

Family Digital Check-In Guide



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In support of:



Welcome to our Family Digital Check-In Guide



Your one-stop space for families to navigate digital safety with confidence.

The digital world moves quickly, and it can be difficult to know where to start. This guide is designed to help families have open conversations about their online experiences and build positive digital habits together.

Sit down with your loved ones to reflect on digital habits and co-set practical safety actions – so everyone can feel safe and supported on TikTok.

At the end of this guide, you should be able to:

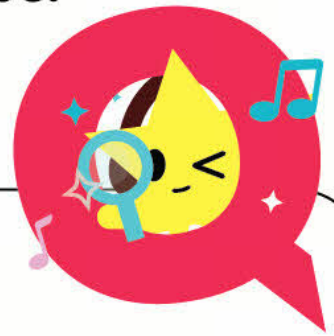


Now, grab a pen
(and your family members!)
to get started!



First, let's find out your family's digital vibe.

Mark **only one answer** that you and your family resonate with the most, and by the end of the questions, your most chosen icon will reveal your profile.



Q1 It's 11pm at home, but the scrolling hasn't stopped. Your family's habit is:

- ☐ We know when to put our phones away – it's a mutual understanding.
- ☐ The Sleep Reminder pops up because we had agreed on it.
- We've already set our own screen time limits so we don't get distracted.
- "Just five more minutes!" is what I usually tell myself.

Q2 You see a too-good-to-be-true smartphone deal in a pop-up video. Your family's move is:

- ☐ We just swipe past it – we know what's real and what's not.
- ☐ Flag to a family member immediately.
- Click to see if it's real.
- We'll search online to verify the deal.

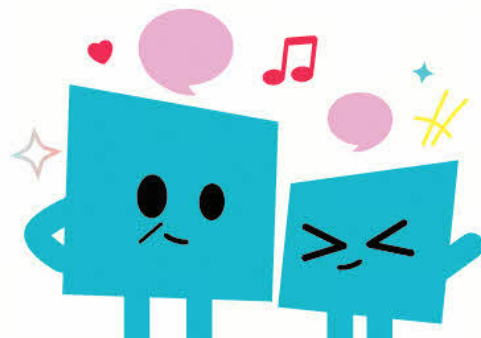
Q3 Your friends share a video of a new MRT line that travels underwater. It looks real, and it has an 'AI-generated content' label. What do you do next?

- ☐ The label confirms it's not real, so we'll swipe past.
- ☐ Share with friends and family, and let them know that this is not real and created by AI.
- Tap the label to read more about it, and check the creator's page to see their other work.
- With the label, we feel comfortable reposting it, while knowing this is AI-generated content.



Q4 You see a new food trend you haven't tried before, but the ingredients and steps are unconventional. Do you...

- ☐ Ignore it.
- ☐ Ask a family member immediately.
- Research it later.
- Proceed to film it.



Q5 You're setting up a new account. How would you handle your account privacy?

- ☐ Check with family to see if the default teen privacy settings are appropriate.
- ☐ Sit down together with family and go through the Privacy settings line by line.
- ☒ Read through and refine the default privacy settings for teens.
- ☐ Start posting first and make any necessary tweaks along the way.

Q6 A user leaves a mean comment on your video.

- ☐ Account is private, so only friends can comment.
- ☐ Block the user and inform a family member.
- ☒ Immediately delete the comment.
- ☐ Will not engage with the comment.

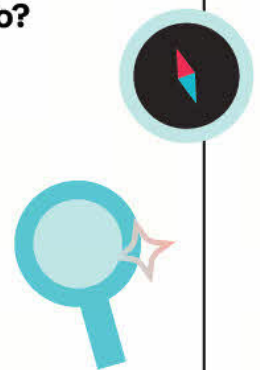


Q7 You come across a video that looks like a news report, but it's making a wild claim about Singapore.

- ☐ I don't read news that is not from trusted sources.
- ☐ I'll check with my family to verify the news.
- ☒ I'll double-check the news online.
- ☐ I'll verify the news by checking the comments.

Q8 You need to focus, but your For You feed is calling you. What do you do?

