



By Lions Befrienders
Active Ageing Centre
@ Tampines 499C

step-by-step guide

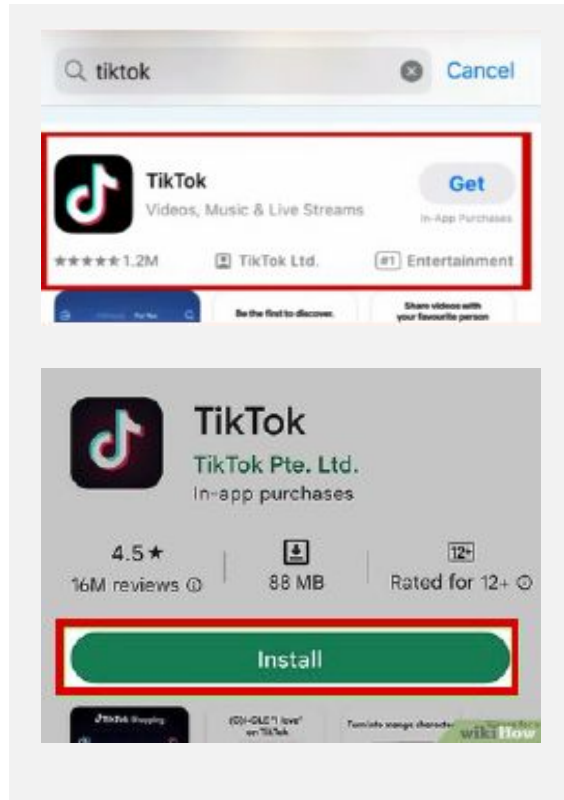
How To Use TikTok

OBJECTIVES

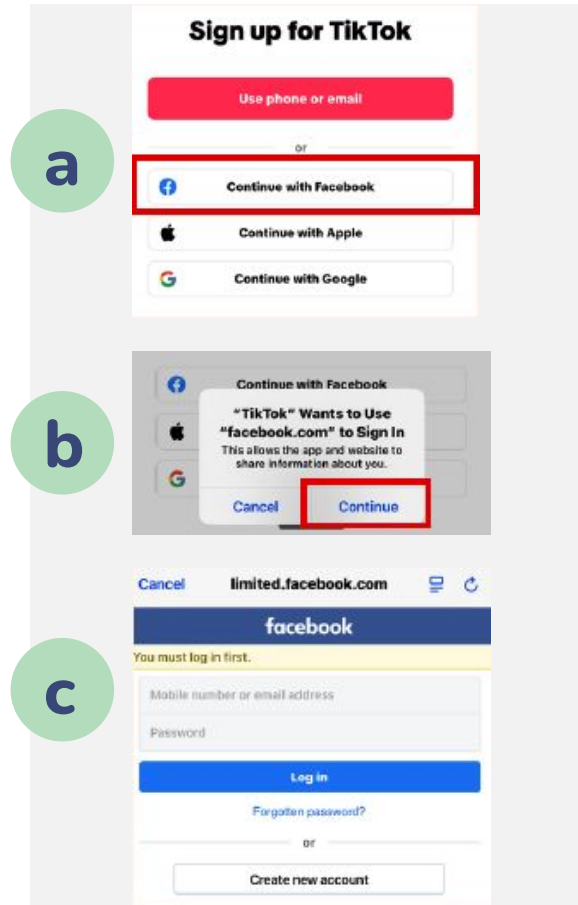
- 1 - Create an account, name, profile picture
- 2 - Follow account and share video
- 3 - Upload videos from album and edit in TikTok (trim videos, add filter, sound) Upload videos privately and change settings
- 4 - How to stay safe online and practice good netiquette when using social media

Part 1 - Create An Account

Step 1: Download TikTok from App Store (iPhone) or Google Play (Android)



Step 2: Select “Continue with Facebook” and login

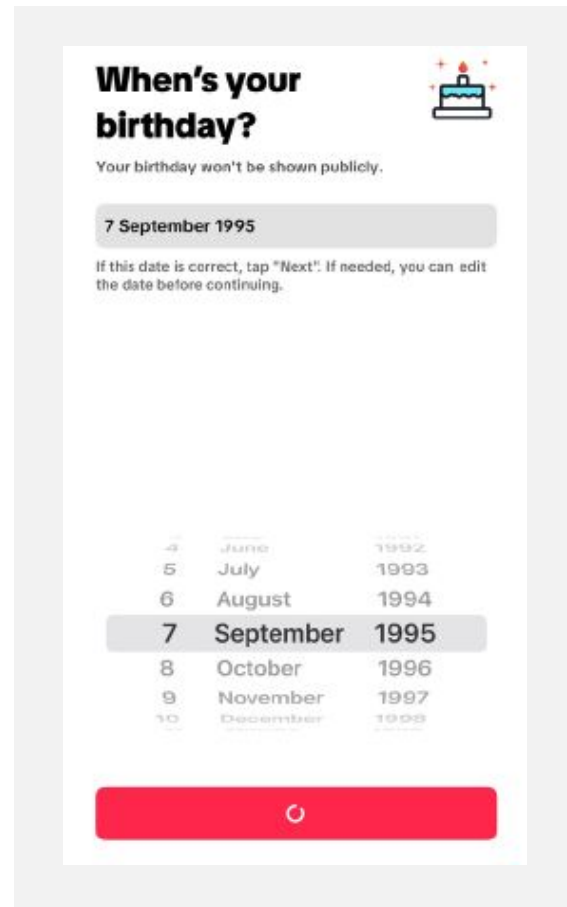


Step 3: Select “Continue”



Part 1 - Create An Account, Name

Step 4: Set your birthday



When's your birthday?

Your birthday won't be shown publicly.

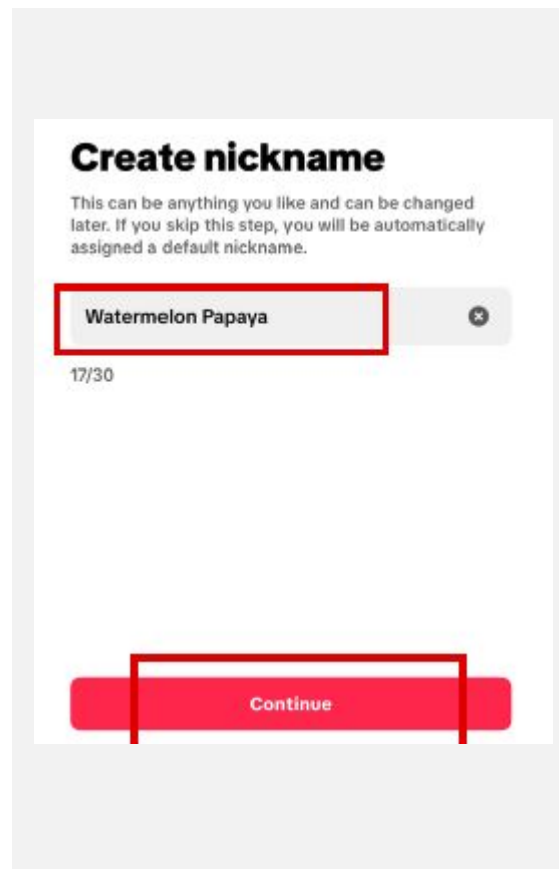
7 September 1995

If this date is correct, tap "Next". If needed, you can edit the date before continuing.

