

## TikTok for Teens

Celebrities, music stars and brands are all over TikTok, so chances are you already have or are thinking about getting a TikTok account. If you are over 13 years of age, then you're legally allowed to do this, but there are some simple things which you can do to protect yourself and still enjoy all the lip-syncing, dances and challenges TikTok has become famous for.

And when it comes to viral challenges, it's also really important to think about what you're being asked to do and whether you are putting yourself or other at risk of humiliation, injury or worse just in the quest to be #tiktokfamous.

This guide will show you how to:

- Understand TikTok's rules and what's not OK
- Protect yourself online
- Keep your account safe
- Remove followers and block accounts
- Act if you feel vulnerable or unsafe



### Why is this important?

Like a lot of apps and games, TikTok is not just a platform for creative users and their fans, but also for trolls, haters, hackers and scammers.

It's important to protect yourself and your reputation against these people and make sure your account is safe from hacking. If some else can access your accounts they can:

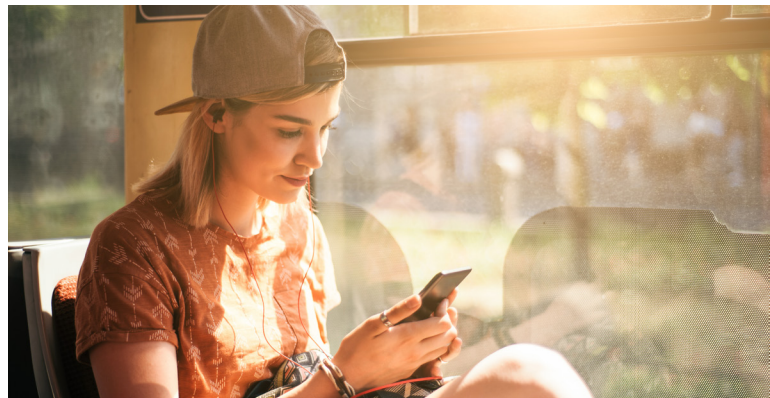
- Change your posts or profiles
- Pretend to be you online
- See all your personal information and photos

### Understanding TikTok's rules

The first rule is that you need to be over 13 to set up a full TikTok account and this is outlined in their Terms of Service. The Community Guidelines have a series of "DO NOT's" around posting harmful or dangerous content; graphic or shocking content; discrimination or hate speech; nudity or sexual activity; child safety infringement; harassment or cyberbullying; impersonation; spams, scams or other misleading content.

### Ask Yourself:

- What sort of posts do I like on TikTok? What makes them funny?
- What would make me want to try something I saw?
- Would this be OK for Gran to see?
- Who do I want to be able to see the content I post?
- Who do I want to be able to contact me directly?
- How would I stop someone from contacting me?



## Setting your account to private



### TikTok Settings

#### Privacy and Security

Private account

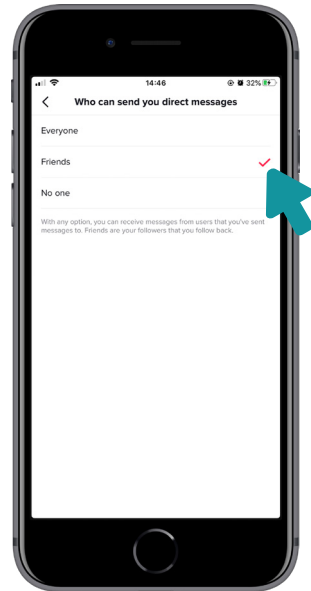
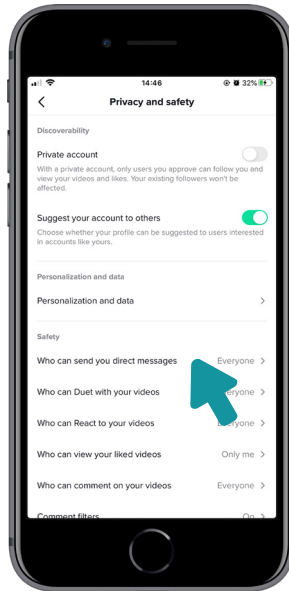
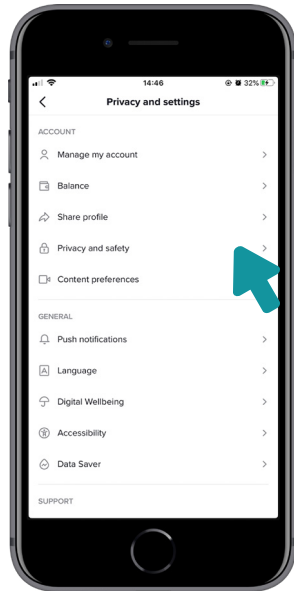
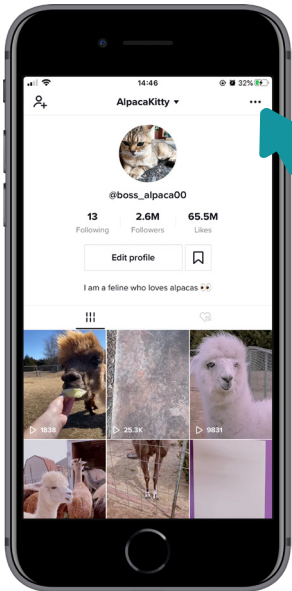
Allow others to find me