- ☐ I would set a screen time limit or switch to Focus Mode.
- ☐ Ask my family to help put my phone away.
- ☒ I have my preset screen time settings, so this wouldn't be an issue.
- ☐ I'll focus after watching one more video.



Q9 What is the main goal of your Family Digital Check-In?

- ☐ To test each other and keep our shared digital experience positive.
- ☐ To make sure we're always aware of the latest safety tools.
- ☒ To make sure everyone knows how to use safety tools effectively on their own.
- ☐ To find a way to stay safe while still being able to see the latest content.

What's Your Vibe?

If you answered mostly Circles ☐ ...

Huddle Heroes

In sync and collaborative:

You regularly share, watch, and experience content together.

Why it works:

Because you already share tastes and trends, your digital bond is built on transparency. Safety is shaped through your shared experiences, making conversations natural and ongoing.

Focus Area:

Optimising advanced safety settings and exploring new creative tools together.

Try! Family Pairing and Screen Time Limits!



If you answered mostly Squares ☐ ...

Boundary Builders

Parents guide so teens can grow safely:

The guardian takes the lead in setting expectations and boundaries. Conversations happen regularly, and your family makes time to talk about school, friends, and life together — including digital experiences.

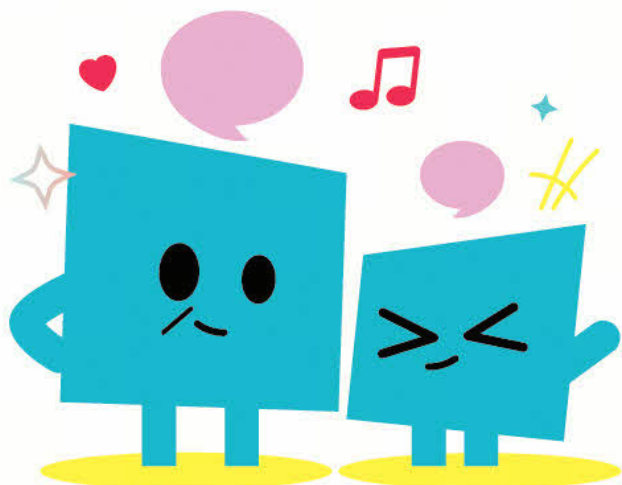
Why it works:

The guardian's reliability creates a strong "home base." They help to guide behaviour, reinforce values, and ensure safety as teens learn to navigate online spaces. Adding a few digital tools can strengthen the foundation you've already built.

Focus Area:

Pre-agreeing on privacy settings and turning conversations into shared digital boundaries.

Try! Screen Time Limits and Manage Topics!



What's Your Vibe?

If you answered mostly Stars ☆ ...

Digital Explorers

Grounded and connected:

While you each explore different corners of the internet independently, you know that whenever you need guidance or help, you can sit down as a family to discuss.

Why it works:

Your curiosity is your greatest strength, but sometimes you can move faster than your guardrails! By having a routine huddle, you can ensure that safety conversations aren't just reactions to problems, but a regular part of your family life.

Focus Area:

Maintaining consistent digital "huddles" and pre-agreeing on privacy settings to create safer boundaries.

Try! Refreshing your Privacy Settings and Family Pairing!



If you answered mostly Triangles △ ...

Open Navigators

Independent and confident self-starters:

You value independence and self-guided learning, building digital resilience through individual experiences. You believe experience is the best teacher and prefer light-touch guidance.

Why it works:

