

TikTok Safety Guide for Survivors of Tech Abuse

Compiled by Tech Safe BC



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This document is a guide of in-app safety strategies to combat common tech abuse that may be perpetrated by a current or former partner on TikTok. Note that this resource is not endorsed nor sponsored by TikTok. This may look like receiving harassing and threatening messages, having harmful or inappropriate content made about you, or experiencing identity impersonation. It may also include monitoring or controlling behaviors, such as locking you out of your account, pressuring you to delete or post certain content, or having your account accessed without consent.

By following this guide, you can learn how TikTok's features can support your safety. But remember, making changes to your account could increase risks to your safety if your current/former partner is notified or recognizes the changes. If you are concerned, consider consulting with a support worker at an anti-violence organization beforehand.

If something in this guide is no longer up to date, or you have any questions, please reach out to techsafe@bcsth.ca with your concerns. If you are having trouble with any of these safety steps, go to [TikTok's Safety Center](#).

Symbols and What They Mean in This Guide:



Course of action may be visible to your former or current partner.

You may want to consult with a staff of an [anti-violence program in your community](#) before removing your former or current partner's access.



Evidence documentation checkpoint. Take [screenshots](#), pictures with a different device, or [screen recordings](#) of your former or current partner's unauthorized access.

Definition of Words in This Guide:

Followers: Someone that follows you on Instagram.

Following: Someone that you follow on Instagram

Story: A reel or photo your friends can see for 24 hours on your account.

TikTok: A post that is a video or photo.

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If You Suspect There is Unauthorized Access to Your Account



Reviewing Log-Ins

If you suspect someone has logged in to your account without your consent, review your login history by [checking your accounts' trusted devices](#) and going to this section.

Safety Tip:



Be sure to take [screenshots/recordings](#) of the unauthorized log-ins. Before removing unauthorized access, consult with a support worker as it could notify



your former/current partner and potentially increase risk to violence.

Changing Passwords



If your former/current partner is logged into your TikTok account, changing your password can log them out of the account on their device. If you do not know your current password, refer to [Account Recovery](#).

Safety Tip:



If your former/current partner has access to the email that is connected to your TikTok account, an email will be sent to the connected email account stating that your TikTok account has changed password. You may want to consult with a support worker as it could notify your former/current partner and potentially increase your risk to violence. To make a secure password, refer to [How to Create and Maintain Strong Passwords](#).

To change your password

1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Account**.
6. Tap **Password**.
7. Follow the prompts to change your password.

Source: [TikTok Support](#)

□ Account Recovery

Account recovery is a way to access your account through either your email or phone number when you have been locked out. If your former/current partner has access to the email or phone number connected to your account, account recovery will notify them. If you aren't sure which email/phone number is secure, it may be safer to create a new account using a different email/phone number that only you have access to.

If your former/current partner has access to your email or your phone number's messages, a code will be sent to those accounts in order to give you recovery access back to your account. It will notify them that your TikTok account is requesting a verification code. Similarly, changing your account password will also notify the connected email which can

alert your former/current partner of these changes if they have access to the email that is connected to your account.

To recover your TikTok account while logged in, refer to [Changing Passwords](#).

Safety Tip:



If your former/current partner has access to your email or your phone number's messages, the 6-digit code will be sent to those accounts in order to give you recovery access back to your account. It will notify them that your TikTok account is requesting a verification code. Changing your account password will also notify your former/current partner of these changes if they have access to the email that is connected to your TikTok account.

To recover your Tik Tok account while logged out

1. In your device, open the TikTok app.
2. Tap **Sign up**.
3. At the bottom of your page, tap **Log in**.
4. Tap **Use phone / email / username**.
5. Tap **Email / Username**.
6. Tap **Forgot password?**
7. Tap **Phone number** or **Email** to reset your password with either contact method.
8. Check your chosen contact method and follow prompts.

Source: [TikTok Support](#)

If you joined TikTok using another social media account, you'll need to reset the password from that platform. Because of this feature, we recommend you make future TikTok accounts using a safe phone number or email to avoid confusions or issues accessing your account.

How to Secure Your Account from Your Former/Current Partner



If you currently have shared an account with your former or current partner, you can delete the account and/or create a new separate account. This would also include removing identifying information, such as your email address, your phone number, or your name on the account. Your former/current partner may realize immediately or quickly if you make these changes. If you are concerned that this will increase any risks to your safety, we recommend that you consult with a support worker at your transition home or a support organization beforehand.

☐ Check Your Accounts' Trusted Devices

Trusted devices don't require 2-step verification to your TikTok account. Checking your account's trusted devices can protect your account from possible pre-existing logins that are unauthorized.

Safety Tip:





If there is unauthorized access, be sure to take [screenshots](#) to document the unauthorized log-ins. Before removing unauthorized access, consult with your



support worker as it could notify your former/current partner and potentially increase your risk to violence.