4	June	1992
5	July	1993
6	August	1994
7	September	1995
8	October	1996
9	November	1997
10	December	1998

Next

Step 5: Create a name, Then select "Continue"



Create nickname

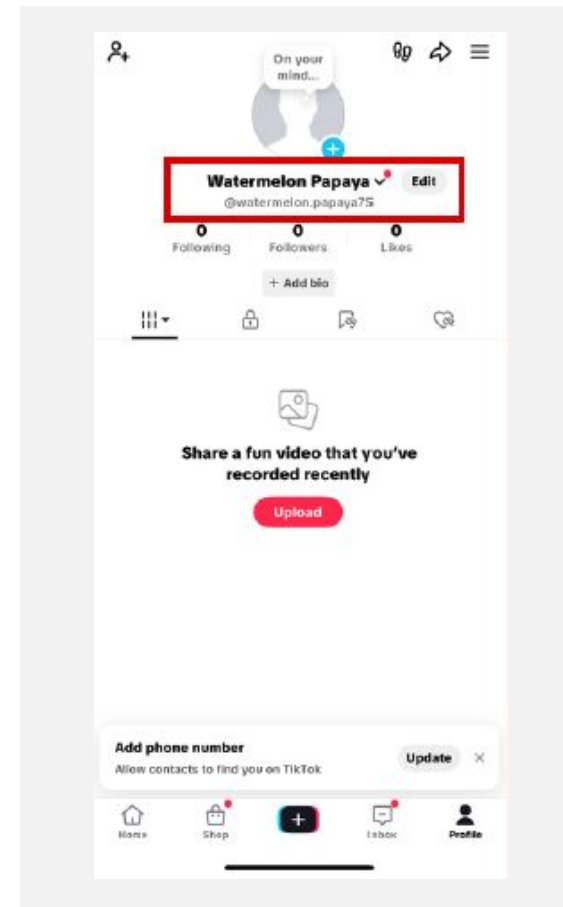
This can be anything you like and can be changed later. If you skip this step, you will be automatically assigned a default nickname.

Watermelon Papaya

17/30

Continue

Step 6: Account Created!

On your mind...

Watermelon Papaya Edit

@watermelon.papaya75

0 Following 0 Followers 0 Likes

+ Add bio

Share a fun video that you've recorded recently

Upload

Add phone number Update X

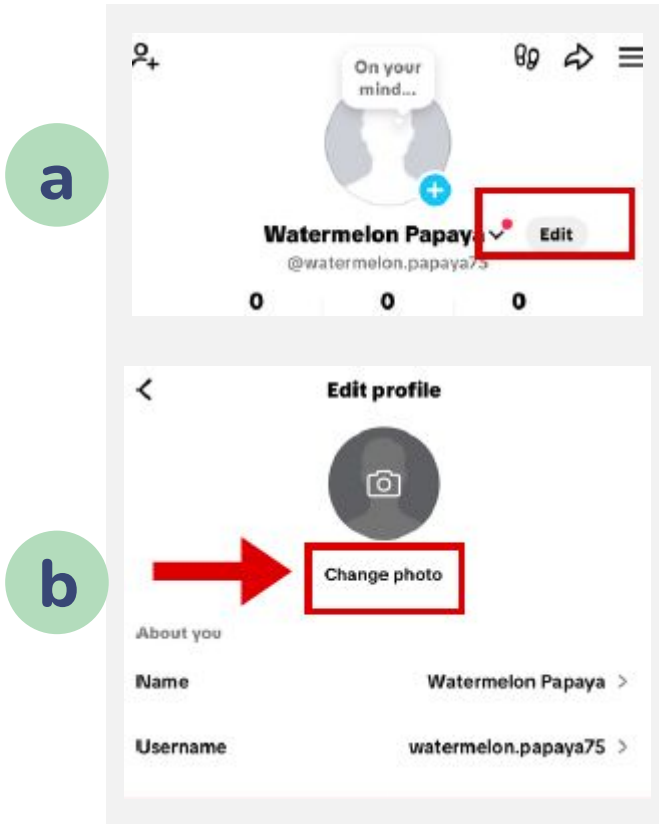
Allow contacts to find you on TikTok

Home Shop + Inbox Profile

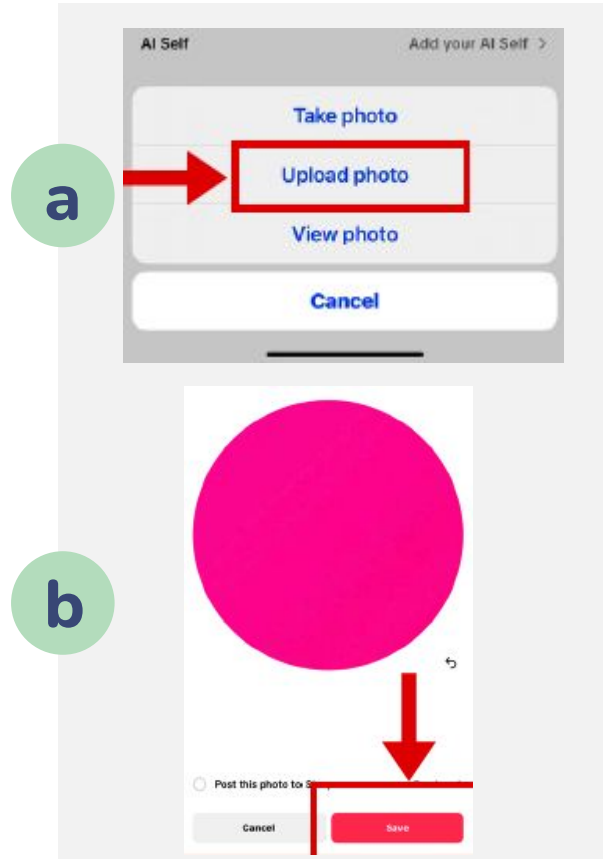
Part 1 - Add Profile Picture

Step 1:

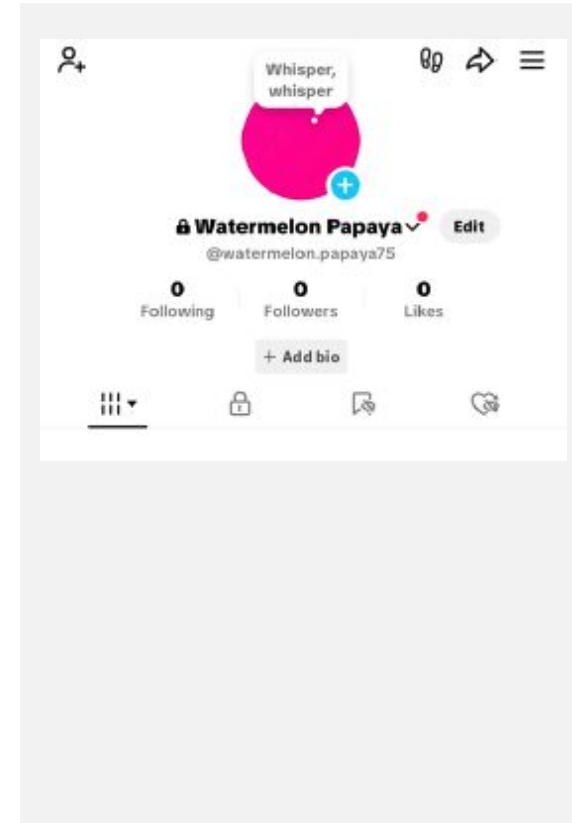
- Select “Edit”,
- Select “Change Photo”



Step 2: Create a name, Then select “Continue”



Step 3: Picture Updated!