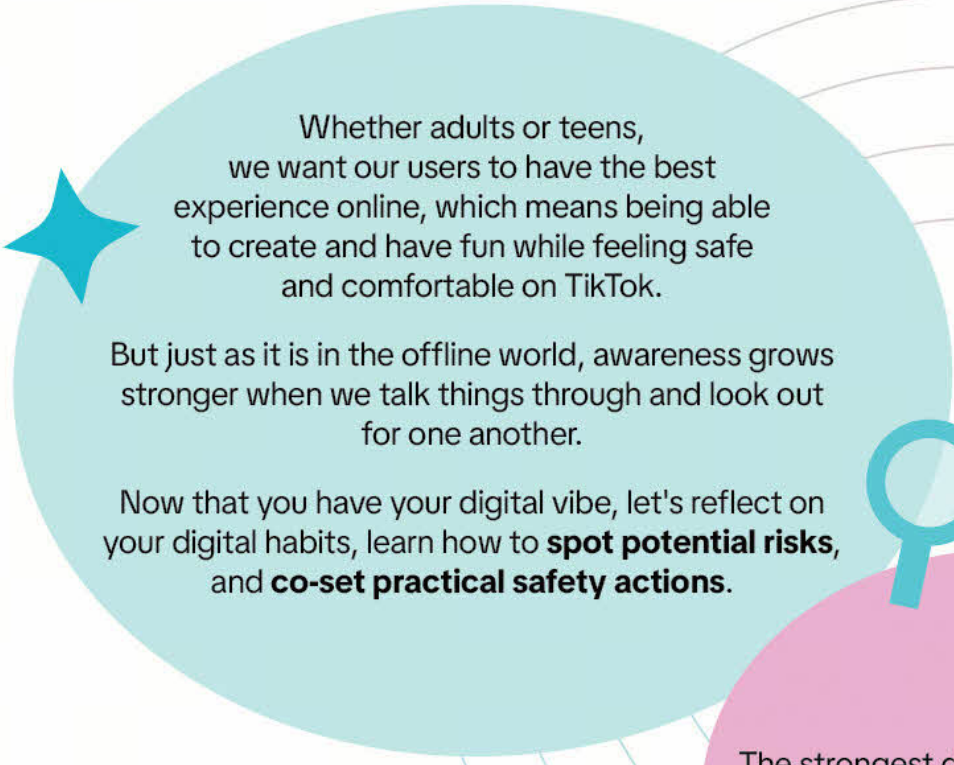
You prioritise agency and personal responsibility. This builds a strong foundation of digital resilience, as the teen learns to navigate challenges independently at your own time.

Focus Area:

Bridging the gap between independent exploration and shared safety resources.

Try! Using Keyword Filters and familiarising with AI Identification Tools on TikTok!

Maximise Your Experience on TikTok!



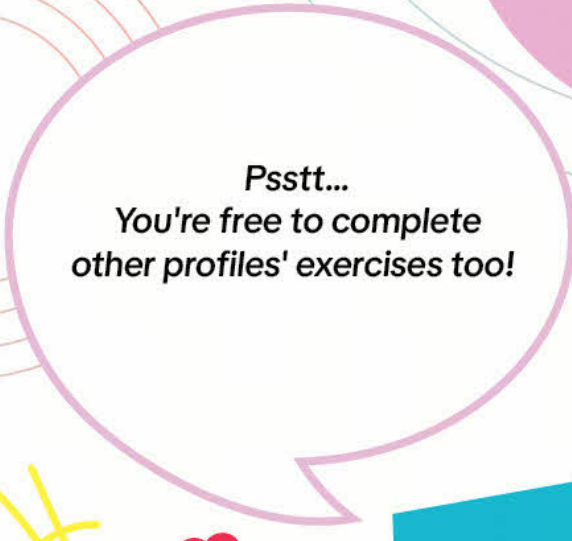
Whether adults or teens,
we want our users to have the best
experience online, which means being able
to create and have fun while feeling safe
and comfortable on TikTok.

But just as it is in the offline world, awareness grows
stronger when we talk things through and look out
for one another.