When you create an account on TikTok it is automatically made public so it is your responsibility to engage all safety settings on your profile.

To ensure that you are uncontactable by strangers and/or predators, follow these steps:

## Turning off Direct Messengers

1. Go to your profile
2. Tap the three dots in the top right corner
3. Tap "Privacy and safety"
4. Tap "Who can send you messages"
5. Choose the setting you prefer (Everyone, Friends, or Off)



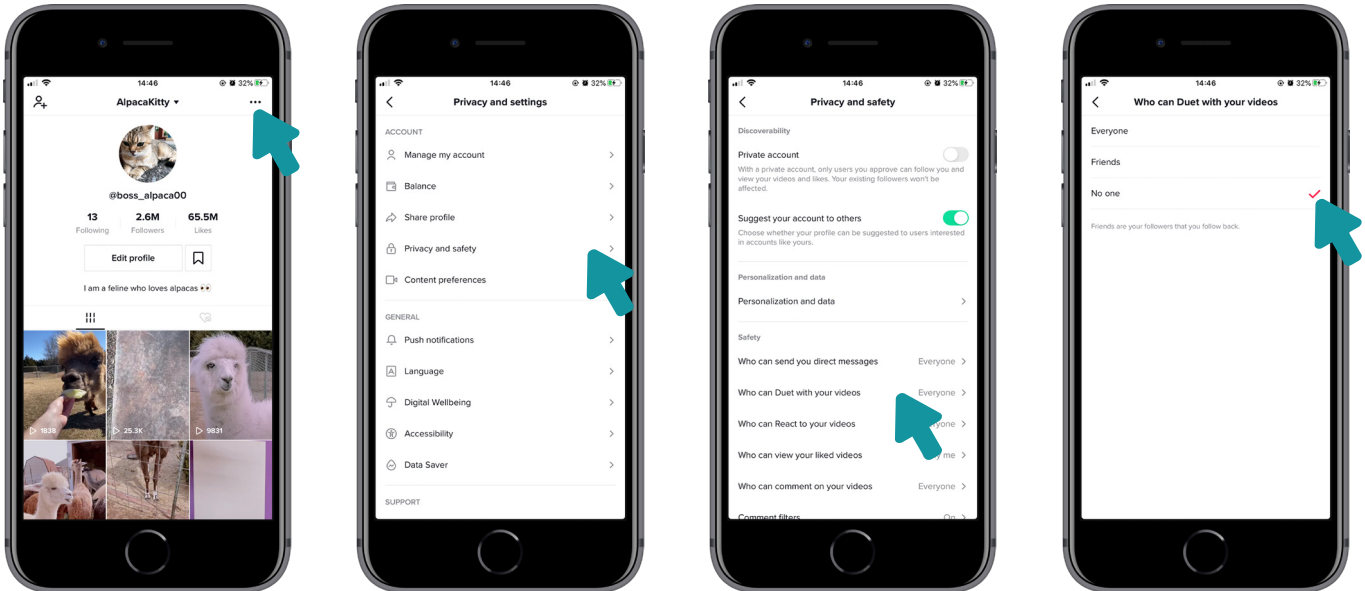


## Restricting duets

Duets can be lots of fun but it could mean that predators are able to directly interact with you, and post content featuring you. It is possible to restrict duets to only your friends list, or disable the feature entirely.