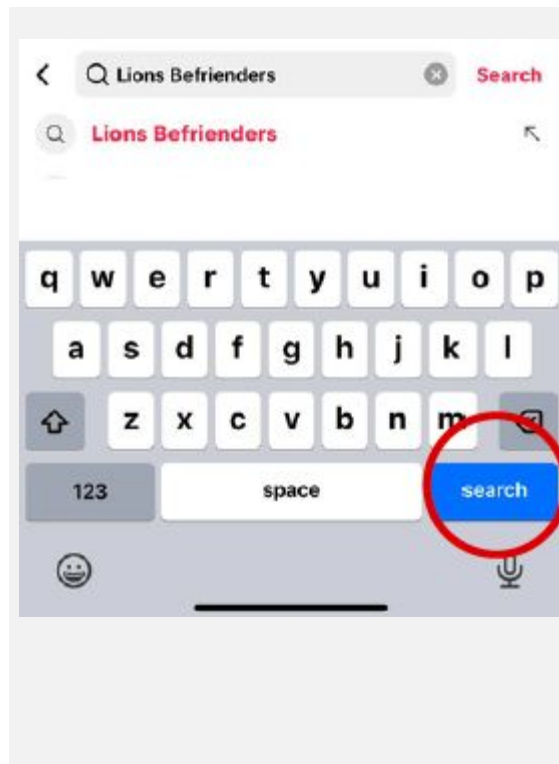


Part 2 - Follow (Method 1)

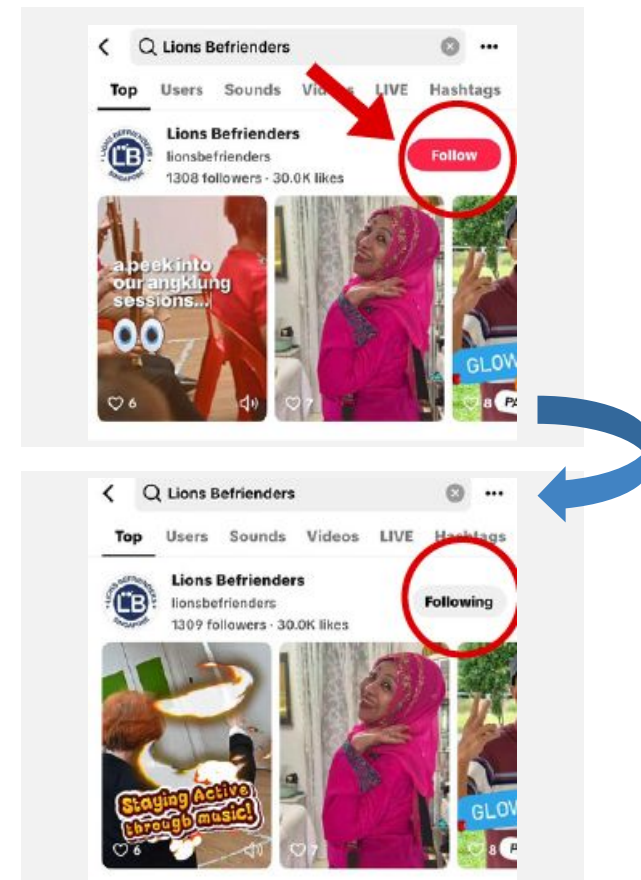
Step 1: Select 




Step 2: Type account name in search bar and click “Search”

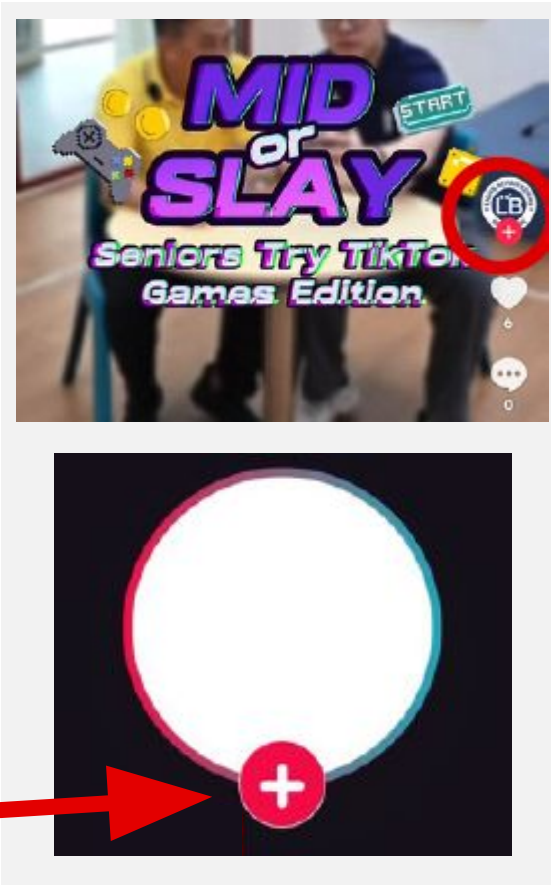



Step 3: Tap on red “Follow” and it will change to white

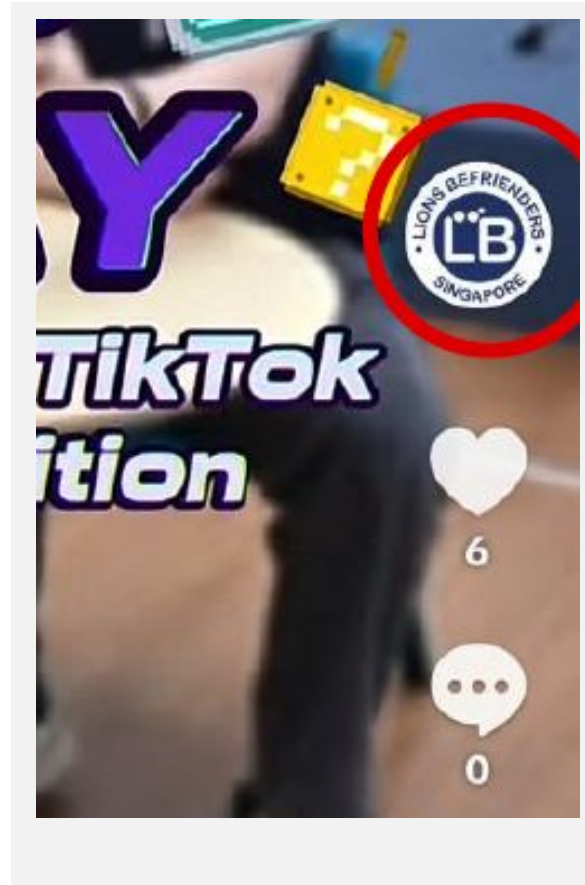


Part 2 - Follow (Method 2)