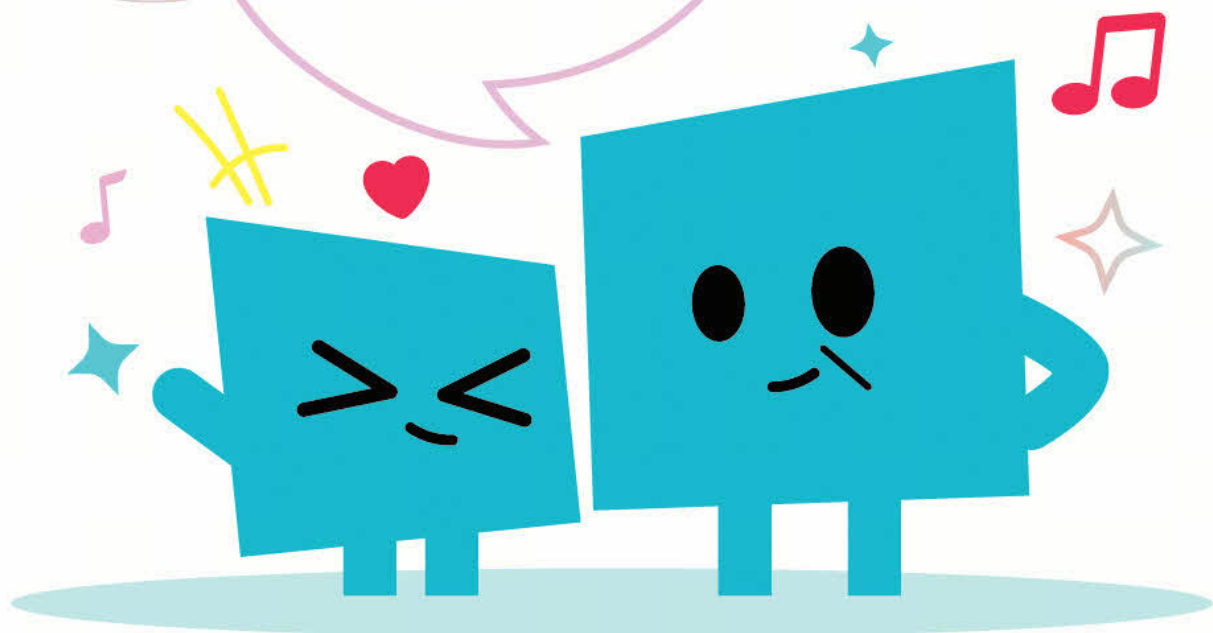
Now that you have your digital vibe, let's reflect on
your digital habits, learn how to **spot potential risks**,
and **co-set practical safety actions**.



The strongest digital families aren't the
strictest or the most relaxed —
they're the most aligned!



Psstt...
*You're free to complete
other profiles' exercises too!*



Family Pairing

Safety works better together! Family Pairing on TikTok allows parents and teens to customise their safety settings based on individual needs. Parents can review and adjust the settings for their teens as needed.

Teens can always increase their own restrictions, but can't reduce those set by their parents.

Parents can link their TikTok accounts to their teens' accounts and set controls, including:

- **Manage privacy settings**
- **Set daily screen time**
- **Schedule time away from the app**
- **Mute push notifications**
- **Manage blocked accounts**
- **View managed topics**
- **Filter keywords**

A starting point for:



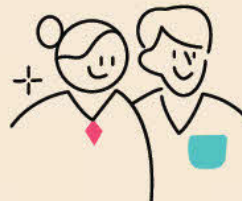
Huddle Heroes



Digital Explorers

How to link parent and teen accounts:

1. Go to **Profile**.
2. Tap the **Menu** ≡ button, then select **Settings and privacy**.
3. Tap **Family Pairing** and continue.
4. Choose **Parent** or **Teen**, then follow the steps to link the accounts.



Parent



Teen



DISCUSS AS A FAMILY

What's one thing we'd like to keep private, and one thing we're happy to share?



Scan to learn more about Family Pairing!

Screen Time Dashboard

Daily screen time is a screen time management setting that lets you manage your usage on TikTok. You set a daily limit and receive a reminder once you've spent that amount of time on the platform.

Families can adjust limits and review activities together too! If you're between the ages of 13 and 17, the setting is set to 1 hour by default. You can turn this setting on and off at any time.

On the Screen Time Dashboard, you can see:

- **Total time spent on TikTok**
- **How many times has TikTok been opened**
- **A breakdown of total time spent from a different week**

A starting point for:



Huddle Heroes



Boundary Builders

To add a daily screen time:

1. Tap **Profile** at the bottom.
2. Tap the **Menu** ≡ button at the top, then select **Settings and privacy** button.
3. Tap **Time and well-being**, tap **Screen time**, then tap **Daily screen time**.
4. Follow the steps in the app to set or edit a daily limit. You can choose from several options or set a custom limit for each day.

