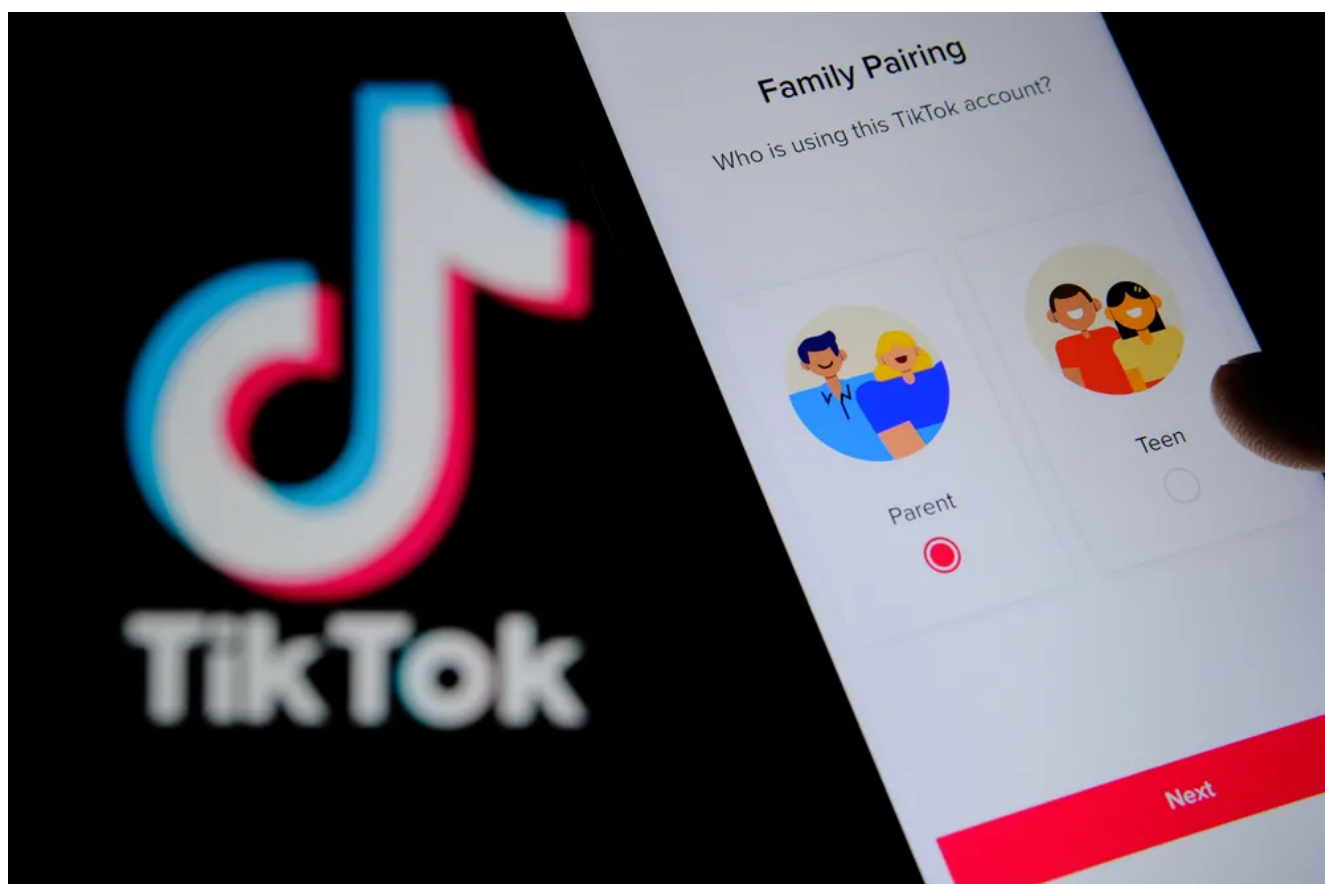


# Parents Guide to TikTok Family Pairing

[Paul Stevenson](#) October 24, 2022

[TikTok](#) allows the streaming and sharing of video content and direct messaging, which for obvious reasons can be a real worry for parents, and is the reason it has a minimum age restriction of 13 (and recommended 15+) in the UK.

The majority of [ParentShield](#) users are well below this threshold, but for those that need it, we have compiled a guide to setting up the Family Pairing feature to link their account to yours so that you can apply some parental controls for them via your own account.