Step 1: Tap on the  on the home page

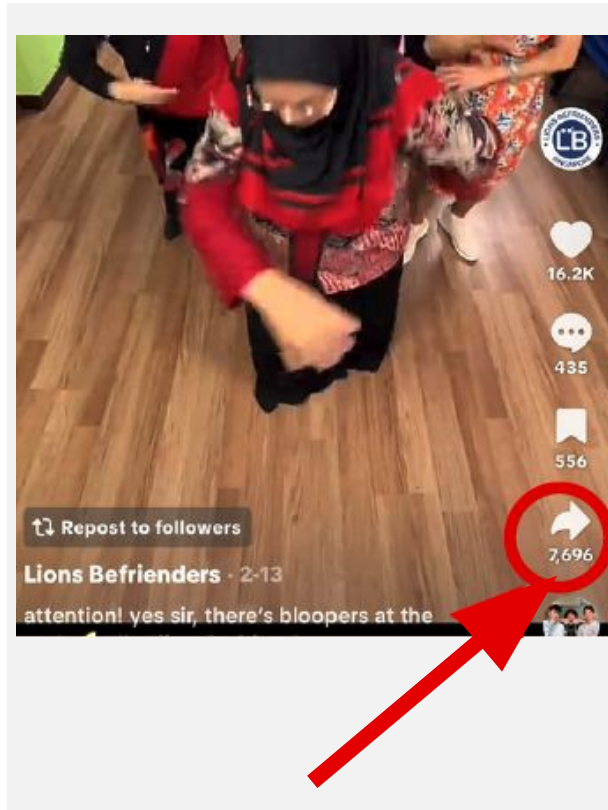


Step 2: You are now following the account! 

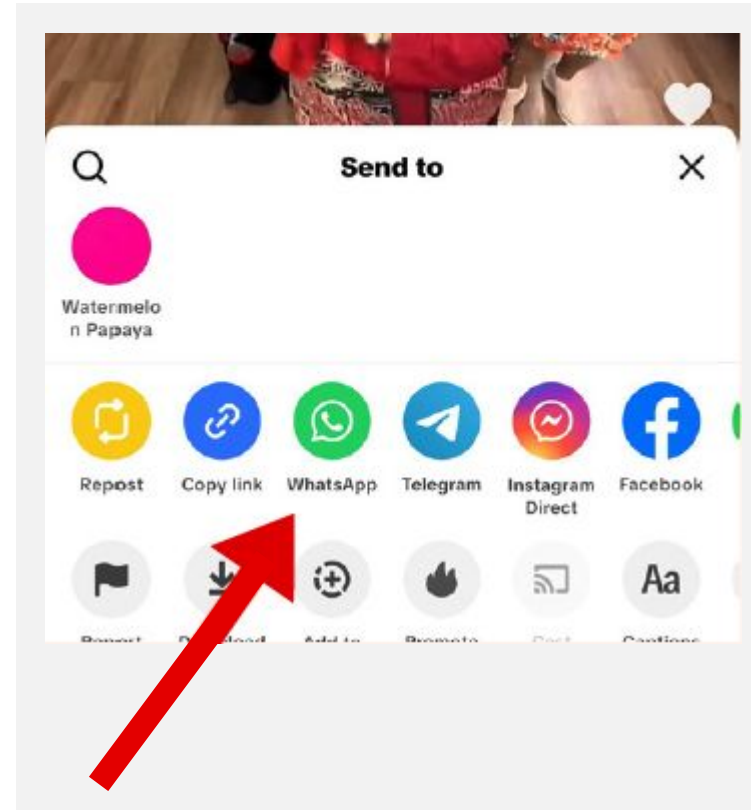


Part 2 - Share Video

Step 1: Select 

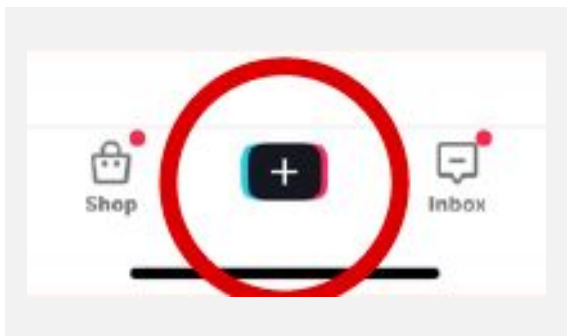


Step 2: You can tap on “WhatsApp” to send the video to someone



Part 3 - Upload Videos From Album

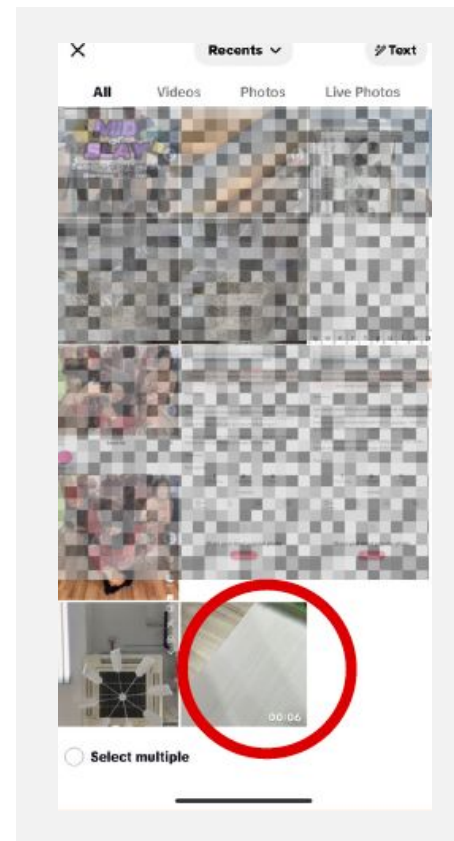
Step 1: Select



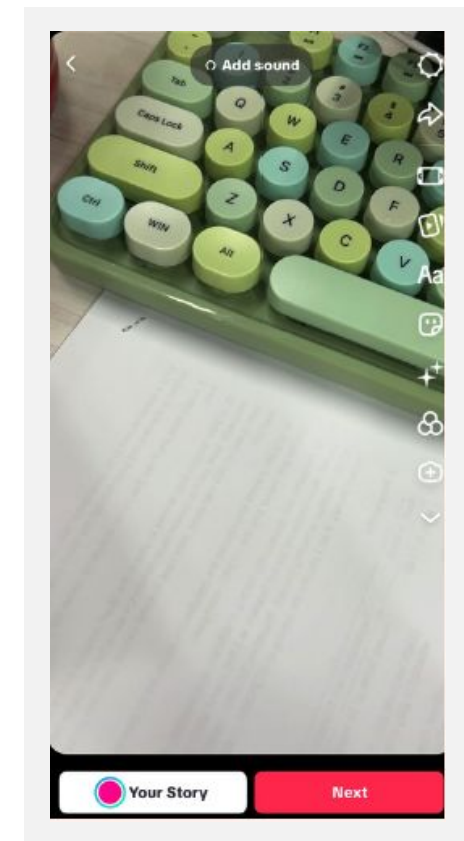
Step 2: Select "15s"