To turn daily screen time off, follow the steps above, then switch the time limit off.

Screen time summary



Need a short break from your screen? You can schedule screen time breaks from TikTok after a period of uninterrupted scrolling. Simply tap **Screen time**, then tap **Screen time breaks**. Then, follow the steps in the app to schedule or edit a screen time break.

Pro Tip!

Set Sleep Reminders to help wind down before bed.

Did you know the **Wind Down** feature automatically triggers for teen accounts at 10PM, encouraging you to relax and be mindful of bedtimes?



DISCUSS AS A FAMILY

Analyse your screen time dashboard on TikTok and fill in your screen time for the past week:

MON	TUE	WED	THU	FRI	SAT	SUN

Is that a number we agree on? Yes / No / Let's Adjust!

What is the most used app on your phone?



Scan to learn more about Screen Time management!

Privacy Settings

On TikTok, you have control over your experience. Accounts under the age of 18 are private by default, helping teens share more safely, with the only approved followers able to access their content.

On a public account, your posts may be visible to, and shared by, anyone on or off TikTok, whether or not they have a TikTok account. Depending on your privacy settings, anyone can follow you, access your page, and see your followers and following lists.

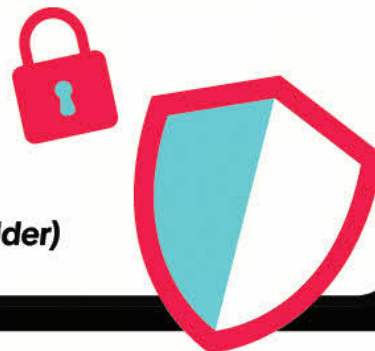
You can also manage:

- **Who can comment on, Duet, or Stitch your videos**
- **Whether others can download your videos**
- **Whether your account is suggested to others**
- **Who can send you direct messages (only for those 16 and older)**

A starting point for:



Digital Explorers



Someone you don't know requests to follow you on TikTok. What should you do?

- ☐ Report and block their account
- ☐ Talk to a trusted guardian or adult
- ☐ Ignore and move on

**What is one thing we would never want a stranger to know about our family?
And what is one thing we are happy to share with everyone online?**



Scan to learn
more about
Privacy Settings!

Making your Feed For You!

No two For You feeds are the same. Shape the content you want to see with Manage Topics!

Content on TikTok is categorised by topic (sports, food & drinks, lifestyle, etc.) and you can customise each topic based on your preference.

A starting point for:



Boundary Builders



Open Navigators

From the For You feed:

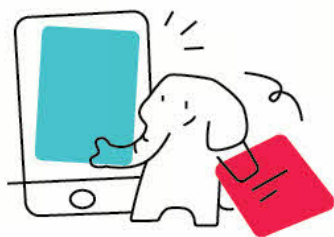
1. In the TikTok app, tap the **Share** ➔ button on the side of a post.
2. Tap **Why this post**.
3. Tap **Adjust your For You**.
4. Tap **Manage topics**.
5. Move the slider to adjust how much you want to see of each topic.
6. Tap **Save** at the top to confirm.

Creative arts

See less



On TikTok, you can also access a range of tools to further personalise your feed, such as:



- **Filter Keywords:**
Reduce how much content you see related to keywords that you've specified
- **Select "Not interested" on content:**
Not interested in what you see? Press and hold the post to let your algorithm know
- **Restricted Mode:**
Limit exposure to content that you may not be comfortable with

AI-generated content (AIGC) refers to images, video, and audio generated or modified by AI, which can portray realistic humans in styles like anime, cartoons, or paintings.

Know what to look for:

- **Identify AIGC labels:**  **AI-generated**
TikTok automatically labels some content created or edited with AI.
- **Under Report & flag:**
If something feels off or too good to be true, it may be inauthentic. Report scams, harmful content, or suspicious behaviour!



Psstt... You can also choose how much AIGC you want to see under Manage Topics!



DISCUSS AS A FAMILY

1. What are the top three topics that you like watching on TikTok?
2. How can we use AI responsibly? What should we do or not do?



Scan to learn more about Making your Feed For You!