How to set up TikTok Family Pairing

# What is TikTok's Family Pairing feature?

[TikTok's Family Pairing feature](#) allows parents to link their TikTok account to their child's account to enable a variety of content and privacy settings, including Screen Time Management and Restricted Mode

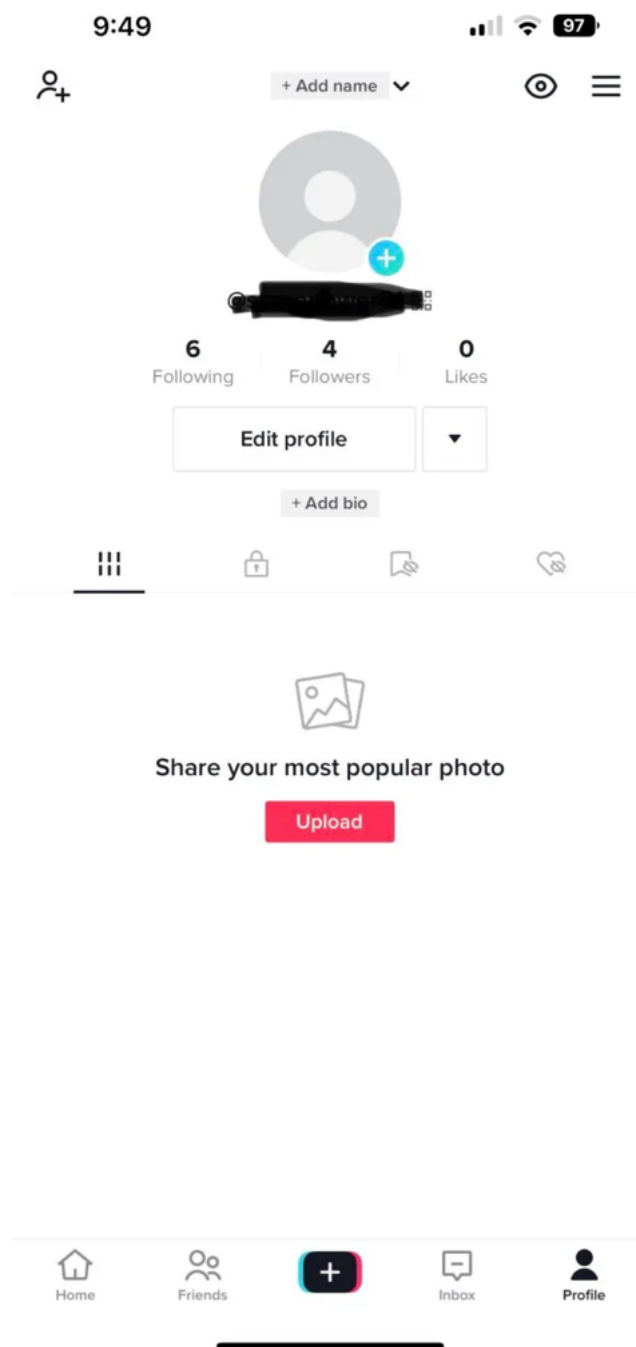
## How do I manage my Child's TikTok?

Once you have Family Pairing set up, you can manage your Child's TikTok experience from your own TikTok account. Our step by step guide to setting this up follows here.

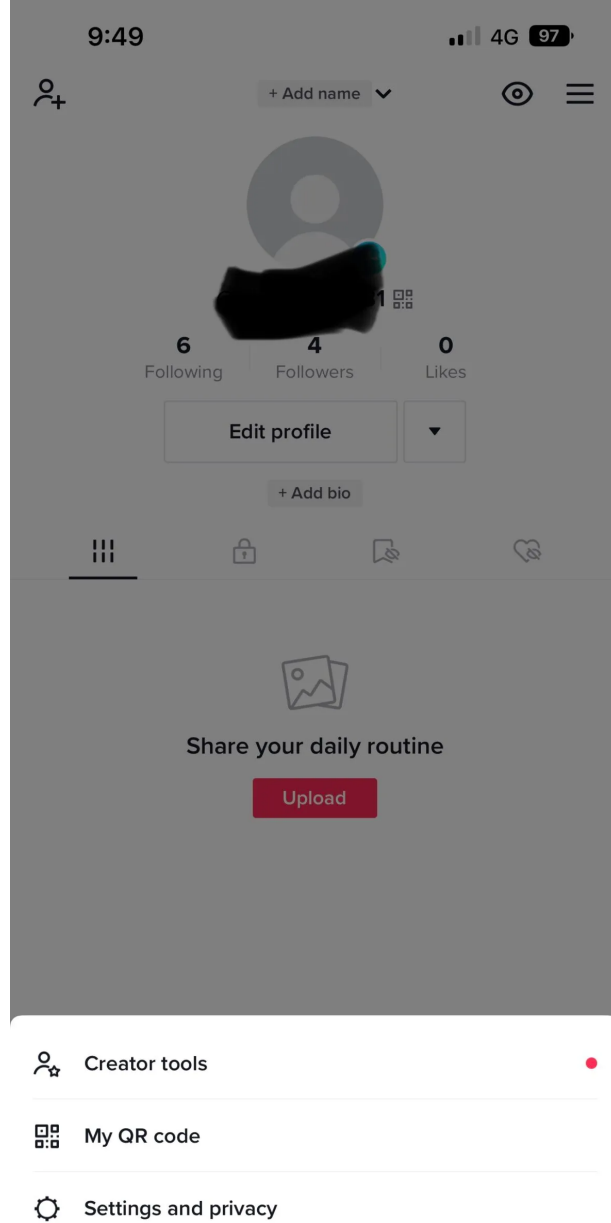
## How to set up TikTok Family Pairing parental controls