To manage trusted devices on your account

1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Security & permissions**.

6. Tap **Manage devices**.
7. For any devices you don't recognize and would like to remove, tap **Delete**.

Source: [TikTok Support](#)

□ Turning On 2-Step Verification

Turning on 2-step verification, also called 2-Factor Authentication (2FA), can protect your account from future unauthorized logins. Check this [resource](#) to understand why 2-step verification is important.

Safety Tip:





Before enabling 2-step verification, make sure the password to your account is secure, and that you are the only one who has access to the email and/or phone



number connected to your account. If 2-step verification is enabled on an account your current/former partner has access to, they will be notified of attempted logins through verification codes. Make sure to also check that the trusted devices on your account are all safe as they can bypass the 2-step verification system.

To turn on 2-step verification

1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Security & permissions**.
6. Tap **2-step verification**.
7. Tap at least two verification methods (phone, email and authenticator are recommended).
8. Tap **Turn on** to confirm and follow prompts.
9. Tap **Continue**.

Source: [TikTok Support](#)



If You Suspect You're Being Monitored Through the App



□ App Location Tracking

TikTok does not have an active location sharing feature with your followers, but you can still reveal your location in other ways. This can include tagging locations on TikTok posts or accidentally recognizable locations in your posts. Prevent revealing your location by being careful of the content you share and turning off in-app location sharing.

To turn off in-app location sharing



1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Privacy**.
6. Tap **Location Services**.
7. Change Permission Settings to 'Never'.

Source: [TikTok Support](#)

□ Making Your Account Private

Turning on this feature restricts access to your profile details such as your posts, followers, and following to only those who follow your account. This also turns off the ability for anyone to reuse your posts in stitches or duets. All follow requests will be moved into a folder where you choose which accounts follow you.

To make your account private

1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Privacy**.
6. Turn **Private account** on.

Source: [TikTok Support](#)

□ Changing the Privacy Settings of Your Posts

This function allows you to change the privacy settings for each of your posts to only be exposed to certain people. In these settings, you will have these privacy options to choose from: “Followers” refer to those who are following you, “Friends” refer to followers that you follow back while “Only you” privates the content to become only visible to you.

To change the privacy setting on a new post



1. In your device, open the TikTok app.
2. Create your post or [Story](#).
3. To find the settings menu:
 - a. For videos: At the top of the preview screen, tap **Settings**.
 - b. For photos: At the bottom of the preview screen, tap **Settings**.

4. Select who can view your post.

To change the privacy setting on an existing Story

1. In your device, open the TikTok app.
2. Open the story you'd like to change its privacy setting.
3. At the bottom, tap the **Share** button.
4. Tap **Settings**.
5. Select who can view your post.

To change the privacy setting on an existing Post



1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. Open the post you'd like to change the privacy settings on.
4. On the side of the post, tap **More options** (three dots). 
5. At the bottom, tap **Privacy settings**. Note: you might need to swipe left.
6. Select who can view your post.

Source: [TikTok Support](#)

Turning off Activity Status

Turning off this feature hides when you are active on your TikTok account to friends (followers you follow back on your account). Note: Activity status is turned off by default.

To turn off activity status



1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Privacy**.
6. Turn the **Activity Status** setting on or off.

Source: [TikTok Support](#)

□ Privating Your Liked Videos

When you like posts, TikTok saves them to your profile where those who follow you have the potential to view those posts. Privating your liked videos allows you to keep this list of liked content private.

To disable others from viewing your liked posts

1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Privacy**.
6. Tap **Liked videos**.
7. Tap **Only you**.

Source: [TikTok Support](#)

□ Privating Your Following List



When you follow other accounts on TikTok, it saves them as a list to your profile where those who follow you have the potential to view if you have a public account. Privating your following list allows you to keep the list of those you follow private. Refer to [Making Your Account Private](#) to make your following list only visible to your approved followers.

Source: [TikTok Support](#)

□ Turning Off the Feature to Suggest Your Account to Others

Turning off this feature limits how easily your account can be found by those who do not follow you. Additionally, when others send TikTok video links to you, the sender is able to see which TikTok account opens their link. Turning off this feature prevents the sender from seeing which TikTok account opened the link.

To prevent your account from being suggested to others

1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Privacy**.
6. Tap **Suggest your account to others**.
7. Turn off 'Contacts', 'Facebook friends', and 'People who open or send links to you'.

Source: [TikTok Support](#)

If You're Receiving Harassing or Threatening Messages





Harassing messages may make you feel upset, scared, or uncomfortable. You may be targeted in a number of different ways, such as in your direct messages, in the comments section of a video you posted, someone's account bio, or in a TikTok video. They can be explicit threats or subtle intimidation tactics. Harassment can also look like someone continuing to message you after you have told them stop.

