



TikTok



TikTok is a free social media platform used to create and share short videos. TikTok rules require the user to be 13 or older. If you are under 18, parental consent is required. Users are able to create videos of themselves that can last up to 3 minutes long if they are recorded through the app, and up to 10 minutes long if they are uploaded from an external source. You are able to watch any other users' streams and videos, but risk being exposed to inappropriate content.

Stay safe on TikTok by following the instructions below:

Digital Wellbeing

Set up Restricted Mode and Screen Time Management on your TikTok app:

- Tap on the person icon in the bottom right corner of the app. 👤
- Tap on the three lines icon in the top right corner of the app. ☰
- Tap **Settings and Privacy**.
- Scroll down and tap **Screen Time**.
- Tap **Digital Wellbeing Tips**.

Block

Block a user using these simple instructions:

- Go to the profile of the user you wish to block.
- Tap on the arrow at the top right corner of their profile.
- Tap **Block** and then **Block** again.

Report

Report a user using these simple instructions:

- Go to the profile of the user you wish to report.
- Tap on the arrow at the top right corner of their profile.
- Tap **Report**.
- Select either **Report Account** or **Report Content**.
- Select your reason and then tap **Submit**.

