

TikTok & Snapchat: the settings that matter

The settings checklist to do together — and the 20-second scan before posting.

THE 5 SETTINGS

1

The account's age, first

Minor protections (private account, 60 min/day on TikTok) depend on the declared date of birth. Wrong = adult defaults.

2

TikTok locked down

Private account · messages “Friends” · “Suggest your account to others” off · liked videos visible to only me.

3

Snapchat locked down

Contact and story “My Friends” · Ghost Mode on Snap Map · Quick Add off. Every snap is recordable despite the notification.

4

Push notifications off

The highest-yield change: the app gets checked when you choose, not when it calls.

5

Screen time negotiated together

60 min/day on TikTok as the anchor (Settings → Screen time); Snapchat via the phone. Discussed frame = frame that holds.

The 20-second scan before posting

1. Background: street, house number, recognizable landmark, school uniform?
2. Location tag or caption revealing school, neighborhood, routine?
3. Seen through a stranger's eyes: what can they deduce?

A doubt on any of the three → reframe, blur, or don't post.

The official family tools — with the young person's agreement

TikTok Family Pairing: screen time, messaging and content managed together.

Snapchat Family Center: see who they exchange with (never the content) + reporting.

Worrying situation: messages kept, adult told · FR 3018 · ES 017 · BG safenet.bg