TikTok is where people discover things they love, build communities, and express themselves. We want TikTok to be a safe, fun, and creative place for everyone.

Do you know what isn't allowed on TikTok?

We have Community Guidelines to help keep TikTok a safe and positive experience. These rules don't allow topics that are inappropriate or might cause harm, including:

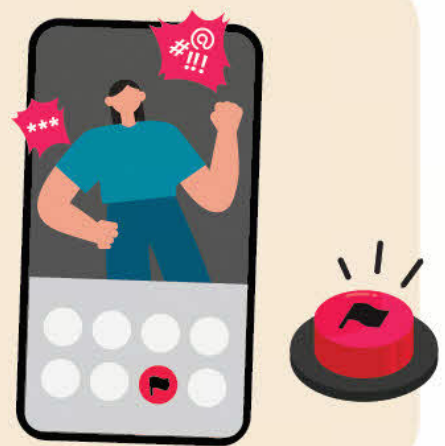
- **Violent and criminal behaviour**
- **Hate speech and hateful behaviour**
- **Harassment and bullying**
- **Anything that threatens mental and behavioural health, such as body image content or dangerous challenges**
- **Sensitive and mature themes, such as graphic content**



If you see content that violates TikTok's Community Guidelines, report it to TikTok immediately.

How to report a TikTok video:

1. Go to the content and tap the **Share** ➔ button on the side of the video or press and hold on the video.
2. Tap **Report** and select a reason. If prompted to select a subtopic, select the appropriate one for your report.
3. Tap **Submit**.



If you or someone you know is experiencing an emergency, please get help immediately.

Well-being:

Singapore Association for Mental Health

Tel: 1800 283 7019
(Monday - Friday, 9am - 1pm & 2pm - 6pm)

TOUCHline (Counselling)

Tel: 1800 377 2252
(Monday - Friday, 9am - 6pm)

Frauds & scams:

ScamShield

Tel: 1799 (24/7)
App: ScamShield App
Website: <https://www.scamshield.gov.sg/>

Institute of Mental Health

Tel: 6389 2222

Samaritans of Singapore

Tel: 1767 (24/7)
CareText: 9151 1767 (24/7)



**Scan to learn more
about Community
Guidelines!**

**Want a closer look at these rules, how we enforce them, and how they apply across different areas?
We encourage you to read our Community Guidelines!**



Now that you know how to keep yourself safe, fill in this agreement to turn safety into a daily family commitment.



Our Digital Journey: Family Digital Check-In Agreement

This agreement belongs to

_____ and _____

This is our shared map, and we can update the route whenever we need to.

The Communication Checkpoint:

We agree to talk about one cool, weird, or funny thing we saw on TikTok every:

☐

Day

☐

Week

☐

Sunday Dinner

Our Support Promise:

"If something feels off or sounds too good to be true, the teen agrees to flag it. The parent/guardian agrees to listen and help, while we figure it out together."

Our Selected Tools Checklist:

Tools that we are committed to learning more about and trying out:

☐

Family Pairing

☐

Screen Time Limits

☐

Keyword Filters

☐

Privacy Settings

One new digital habit we're trying this month:

We agree to be more open and communicative about our safety habits:

.....

Safety Cheat Sheet for Parents!

Knowing that every teen and family is different, TikTok offers easy-to-use Family Pairing tools that help you customise the experience for teens, all in a few simple steps.

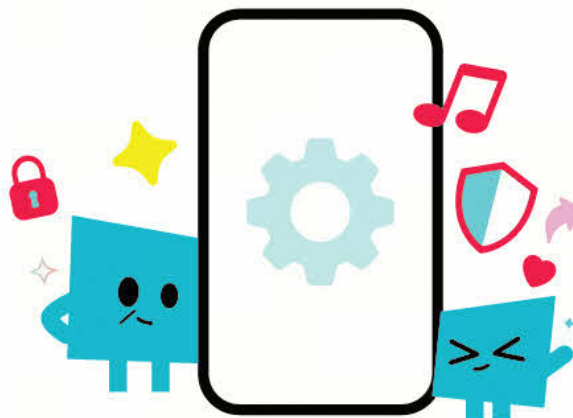
Core checklist of Family Pairing features:

- ☐ Set Screen Time
- ☐ Set Privacy Settings
- ☐ View Managed Topics
- ☐ Set who can comment or mention your teen
- ☐ Set Restricted Mode



The Digital for Life (DfL) portal offers resources on four key actions to help you guide your teen towards healthy digital behaviours:

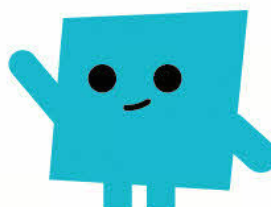
- **Set boundaries online:**
Set clear limits to create a safe online space for your teen.
- **Think before you act:**
Remind your teen to pause and think before they act online.
- **Report inappropriate content:**
Report when your teen encounters online harms such as inappropriate content.
- **Engage & Support:**
Create a safe space to support your teen in navigating online challenges.



Tips From Teens

Want to talk to your teen but don't know how to start? Here are some tips from teens on how best to approach safety conversations!

1. Help me understand the rules
2. Be available to chat
3. Don't panic when things go wrong
4. Trust me
5. Respect my privacy



Access Digital for Life resources here



Access our Guardian Guide here

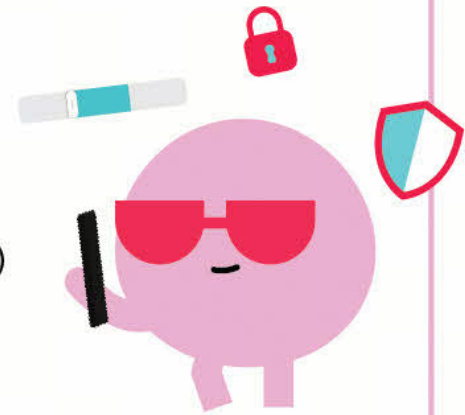
Safety Cheat Sheet for **Teens!**

Your safety and well-being matter to us, and we're here to support you every step of the way, from tips on screen time management, to picking up balanced digital habits.

Core safety checklist for teens:

Are you taking the right steps to shape a safer digital experience?

- ☐ Manage who can view and comment on your posts
- ☐ Decide who can send you Direct Messages (for those 16 and over)
- ☐ Manage topics
- ☐ Set screen time limit



The Digital for Life (DfL) portal offers resources on four key actions to help teens practise healthy digital habits and stay safe online:

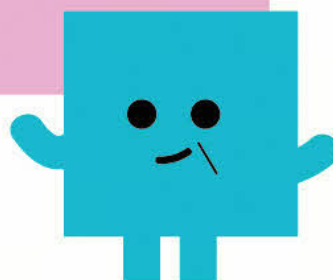
- **Set boundaries online:**
Set boundaries to manage your screen use and online interactions
- **Think before you act:**
Share content thoughtfully to protect your digital footprint
- **Report inappropriate content:**
Report harmful content and contribute to a safer online community
- **Engage & Support:**
Reach out to a trusted person and seek support proactively



Tips From Parents

Safety should be built on trust and not surveillance!
Here's what parents say about balancing your creative freedom and online safety.

1. Help me see that you're managing your well-being effectively
2. Help me understand this trend
3. Reassure me that your social circle is safe
4. Let's set up a digital safety agreement so I can worry less



Access Digital for Life resources here



Access our Teen Safety Center here

This guide serves as an extension of our ongoing work to help families navigate digital safety together. We believe that safety isn't just about settings —

it's about the conversations you have as a family.



In 2025, we embarked on a collaboration with TOUCH Cyber Wellness to launch the Our Digital Journey initiative, where we brought together families across Singapore to make the digital world a kinder, safer space.

Here's what we achieved together:

438

hearts and minds:

Over 400 parents and children attended our interactive workshops to learn and grow together.



8.6_{/10}

ratings:

Parents who completed the programme gave it an average recommendation score of approximately 8.6 out of 10, with 85% reporting they now feel confident or very confident in guiding their children's digital behaviour.



10

community engagements:

From Toa Payoh to Woodlands, we hosted 10 community runs to spark better digital habits.