Step 3: Select video you wish to upload



Step 4: Video successfully uploaded

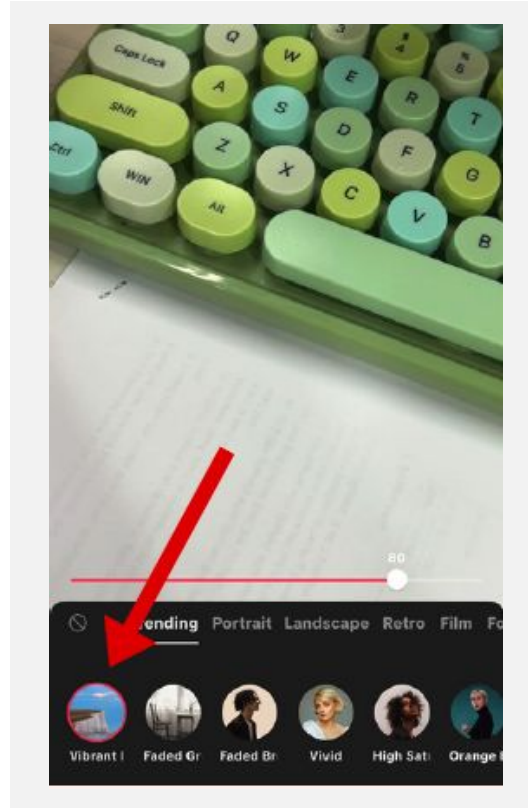


Part 3 - Add Filter

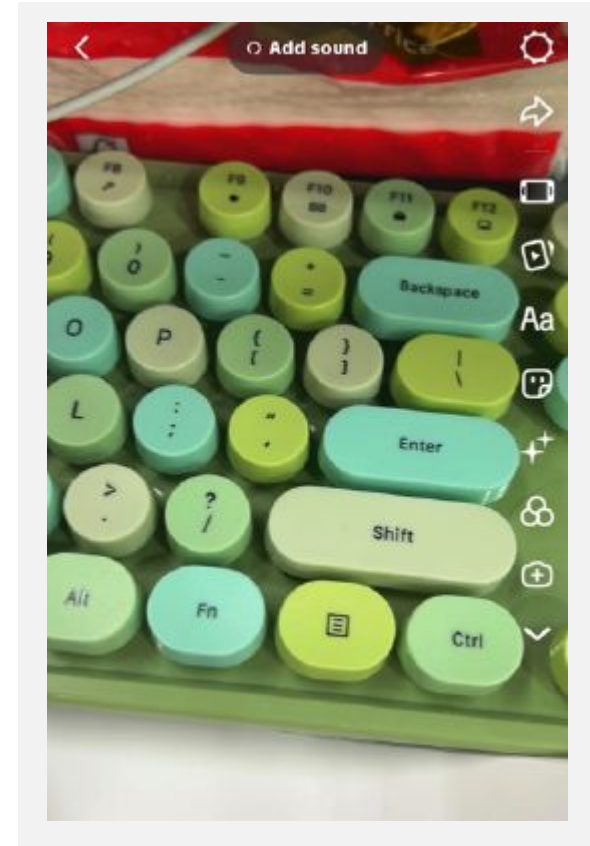
Step 1: Tap the
3 circle icons



Step 2:
- Select filter by swiping right.
- Tap on your chosen filter.



Step 3: Filter added!

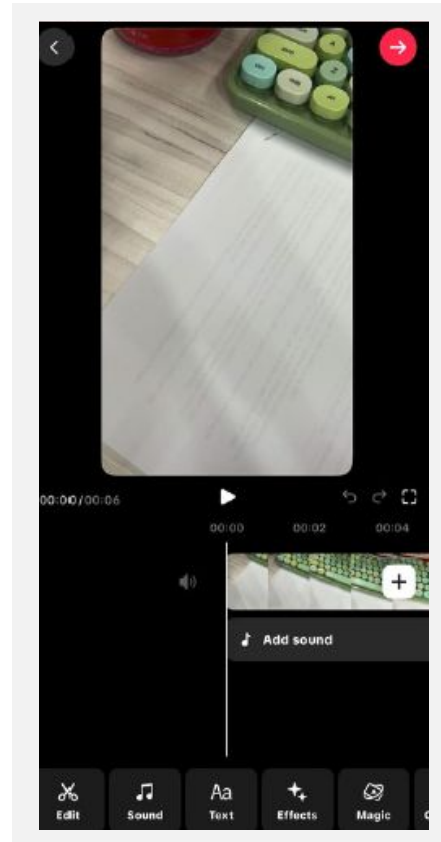


Part 3 - Edit Video (Trim Video Short)

Step 1: Tap the 3rd icon

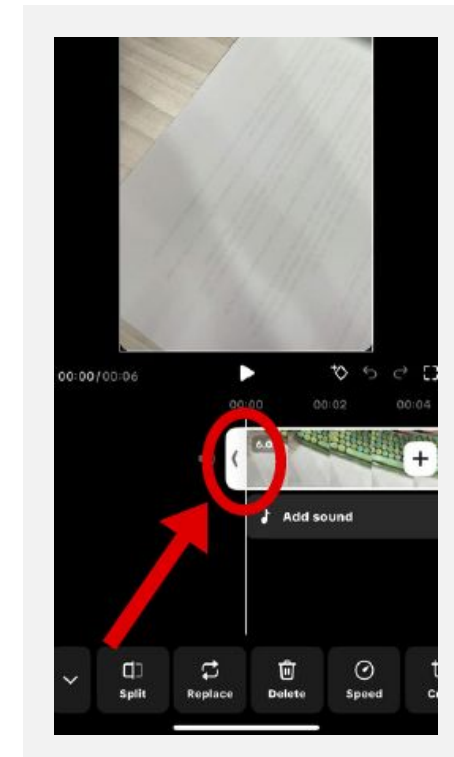


Step 2: This page will appear



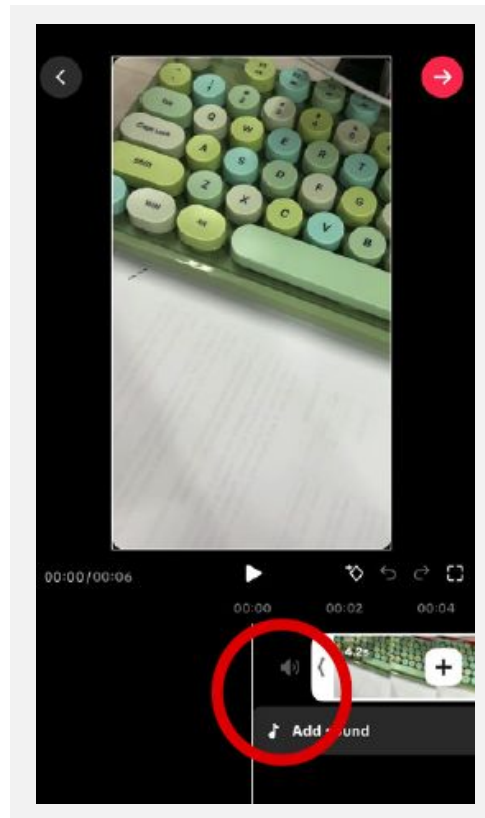
Step 3:

