

# prävention@home

## Ein digitaler Elternabend in einfacher Sprache.

### The online parent-teacher-meeting offers tips on smartphones both for parents and children.

TikTok is an application with which you can make short videos. These videos can be sent through TikTok. Other TikTok-users can like and leave comments on those videos.

Many TikTok-videos are just 10 seconds long. The longest videos can only last 10 minutes.

If you are finished watching one video, the next one starts automatically.

It is impossible to watch all videos. A new one starts within seconds, which you have not seen.

I am going to give you today 6 tips on how you and your kids can use TikTok in a good way so that strangers shouldn't get too much information about your child.

#### 1. **Less information is better**

Take care of what is on your child's profile, so that it doesn't share too much information.

- Do you have to share where you are living?
- Do you have to share your full name?
- Do you have to share your kids face?

#### 2. **Use Two-factor authentication.**

While you install TikTok, you can use your phonenumber and your email-address to authenticate. This is called Two-factor authentication.

It is helpful if your child forgets its password. You receive an email and can make a new password.

#### 3. **Private account**

Help your child to make sure that it has a private account. So that you can allow only people who you know to watch your child's videos.

Tap on your child's profile, then on the three bars where it says settings and privacy, then tap on privacy. On the top, you can choose private instead of public.

#### 4. Remove followers.

Sometimes there are people, which follow you or your child, which, are not supposed to see a video you or your child posted. Show your child how it can remove followers. The removed followers cannot see any content your child posts.

#### 5. Limit the comments.

When your child makes a video and it has loaded it up on TikTok, other users can leave comments on that video. Unfortunately, other users do not always leave nice comments; some users can be rude or offensive.

You can stop that.

Click on „settings and privacy“, than tab on „privacy“, below you can see the tab „comments“. Now you can decide who can leave comments you cannot.

#### 6. Set Limits

Set Limits to your child for using TikTok It should not watch all day videos on TikTok. It should not watch all kind of videos on TikTok. Sometimes the videos are of violent or pornographic content and that kind of videos should not be watches by kids.

Click on settings in the TikTok-App. There you will find an umbrella-symbol. If you click on that, you can choose the option “screen time management”.

You can choose how many minutes your kid is allowed to watch videos on TikTok daily. You can choose between 40, 60, 90 or 120 minutes a day. If the kid wants to watch longer, the app closes.

In the same setting, you can choose the restricted mode, with which the videos are being filtered and your child will not see any bad content. The filter is not the most perfect one. It is possible that your kid will watch accidentally something it should not see.

This is why it is so important that sometimes you sit and watch with your kids together videos on TikTok. This way you can see by yourself whether you kid watches appropriate videos or not.

These tips are just suggestions. You can decide for yourself what you want and can apply to your everyday life.

It's important for you to know what your child is doing on its smartphone. That's why you should talk to your child about smartphones.

You can find more videos on smartphone handling on my website. Take a look!