

Family Pairing and TikTok

What is Family Pairing?

Family Pairing on TikTok allows parents and teens to customize their safety settings based on individual needs. A parent can link their TikTok account to their teen's and set controls including:

Daily screen time

- Decide how long your teen can spend on TikTok each day.
- You can set your teen's screen time limit directly from your own account.
- If your teen has multiple devices, the set time limit will apply to each device individually.

Learn more about [screen time on TikTok](#).

Restricted Mode

- Restrict your teen's exposure to content that may not be appropriate or suitable for them.

Search

- Decide whether your teen can search for content, people, hashtags, or sounds.

Discoverability

- Decide whether your teen's account is private (your teen decides who can see their content) or public (anyone can view their content).

Suggest account to others

- Decide whether your teen's account can be recommended to others.

Learn more about [suggested accounts on TikTok](#).

Direct Messages

- Restrict who can send messages to your teen, or turn off direct messaging completely.
- Direct messaging on TikTok is only available to registered account holders aged 16 and older.
- Direct messaging is automatically turned off for registered accounts between the ages of 13 and 15.

Learn more about [direct messages on TikTok](#).

Liked videos

- Decide who can view the videos your teen liked.

Comments

- Decide who can comment on your teen's videos.

TikTok's parental controls are only available for the TikTok mobile app, and are not available on mobile web or desktop browsers. If your teen accesses TikTok via a browser as well as via the mobile app, you may want to use the parental controls available on the browser or on your teen's device.

- Google's [family center](#) gives advice on how to set a screen time limit for Android and Chrome.
- Apple's [parental controls](#) page advises how to set controls on iPhones, iPads, Macs and Safari.

How to set up Family Pairing

To link parent and teen accounts:

1. Tap **Profile** in the bottom right.
2. Tap the **3-line icon** in the top right.
3. Tap **Settings and privacy**, then tap **Family Pairing**.
4. Tap **Parent** or **Teen**.
5. Follow the steps in the app to link accounts.

How to manage Family Pairing controls

To manage or view Family Pairing controls:

1. Tap **Profile** in the bottom right.
2. Tap the **3-line icon** in the top right.
3. Tap **Settings and privacy**, then tap **Family Pairing**.
4. Select the account you want to manage.
5. Update the controls, as needed.

What is Restricted Mode?

Restricted Mode on TikTok limits exposure to content that may not be appropriate or suitable for everyone. We're always working on improving this feature, but if you find an inappropriate video in Restricted Mode, you can [report it](#).

To turn Restricted Mode on or off:

1. Tap **Profile** in the bottom right.
2. Tap the **3-line icon** in the top right.
3. Tap **Settings and privacy**.
4. Tap **Digital Wellbeing**, then tap **Restricted Mode**.

5. Follow the steps in the app to turn on Restricted Mode.

Note: This feature is available only for the TikTok app, and not available on mobile web or desktop browsers.