



TikTok is a free social media platform used to create and share short videos. TikTok rules require the user to be 13 or older to use it and with parental consent if you're under 18. 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 other users streams & 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.



Summary

Your weekly metrics include your time on the app and on tiktok.com

... 🗢 🔳

(i)

This week

Dec 3, 2023–Dec 9, 2023

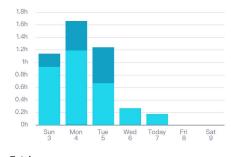
Time spent TikTok opened



## **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.



Total

4h 28m

Day time ①

3h 13m

Night time ①

1h 15m

Help and resources

□ Digital wellbeing tips



## 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.