- Tap on the video
- Tap on the “<”
- Hold and drag it to the right



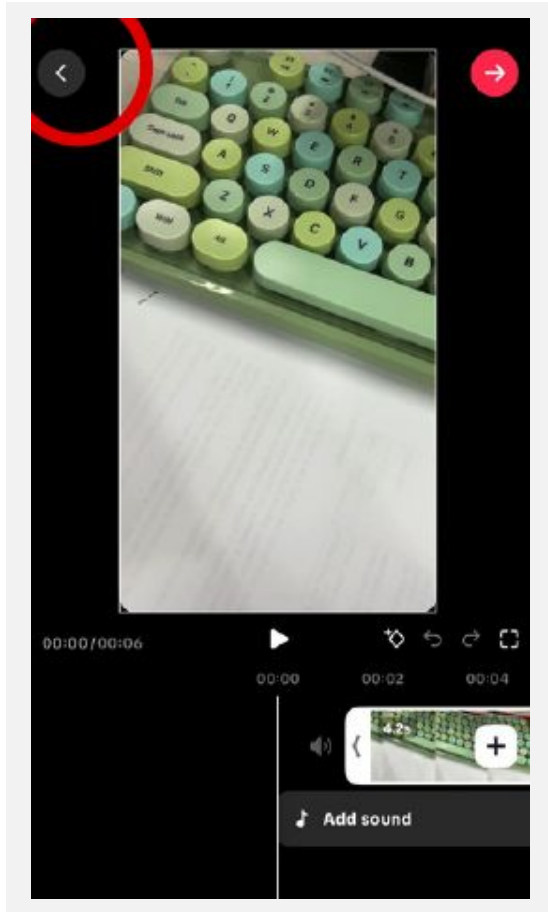
Part 3 - Edit Video (Trim Video Short)

Step 4: It should appear like this, with an empty space



Part 3 - Edit Video (Add Sound/Music)

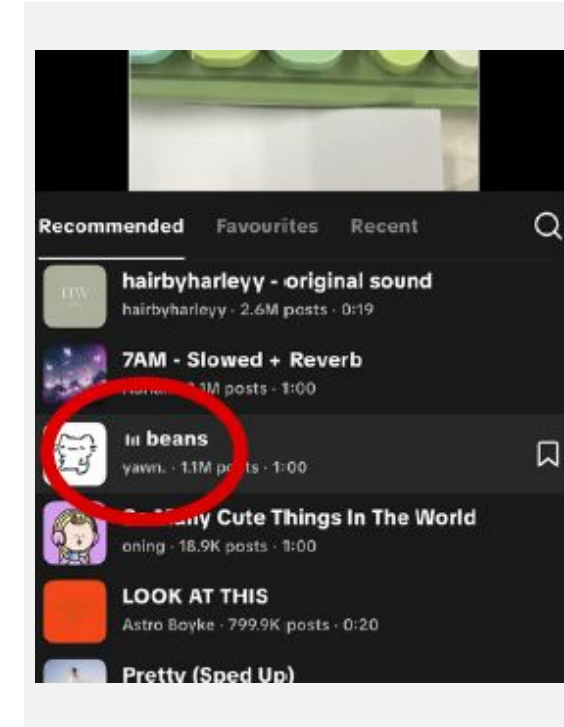
Step 1: Select



Step 2: Select
"Add Sound"

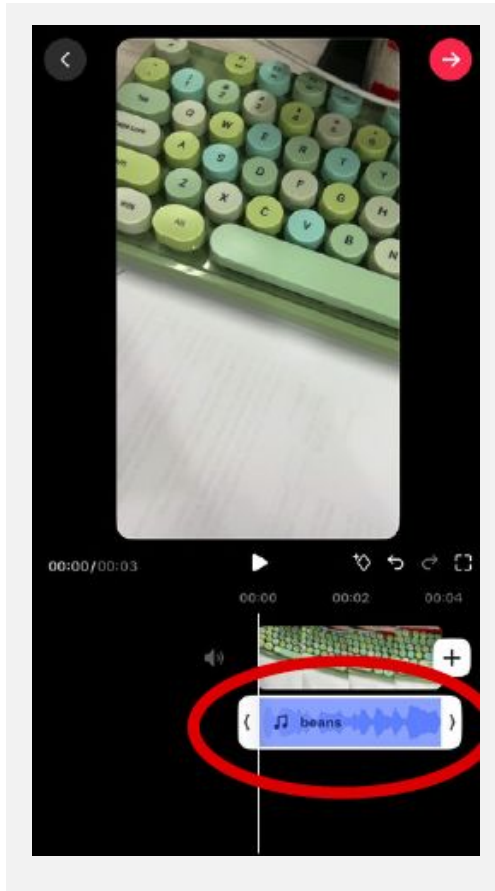


Step 3: Tap on one of the songs

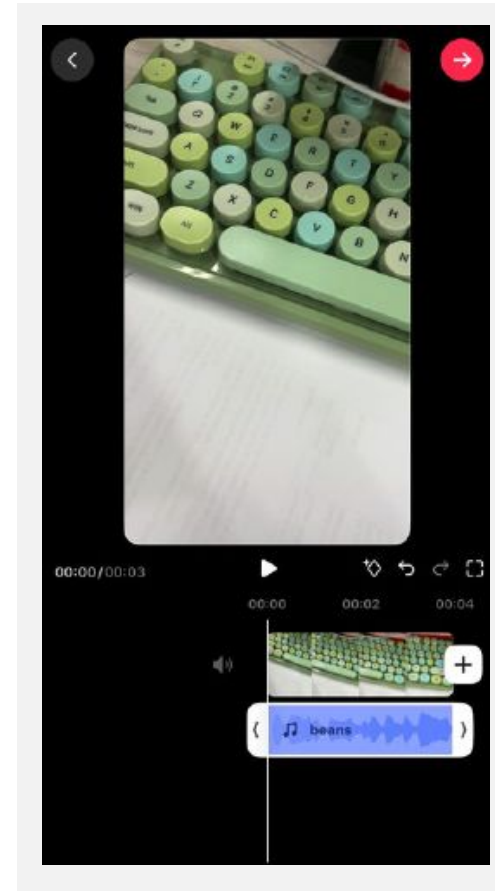


Part 3 - Edit Video (Add Sound/Music)

Step 4: Sound will appear here



Step 5: Select <



Sound added!