### Parent Phone

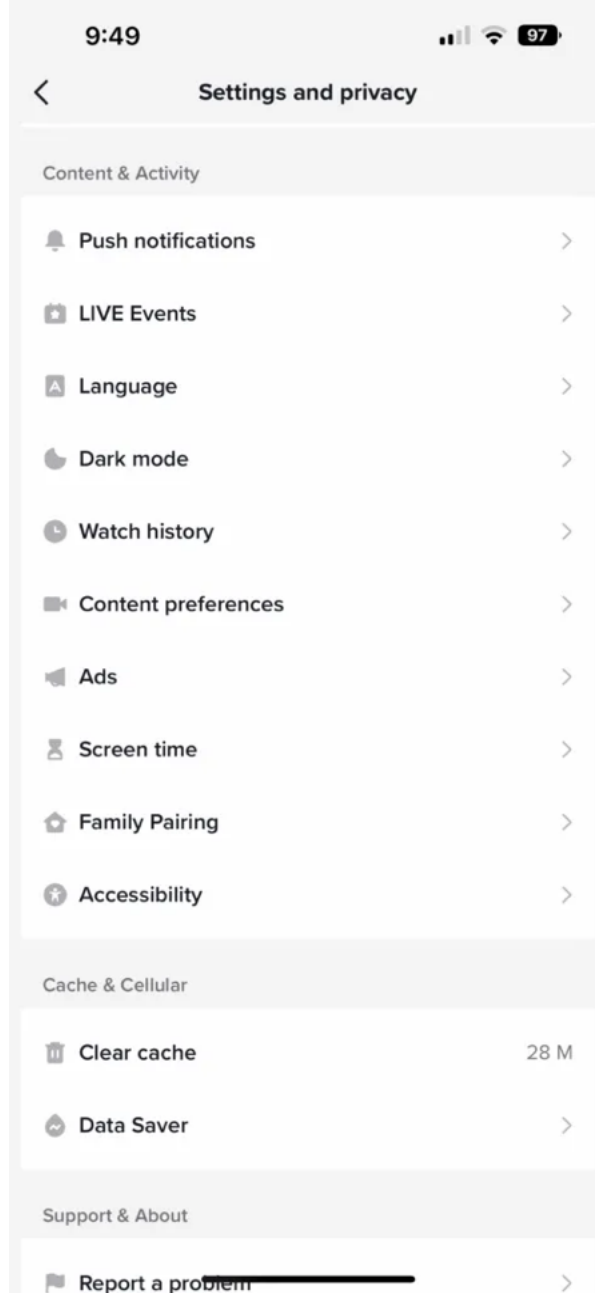
1. From your phone click on 'Profile' in the bottom right panel



**2. Then click on the three horizontal lines in the top right panel and choose 'Settings and privacy'**



**3. Then choose 'family Pairing'**







4. Then choose 'Continue'



### Keeping TikTok family-friendly

Family Pairing allows you to customize your teen's TikTok settings for a safer experience.