As we close this guide, let's pledge to continue practicing healthy digital habits.

**For more resources and to keep the conversation going,
scan the QR codes below!**



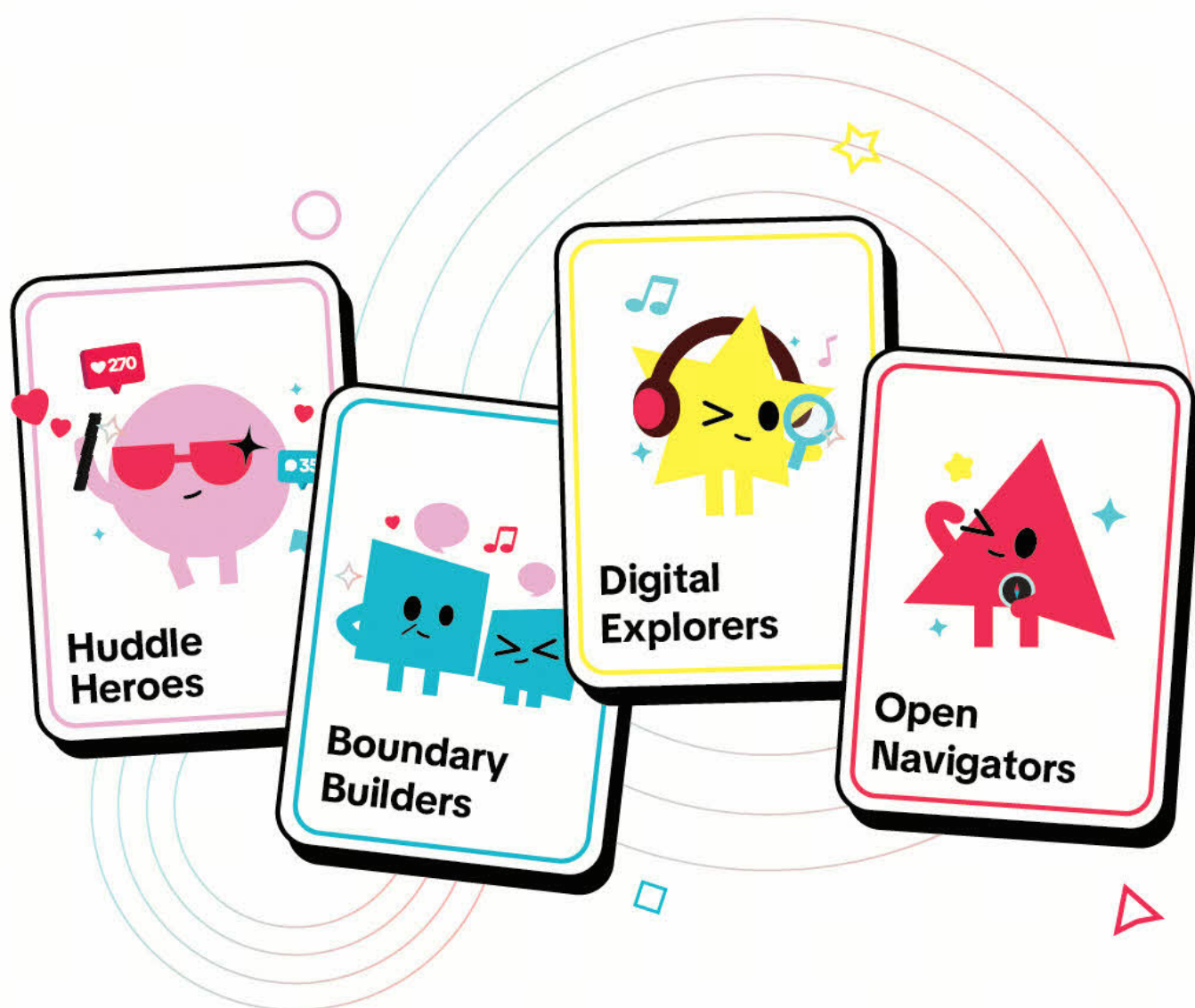
**TikTok
Safety Center**



**Digital for Life
portal**



**TOUCH
Cyber Wellness**



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