teen's profile 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.

GET STARTED





# Strategies For Communicating With Teens

Here are a set of guidelines from our online safety partner, Netsafe, to help you communicate the importance of online safety with your teens. For more information, visit

<https://netsafe.org.nz/make-a-plan/> and [TikTok.com/safety](https://www.tiktok.com/safety).

## Netsafe Guardian's Guide

### For families: Online safety advice to support parents and whānau

There are a variety of things you can do to help you and your family have a safer online experience. It's important to communicate openly and often, to set boundaries and understand what your teens are doing online.

### Family Safe Online Treaty

The Treaty has been designed to help you have early, and ongoing, conversations about ways to stay safe online.

It might also be useful to read Netsafe's Online Safety Parent Toolkit as it offers practical tips and tools that will help you talk to your child about online safety.

### Engaging in Social Media

Be sure to teach your teen online safety basics before they start on social media

You can help them by:

- Setting up their account together
- Using your email instead of your child's (depending on their age) to register
- Entering their actual birthday so they're less likely to see inappropriate content
- Becoming their friend or following them in-app so you can see their posts
- Visiting safety centres of the social media sites
- Talking regularly about the need for privacy settings, how to handle social conflict online and what to do if they are concerned

### TikTok Safety Centre

TikTok has created a series of instructional videos and guides covering privacy settings, and addressing issues like bullying, eating disorders, challenges, and other safety topics which everyone can access on the Safety Centre. TikTok's Privacy Policy also has a section specifically aimed at protections for teens.

Scan the QR code to visit the Safety Centre