-  Set a limit on your teen's watch time
-  Limit who can send messages to your teen
-  Manage your teen's privacy and safety settings
-  Choose whether your teen can have a private or public account

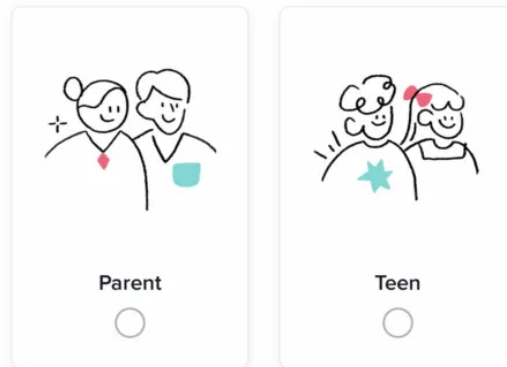
Continue

## 5. Then let TikTok know that you're the parent



## Family Pairing

Who is using this TikTok account?

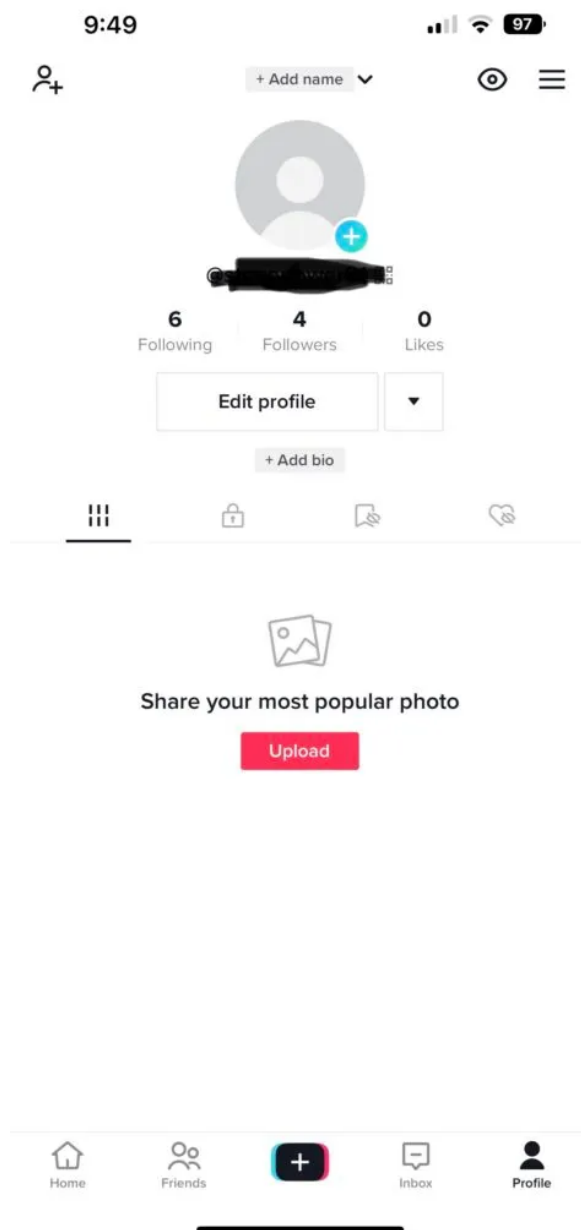


Next

It will now present you with a QR code – leave that on your screen and switch to the Childs phone.

