

Control your scroll on TikTok

Safety and wellbeing is the highest priority for TikTok and at the heart of the TikTok experience is the **For You feed**. It's where you can discover new interests and learn more about the topics you love, and where creators find their audience and build thriving communities.

How does TikTok work?

The more videos you watch and engage with on TikTok, the more it can predict and personalise what you see. TikTok's recommendation system uses technology to find, sort, and show content you may enjoy. **It can learn more about you from:**

 Your likes, comments, shares, and favourites

 Who you follow

 How long you watched a video for

 If you finished a video

 Topics you've searched for

 Content enjoyed by others with shared interests to you

Are you a parent?

Control how much time your teen spends online and what they can see with **Family Pairing**



Control your scroll

Here are five simple ways you can control your scroll on TikTok:

 **Manage Topics** Dial up, or down, how much content you see of a particular topic

 **Smart Keyword Filters** Use filters to input words that you don't want to see. Technology captures similar words and slang variations

 **Guided meditation** Your scrolling will be interrupted by an in-app meditation exercise to help you unwind at night

 **Refresh your feed** If you feel your feed is no longer relevant or isn't providing enough variety, it's easy to completely reset it

 **Not interested** Long press the screen and select 'not interested'. Similar videos, topics, or trends won't be recommended to you

Go to **Content preferences** in **Settings and privacy**