



# Parent's Guide to TikTok

## General Information

TikTok is a social media app where users create, share and watch short videos. Users can follow, like, share and interact with content.

13

TikTok's own policy states that users must be 13 or older. For a person who is younger than 13 to create a TikTok account, they have LIED about their age.

Viral challenges and pressure from "influencers" can cause students to do things they might not otherwise do.

## Location Feature



TikTok has a location feature built in. Unless it is disabled, followers may be able to locate where your child posted videos from.

## "Follows"

On TikTok, you "follow" accounts to see their material. If your account is Private, only users you approve can follow and view your content. If your account is Public, anyone can follow or view your content.

## Did You Know?

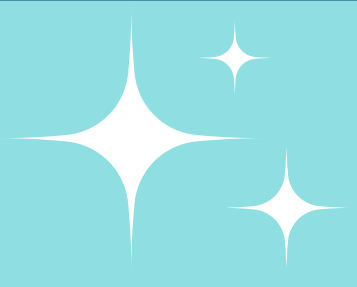


Many mental health experts are concerned about the amount of time young people spend on social media. They cite worries around depression, body image, self-esteem, anxiety and sexualization. Keep the lines of communication open between you and your child - let them know they can talk to you about anything.

## TikTok at School

West Vancouver Schools DOES NOT allow students to access TikTok while using school wifi.





## If your child is under 13

- They SHOULD NOT be using TikTok or any other social media app
- As soon as they enter school grounds, their phone should be put away and not brought out again until they leave school grounds.
- Consider holding off on getting them a phone as long as possible and if you do get them a phone, make sure you establish rules and guidelines over its use.

## Did you know?

- TikTok algorithms are set up to encourage users to keep viewing. This can easily become addictive.
- TikTok is famous for its “viral challenges”; some of these promote dangerous and harmful behaviour.
- TikTok collects significant amounts of data from its users. Do you know where the data goes or who it is being shared with?
- Although TikTok sets safety parameters around certain material, children learn how to access it by lying about their age when creating accounts.
- This could expose them to inappropriate language and/or sexualized content that they are not ready for.

## If your child has TikTok

- Make sure they are old enough to be on it - at least 13.
- Ensure you are one of their “friends” and monitor their account.
- TikTok accounts for users under 16 are automatically set to Private - no one can follow them without requesting it
- Make sure they know how to block and report users and content.
- Familiarize yourself with all of the settings and features then talk to your child about safety and your family values and rules.
- Remember, YOU are the adult. If your child is not using their phone safely, you can take it away or shut off their data.