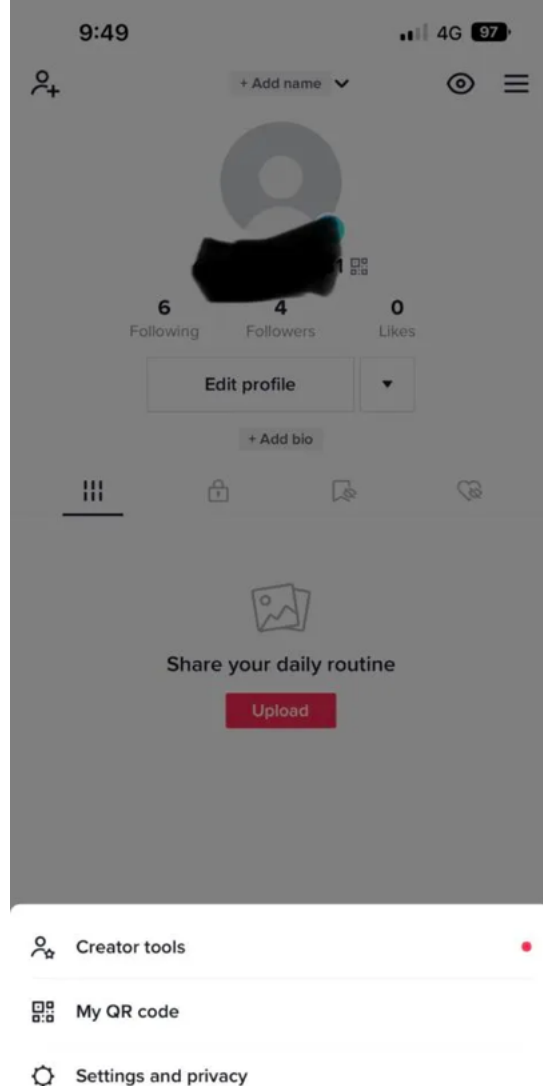
## Child Phone

1. **From their phone click on 'Profile' in the bottom right panel**

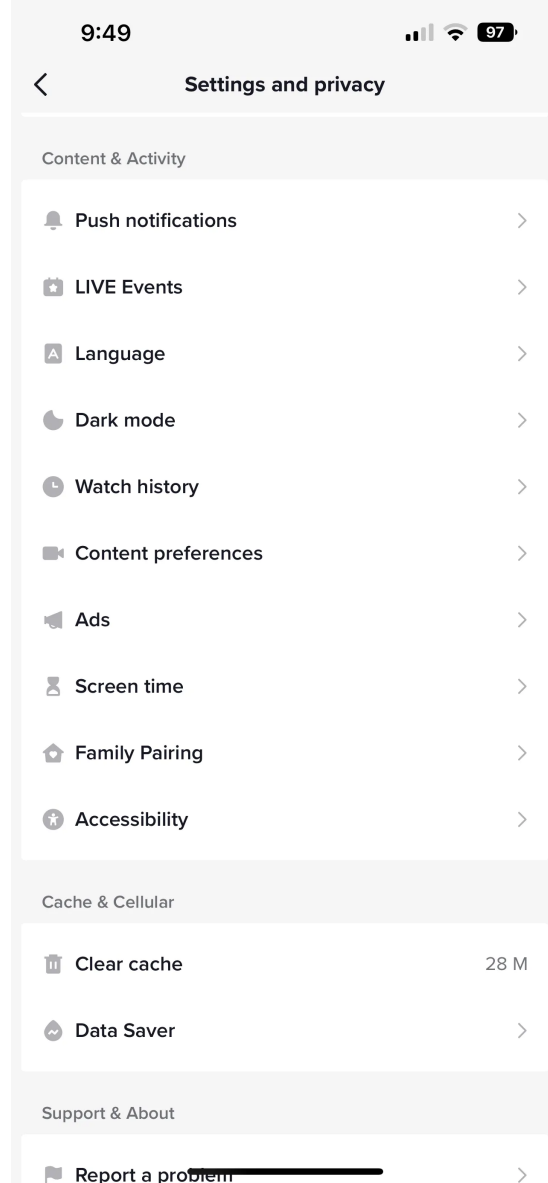


**2. Then click on the three horizontal lines in the top right panel and choose 'Settings and privacy'**





**3. Then choose 'family Pairing'**







4. Then choose 'Continue'



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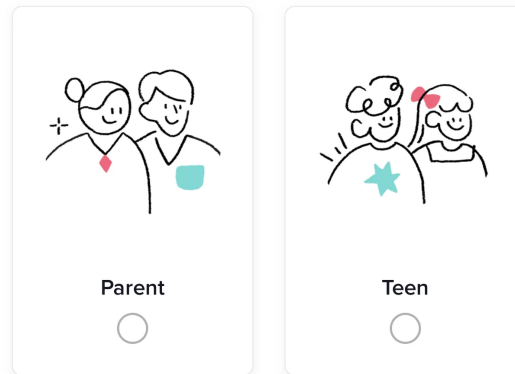
Continue

**5. Then let TikTok know that this is the child**



## Family Pairing

Who is using this TikTok account?



Next

You'll then need to scan the QR code from your phone and the pairing is completed.