To enable restrictions on who can create duet videos with you:

1. From your profile, open the Privacy and Safety settings
2. Tap "Who Can Duet With Me"
3. Choose the setting you prefer (Everyone, Friends, or Off)



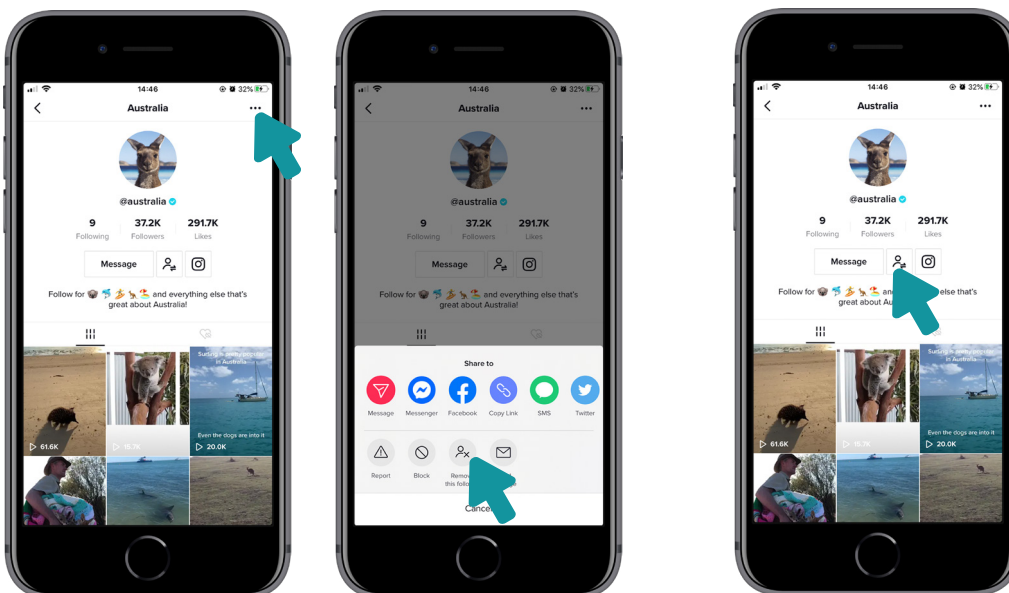
## Removing followers and blocking an account

### Removing followers

1. Go to the profile of the follower you want to remove
2. Tap three dots in the top right corner or the Settings icon
3. Tap 'Remove this follower'

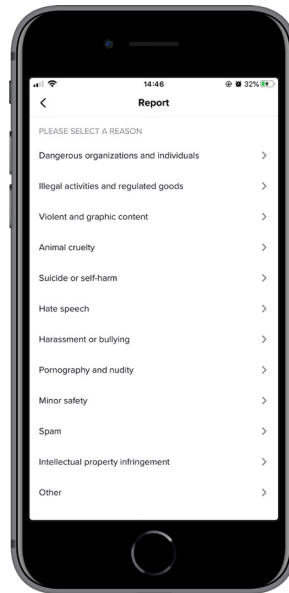
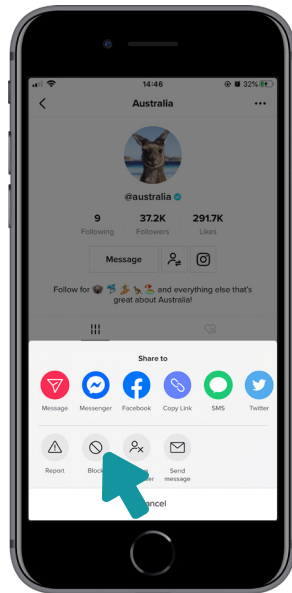
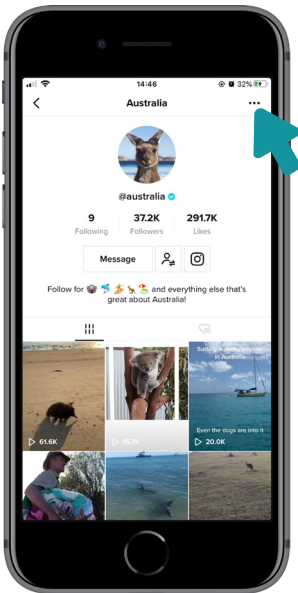
### Unfollow other users

