



Safe Environment Newsletter

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TikTok / Videos



What is TikTok?

TikTok is a social network app that is used for sharing user-generated videos with either original audio or existing audio as a lip-sync style video. According to statistics,* 60% of the app's monthly active users in the U.S. are 16- to 24- year-olds. Teens love use the app as a way to express themselves and create short videos to gain a following and build a community around their passions.

The Bible teaches us limitations and boundaries to draw and how we might respond to the world such video sharing apps:

- **Be careful in what you say and what you do:** "Where words are many, sin is not wanting; but those who restrain their lips do well." (Proverbs 10:19).
- **To God be all glory:** So that, as it is written, "Whoever boasts, should boast in the Lord." (1 Corinthians 1:31).
- **Set your Priorities right:** "No servant can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other." (Luke 16:13).

* "20 TikTok Stats for Marketers: TikTok Demographics, Statistics, & Key Data." Mediakix, 29 Jan. 2020, [mediakix.com/blog/top-tik-tok-statistics-demographics/](https://www.mediakix.com/blog/top-tik-tok-statistics-demographics/)

Keeping Teens Safe

It is illegal for children under 13 to use the TikTok app. However, as there are explicit songs on the app, it might not be appropriate for teens. Carefully analyze TikTok content when deciding if your teen can use this app.

If a teen is using the TikTok app:

- Set their musical.ly/TikTok account to private.
- Make sure they are aware of what they share and its consequences.
- Get familiar with the community guidelines.
- Turn on the app's Digital Wellbeing settings.
- Talk with your teen about Cyberbullying and how to report it.
- Teach your teen how to report inappropriate content.

Is TikTok for Teens?

Helping teens recognize, respect and comply to parental guidelines and boundaries is necessary when considering use of the TikTok app.

- Are you able to setup and supervise content and sharing settings as well as time spent online?
- Does your teen have personal convictions that enable making hard choices, unfollowing some friends, and staying away from videos and song lyrics with objectionable content? Can your teen recognize such content?
- Does your teen openly communicate with you about challenges and struggles with relationships- online or offline?
- Does your teen know what to do if they feel like they are being groomed by predators or bullied (maybe even by peers) online?

Responding to Challenges

It can be challenging to navigate usage related to technology. Here are some resources that you might use while working with teens or adults who are struggling with appropriate technology use.

- [reSTART](#)—The nation's first center specializing in the treatment of problematic internet, video game and technology use.
- [Problematic & Risky Internet Use Screening Scale](#)—An assessment specifically tailored to adolescents and young adults.
- [The Center for Internet & Technology Addiction](#)