

# TikTok

## Top Ten Tips for Teens

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.



TikTok is a fun video app that has exploded in popularity across the world. Below we offer some tips for using it safely and responsibly.

**1. YOUR ACCOUNT DEFAULTS TO PUBLIC.** Set it to private if you don't want everyone to have access to your videos and comments.



**2. RESIST FROM POSTING PERSONAL OR PRIVATE INFORMATION** (phone number, address, birthdate) in your videos or on your profile.

**3. YOU CAN AUTOMATICALLY HIDE COMMENTS THAT MAY BE SPAMMY OR INAPPROPRIATE.** You can also filter comments based on your own personal keywords. Check your Settings.

**4. YOU CAN CONTROL WHO CAN COMMENT ON YOUR VIDEOS.** Adjust privacy settings to your level of comfort about who can interact with you on the app (*Everyone, Friends, No one*).

**5. REMEMBER THAT UNLESS YOU'RE FOLLOWING SOMEONE AND THEY ARE FOLLOWING YOU, THEY CAN'T DM (DIRECT MESSAGE) YOU.** So, if you're receiving a lot of unwanted messages in your inbox, unfollow those people! By default, those under 16 cannot DM.

**6. RESTRICTED MODE WILL HELP KEEP YOUR FOR YOU PAGE MORE KID-FRIENDLY THAN OTHERWISE.** You can enable it under *Settings*, and *Digital Well-Being*.

**7. TAKE THE TIME TO REPORT PROBLEMATIC TIKTOKS** (by clicking "*Share*" and then "*Report*"), as well as problematic comments (hold your finger on the comment to see a *Report* option).

**8. STAY IN CONTROL OF THE QUALITY OF YOUR TIKTOK EXPERIENCE** by blocking a user who troubles you in any way. This can be done by going to their profile, tapping the three dots in the top right corner, and selecting "*Block*".

**9. YOU CAN CONTROL WHO CAN DUET, STITCH, AND REACT TO YOUR VIDEOS** See Privacy Settings to set it to *Everyone, Friends, or No one*.

**10. COMMENT WITH CARE.** Resist commenting in a way that is threatening or hurtful in any way. Sarcasm might also be misinterpreted, and so lean in the direction of being kind. Basically, try not to be a jerk towards others!