1. Go to that user's profile
2. Tap the "Following" icon - seen below - next to "Message"



## Block an account

1. Go to the profile of the account you want to block
2. Tap three dots in the top right corner or the Settings icon
3. Tap Block and follow the steps in the app

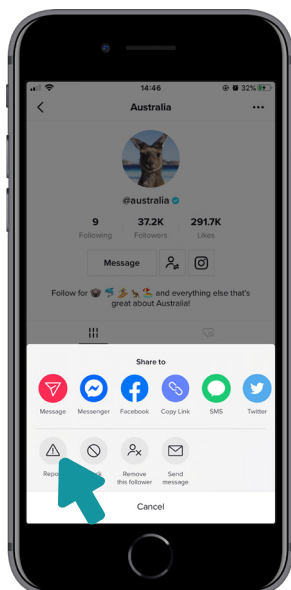
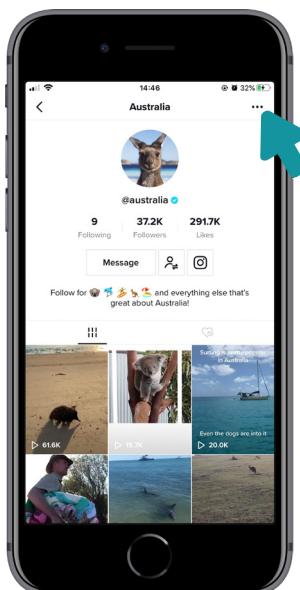


## How to report inappropriate content

TikTok includes a reporting tool and its Community Guidelines has rules regarding inappropriate content. You can report a particular profile (user), video, comment or message by following the steps below.

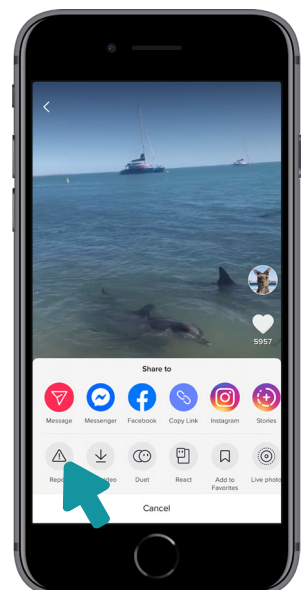
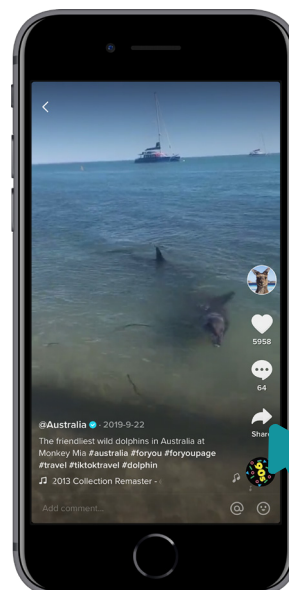
### Reporting an account

1. Go to the profile of the account you want to report
2. Tap three dots in the top right corner or the Settings icon
3. Tap Report and follow the steps in the app



