

A Guide to TikTok for NZ Parents, Guardians, and Whānau

Put me on the fridge!

TikTok



Helping your teens manage their online activity is important, but it can feel overwhelming if you're not familiar with the tools available to help you. To assist you, we've partnered with **Netsafe** - New Zealand's leading online safety educators - to develop the **Guardian's Guide**.

Family Pairing on TikTok

TikTok's Family Pairing allows you to link your account to your teens', so you can decide what they can see, how long they spend online, and who they interact with.

How to use Family Pairing:

1. Download the TikTok app.
2. In the TikTok app, tap Profile at the bottom.
3. Tap the Menu button at the top, then select settings and privacy.
4. Tap Family Pairing.
5. Tap Continue.
6. Tap Parent or Teen, then tap Next.
7. Follow the steps to link the accounts.



Account settings

Set your teens' account to private to limit who can see and comment on their videos. Also see who they follow and who follows them.



Screen time management

Block access to TikTok during hours you decide, set daily limits, and monitor their usage through the screen time dashboard.



Mute notifications

All teens have their push notifications muted at night by default, you can customise these.



Decide what they see

Add keywords or hashtags you prefer your teen to not see in the For You feed.



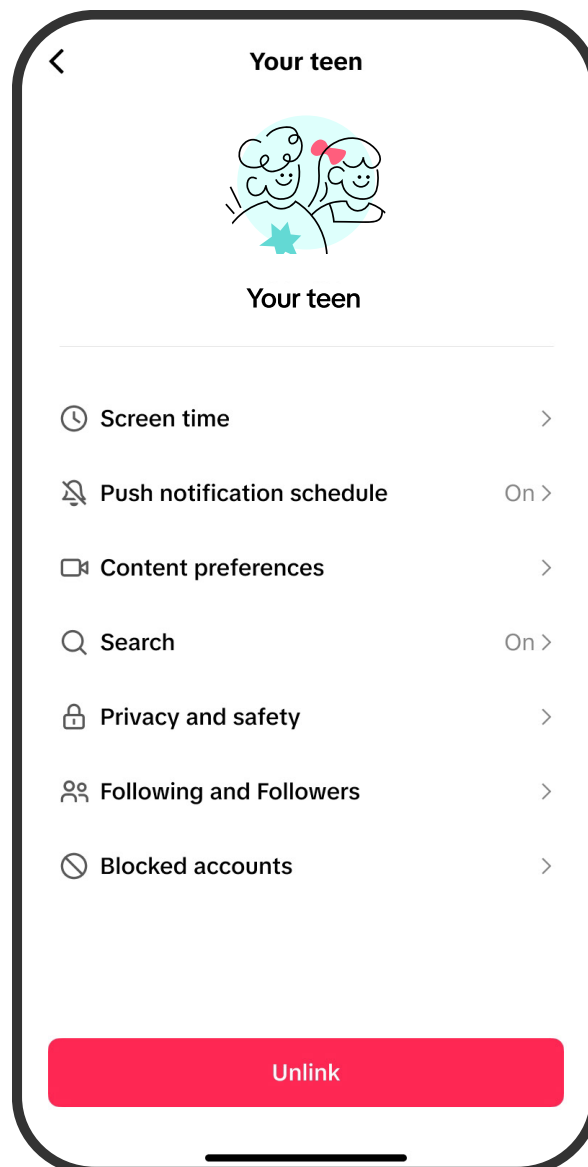
Control search

Decide if your teen can search and what they search for.



Direct messages

Are not available for under 16s. For over 16s, you choose if you want this turned on and control who messages your teen.



A reminder for parents: you only need a TikTok account to setup Family Pairing - you do not need to post or watch videos.

Digital Safety Pledge for Families



TikTok's family pledge is a conversation starter to help serve as a contract between parents or guardians and teens.

Family Pairing agreements. We have discussed:

- ☐ Daily screen time limits and when to mute notifications
- ☐ Privacy settings to choose who can see or interact with you
- ☐ Filtering keywords to exclude content from your feed
- ☐ A 30 day check in to review the pledge

Teen Agreements

I will stop and think before deciding to act.

Before I do anything online - whether it's posting a comment, sending something to a friend, or interacting with someone I may not know in real life - I'll stop and think. Is it safe? Is it respectful? Is it real? If I'm unsure, I'll check with you or another trusted adult, like:

☐ If I see something, I'll say something.

Even though apps have community guidelines, I may still encounter content or interactions that make me uncomfortable. If I see something that worries me or makes me feel uneasy, I'll tell you so that you can help me avoid it or report it.

☐ I will understand the safety features of each app.

Caregiver Agreements

☐ I will lead by example.

I understand that my behaviour sets the standard for our family's digital habits.

☐ I will be available to chat.

I recognise that being available to talk will help you feel supported. Please don't be afraid to initiate a conversation. I will talk to you about what you're seeing online, who you're speaking to, and what you're enjoying.

☐ I will always be there for you if things go wrong.

When you share a problem, I'll listen, ask questions, and focus on how we can navigate the challenge together.

☐ I will respect your privacy.

My goal is to keep you safe while honouring your personal space. We'll work together to find a balance, and I'll explain why I may want to follow your online accounts, turn on safety features, or have certain access to your device.

What should happen if we don't follow these agreements:

Teen Signature:

Parent(s) / Caregiver(s) Signature(s):

Scan the QR code for **Netsafe's Online Safety Parent Toolkit** - a simple framework to support you navigating online safety with your teens. It is available in five languages - including Te Reo Māori.