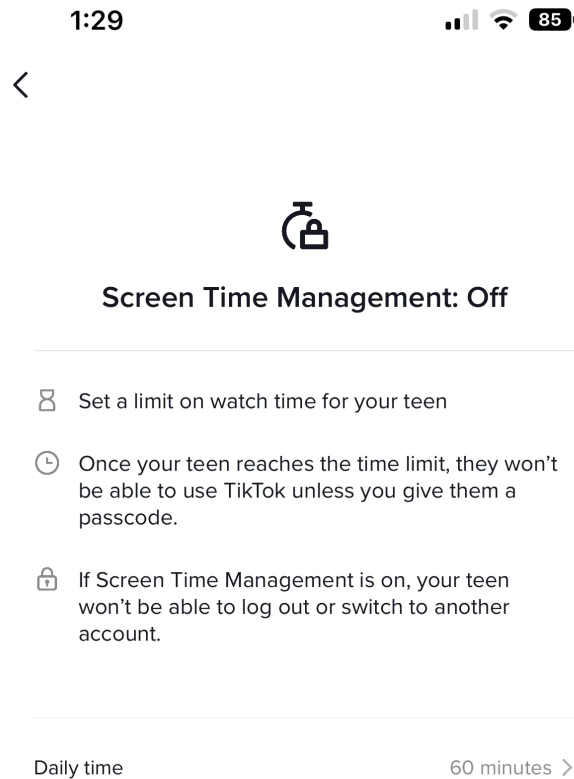
## What parental controls does TikTok have?

From your phone you'll now be able to select the child(ren) that you have paired with and set the controls as you like.

## TikTok Screen Time Management

From within the TikTok Screen Time Management, you

can select a cap on the amount of time allowed using the App per day. The selections are 40, 60, 90 or 120 minutes a day.



Turn on for @user4374012152137



## Activating Restricted Mode on TikTok for your child

Activating Restricted Mode on TikTok for your child will limit the content that may not be appropriate for them, and they won't be able to log out and switch to another

account.



### Restricted Mode: On

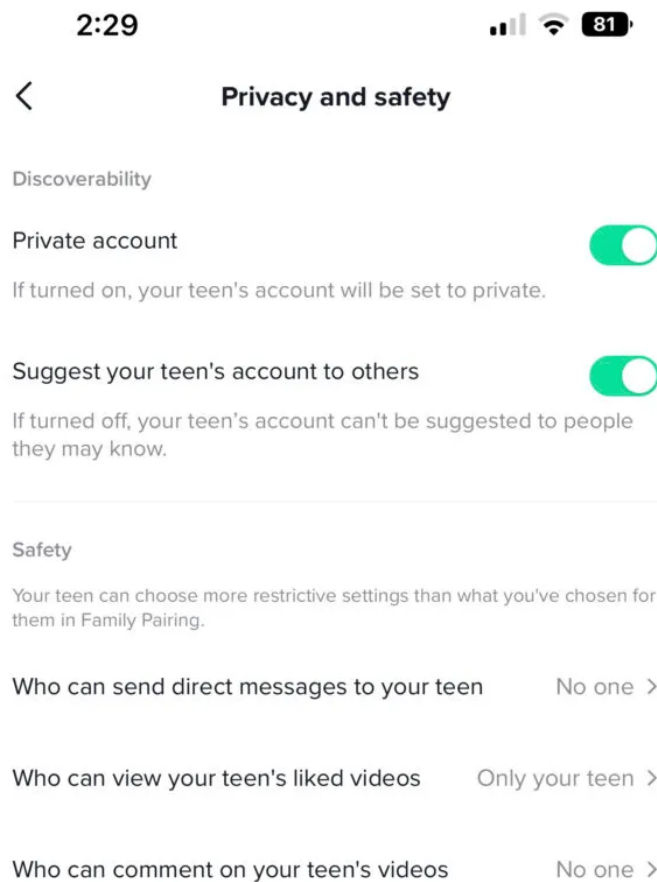
-  Restricted Mode limits content that may not be appropriate for some viewers. If you find an inappropriate video in Restricted Mode, help us improve by reporting it.
-  If Restricted Mode is on, your teen won't be able to log out or switch to another account.

Turn off for @user4374012152137

## How to disable direct messaging on TikTok for your child

In the Privacy and safety option there are a number of options to tailor the service for your child, including the ability to disable direct messaging and who can comment

on your Childs videos.



As with all things social media, [ParentShield blocks the ability for the TikTok account verification SMS to be delivered to the Childs phone](#), so if you want to allow the account setup, you'll need to log into the ParentShield Parent Portal and forward the blocked code onto the user, or temporarily [allow Machine-to-Person messages](#) by

enabling the switch below:

**MACHINE-TO-PERSON TEXTS**



Machine-to-person text messages  
will be held in the portal for review.



**ParentShield**  
The Child-Safe Mobile Network

They get their **first mobile.**  
And you get **Peace of Mind.**

Child-Safe Sim Cards