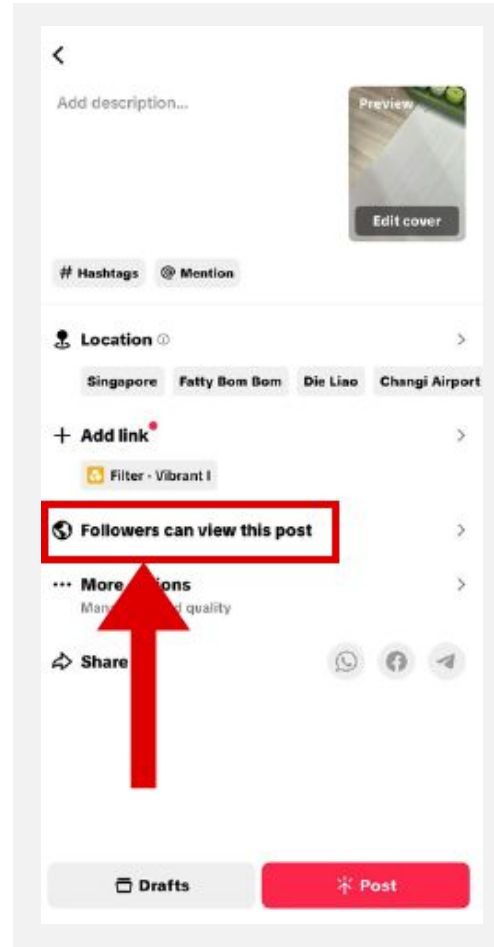


Part 4 - Upload Videos Privately

Step 1: Select “Next”

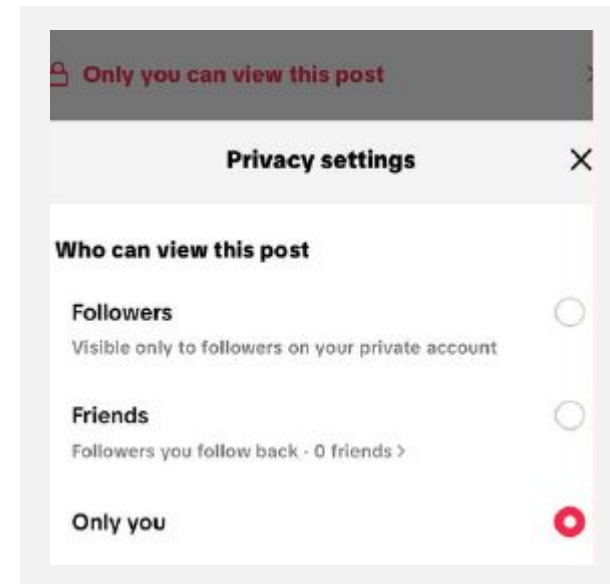


Step 2: Select that



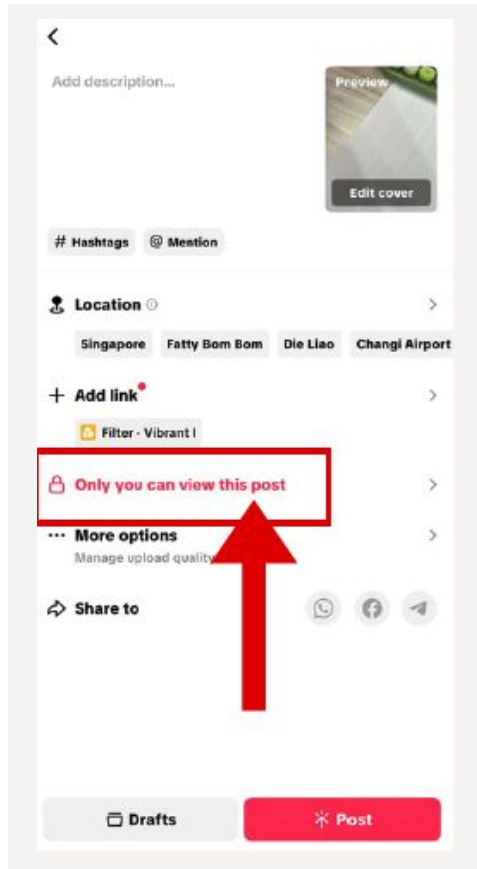
Step 3: Select:

- Only you (safest!)
- or Friends

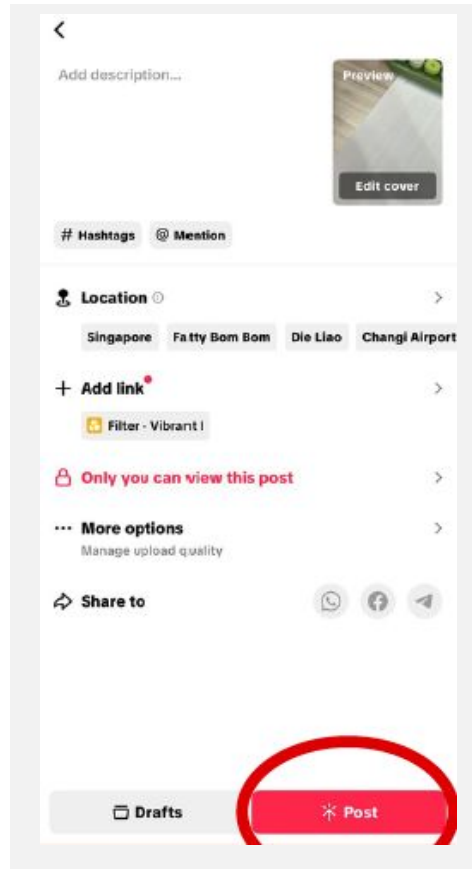


Part 4 - Upload Videos Privately

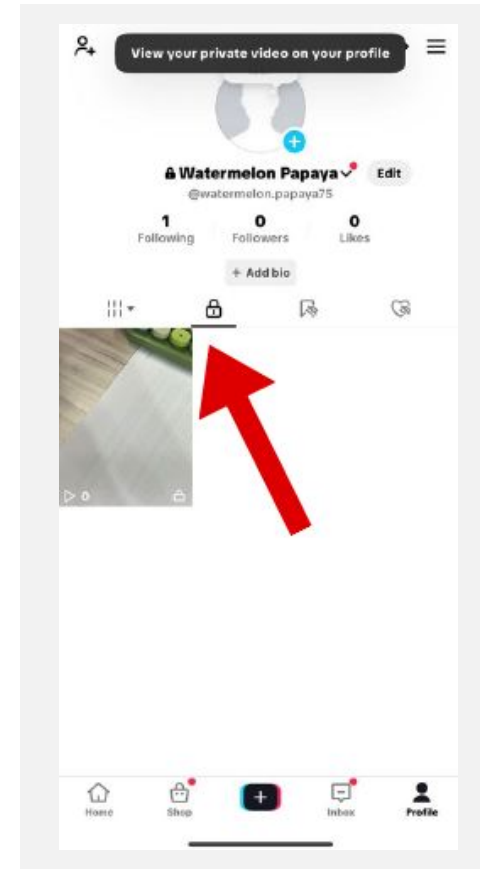
Step 4: Privacy successfully updated



Step 5: Tap "Post"

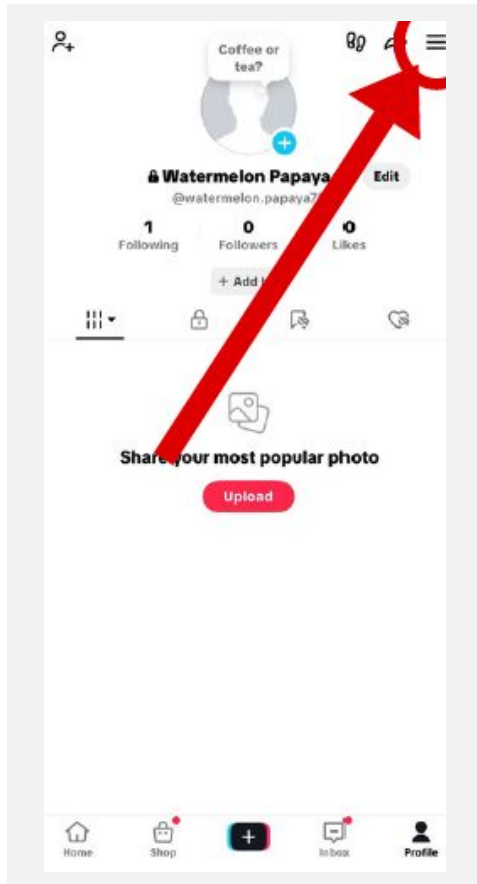


Step 6: Video uploaded privately!