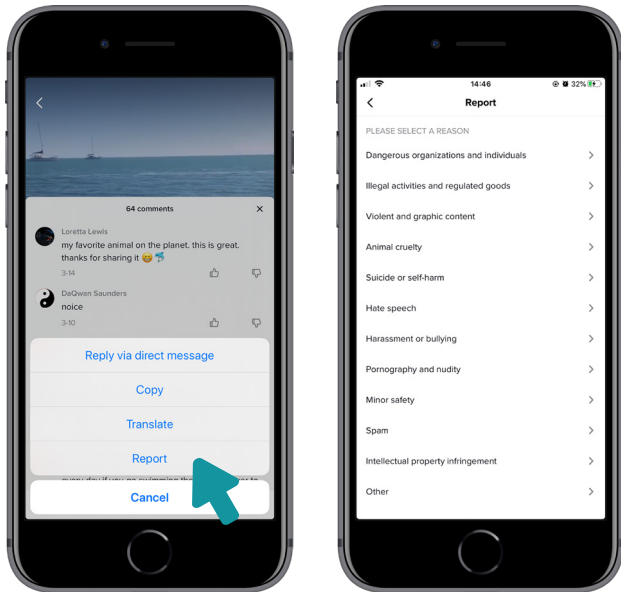
### Reporting a video

1. Open the video and tap the Share icon
2. Tap Report and follow the steps in the app



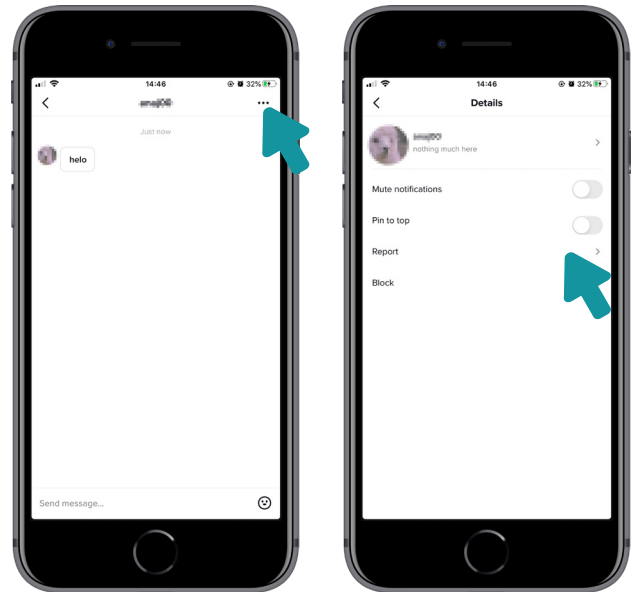
## Report a comment

1. Tap the comment you'd like to report
2. Tap Report and follow the steps in the app



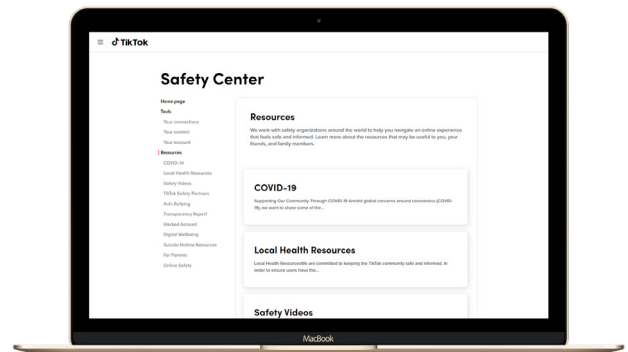
## Report a message

1. Tap three dots in the top right corner or the Settings icon
2. Tap Report and follow the steps in the app



## How to find TikTok's dedicated Safety Center

TikTok has a range of guides and tips for keeping users safe, including a dedicated Safety Center. This and the Community Guidelines can be accessed at the following link; <https://www.tiktok.com/safety/resources>.



## How to report inappropriate content

The eSafety Commissioner is Australia's national independent regulator for online safety. The Office of the eSafety Commissioner has developed an **eSafety Guide** with reporting links and information for a range of social media services, games, apps and sites. Reporting of inappropriate images, content, and cyberbullying can also be made directly to <https://www.esafety.gov.au/report>

## What to do if you need more help



If you ever see or receive anything online that makes you feel unsafe or uncomfortable, you should discuss it with your friends or a trusted adult. You can also call Kids Helpline, Australia's only free, private and confidential 24/7 phone and online counselling service for 5 to 25 year olds. **1800 55 1800 [kidshelpline.com.au](https://www.kidshelpline.com.au)**

## About Optus Digital Thumbprint

Optus Digital Thumbprint is a free and award-winning educational program that supports young people and families to be safe, responsible and positive online. Since 2013, we've delivered workshops and developed digital tools that have educated more than 320,000 primary and secondary school students across Australia.