Ready2Comply

TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · ONLINE SAFETY

Scroll Smart

Staying safe on TikTok

A colourful, ready-to-use direct work pack to help young people understand the risks on TikTok – and to help you gauge, record and act on risk.

- Ages 11–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

Worker's guide

Session plans, SEND and trauma-informed tips, disclosures, escalation and recording

Activity sheets

How TikTok works, risk spotter, 12 scenario cards, settings checklist, safety agreement, who to tell

Risk measure

Young person's quiz with scoring key, worker observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

Information about TikTok's features and teen settings was checked against TikTok's own help, safety and Community Guidelines pages and UK safeguarding sources in November 2026 (see Sources, page 21). Apps change often – check settings on the young person's own phone with them.

Ready2Comply is not affiliated with, endorsed by or sponsored by TikTok or its owners. TikTok is a trademark of its owner and is referred to here only to describe the app.

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How TikTok works

The main features – what they do and what to watch out for

For You feed

Videos picked for you, based on what you watch and like.

⚠️ **Watch out:** It can show more and more of the same – even upsetting stuff.

LIVE

Watching people stream live. You have to be 18 to go LIVE.

⚠️ **Watch out:** Anyone can be in the comments.

Gifts & coins

Paid gifts sent to LIVE creators. Only for 18+.

⚠️ **Watch out:** Offers of gifts or money to you are a red flag.

Messages

Private messages – only if you're 16 or older.

⚠️ **Watch out:** People aren't always who they say they are.

Comments

What people say under videos.

⚠️ **Watch out:** Can be used to flatter, bully or start contact.

Duet & Stitch

Others making videos with your video.

⚠️ **Watch out:** Your video can be reused or mocked.

Trends & challenges

Sounds, dances and challenges everyone joins.

⚠️ **Watch out:** Some challenges can really hurt people.

Screen time

A daily time limit – 60 minutes for teens unless changed.

⚠️ **Watch out:** Late-night scrolling wrecks sleep.

Report & block

Tools to stop people and report videos.

⚠️ **Watch out:** Use them – reports are private.

Did you know?

TikTok is for ages **13+**. Teen accounts get extra protection – like private accounts and no messages under 16 – but only if your **real date of birth** is on your account.

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Why is my feed like this?

You watched a couple of sad videos. Now your For You feed is full of them, and it's 1am. You feel worse every time you scroll, but you can't stop.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

2 Gifts on LIVE

You're watching a LIVE. The host says: "I'll send you loads of coins if you do a dare for me. Message me on another app and I'll tell you what."

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

3 The challenge

A challenge is going viral. Your mates want to film you doing it in the garden. It looks like someone could get hurt. "Everyone's doing it – don't be boring."

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

4 Let's go private

Someone keeps commenting that you're "so mature" and "way better than your mates". They say: "TikTok's rubbish for chatting. Add me on another app?"

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

5 Pay or I'll post it

Someone you sent a photo to messages you: "Send me £100 in the next hour or I'll post your pic and tag all your followers." They've sent you a list of your followers.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

6 One more video

You're meant to be asleep. TikTok says you've hit your screen-time limit, but you just type in the code and keep going. You're shattered at school every day.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

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