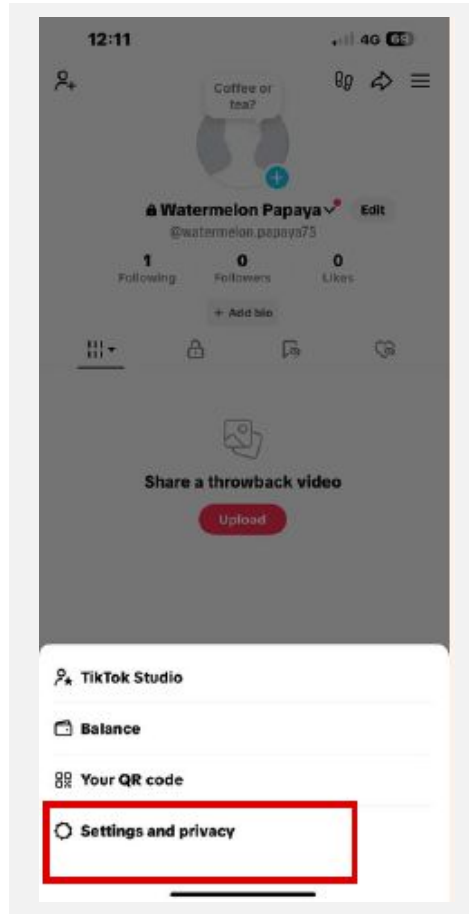


Part 4 - How To Private Your Account

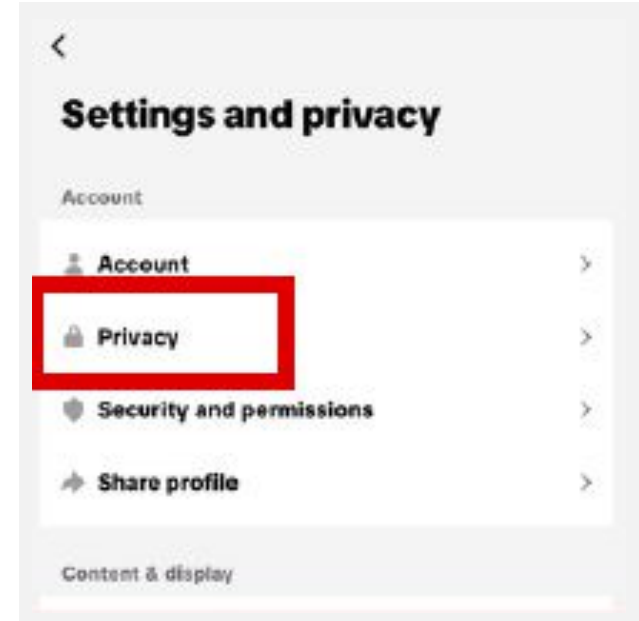
Step 1: Under profile,
select 



Step 2: Select “Settings
and Privacy”

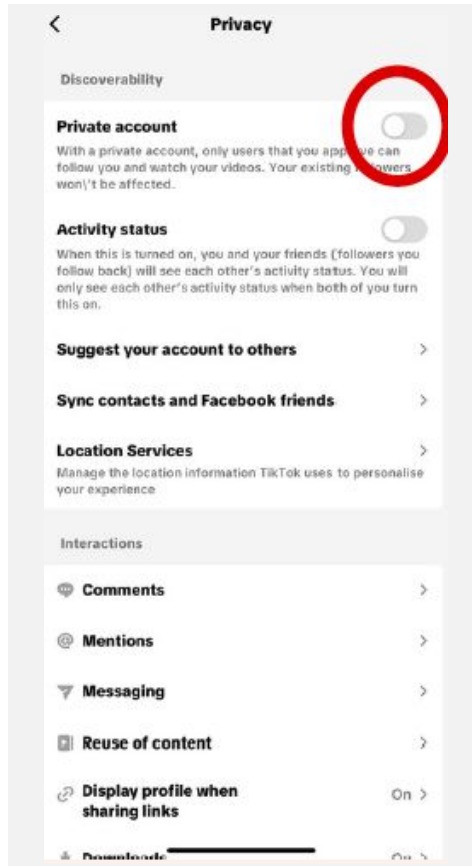


Step 3: Select “Privacy”

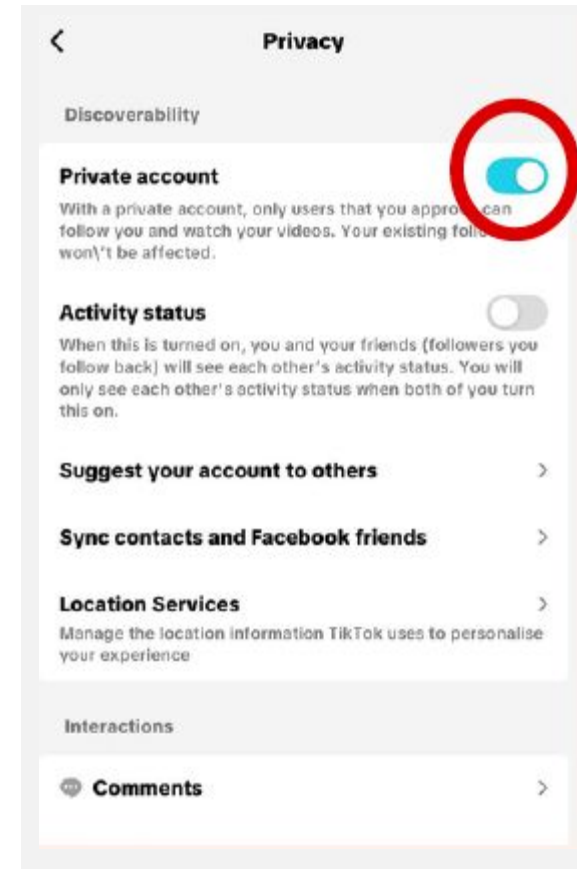


Part 4 - How To Private Your Account

Step 4: Tap to turn on Private



Step 5: Account Private!



Stay Safe On

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Stay Safe on TikTok

1. **Keep personal info private** – Don't share your address, phone, or bank details.
2. Use strong passwords
3. **Only interact with people you know** – Private your account.
4. **Block & report** – If someone is mean or inappropriate.
5. **Think before you post** – Avoid sharing sensitive photos or videos.

Good Online Manners

1. **Be polite** – Treat others kindly, like in real life.
2. **Avoid arguments** – Ignore negativity.
3. **Respect privacy** – Don't share info about others.