We recommend the following privacy steps to limit how much a former/current partner can find from your TikTok account. If you are concerned that this will increase any risks to your safety, we recommend that you consult with a support worker at your transition home or a support organization beforehand.

□ Control Who Can Message You

This function allows you to control which accounts can contact you and whether you are able to see the messages in your messages inbox. “Others on TikTok” refer to those who don’t follow you while “Potential Connections” refer to those who are friends with you (followers you follow back on your account).

To manage who can send you message requests:



1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Privacy**.
6. Tap **Direct messages**.
7. Tap options for who can send you a message request:
 - a. **Potential connections:**
 - i. **Requests:** Your followers can send you message requests.
 - ii. **Don’t receive:** No potential connections will be allowed to send you message requests.
 - b. **Others on TikTok:**
 - i. **Requests:** Others on TikTok will be able to send you message requests.
 - ii. **Don’t receive:** Others on TikTok won’t be able to send you message requests.

Source: [TikTok Support](#)

□ Turning Off Read Status in Messages

Turning off this function prevents the sender from knowing whether you have viewed their messages.

To turn off read status in messages


1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. At the top, tap the **Menu** button (triple bar). 
4. Tap **Settings and privacy**.
5. Tap **Privacy**.
6. Tap **Direct messages**.
7. Turn off **Read status**.

Source: [TikTok Support](#)

□ Removing Followers

Removing a follower from an account stops their ability to view your account's posts if your account is private. If your account is currently public, refer to [Making Your Account Private](#) to hide your content from those who do not follow you. Removing an account does not notify the owner, however, your former/current partner may notice they have been removed which could potentially increase any risks to your safety, we recommend that you consult with a support worker at your transition home or a support organization beforehand.

To remove someone from your follower list

1. In your device, open the TikTok app.
2. At the bottom, tap **Profile** (profile avatar). 
3. Tap **Followers**.
4. Beside the follower you'd like to remove, tap the **More actions** button (three dots). •••
5. Tap **Remove this follower**.

Source: [TikTok Support](#)

□ Blocking Accounts

They are also unable to message you, tag you in a post, add you to events and groups or be able to find your account through the search function. Keep in mind that blocking accounts removes their messages and comments from your account. Therefore, remember to document evidence of harassment or inappropriate content through screenshots, pictures, or screen recordings. You can also refer to [Reporting Accounts](#) to report problematic content they have uploaded.

Blocking an account does not notify the owner, however, they may notice they have been blocked which could potentially increase any risks to your safety, we recommend that you consult with a support worker at your transition home or a support organization beforehand.

Safety Tip:



Before reporting the account, make sure to take [screenshots](#), pictures, [screen recordings](#), and documentation of the profile as you will not have access to the view account once the company responds to the report. Keep in mind that screenshots and screen recordings taken inside the chat of your friends will be notified of this action. If your former/current partner makes a new account after

you have blocked their account, [Making Your Account Private](#) can help to hide your content from those who do not follow you.

To block someone

1. In your device, open the TikTok app.
2. Go to the profile of the person you'd like to block.
3. At the top, tap the **Share** button.
4. At the bottom, tap **Block**.
5. Tap **Block** again to confirm.

Source: [TikTok Support](#)

□ Reporting Comments

If you are seeing harmful or unwanted comments, you can report comments on yours or anyone's TikTok posts. This can anonymously notify TikTok to review the comment and take action if it violates the app's guidelines.

Safety Tip:



Before reporting the harmful or unwanted comment, you may want to take [screenshots](#), pictures, [screen recordings](#), and documentation as you will not have access to the comments once the company responds to the report.

To report a comment on a post or on LIVE

1. In your device, open the TikTok app.
2. Press and hold the comment you'd like to report.
3. Tap **Report**.
4. Select a reason and follow prompts.
5. Tap **Submit**.

Source: [TikTok Support](#)

□ Deleting Comments on Your Posts


If you are seeing harmful or unwanted comments, you can delete comments from your TikTok posts.

Safety Tip:



Before reporting the harmful or unwanted comment, you may want to take [screenshots](#), pictures, [screen recordings](#), and documentation.

To delete comments from your posts

1. In your device, open the TikTok app.
2. Tap on the post with the harmful comment.
3. On the right, tap on the **comment icon** (speech bubble). 
4. Tap and hold the harmful comment until a pop-up appears.
5. Tap **Delete**.

Source: [WikiHow](#)

□ Turning Off the Commenting Function on Your Posts

If you are seeing harmful or unwanted comments, or do not want anyone to have the ability to comment on your posts, you can disable this function for your own posts.

Safety Tip:



If there is already harmful or unwanted comments on your post, you may want to take [screenshots](#), pictures, [screen recordings](#), and documentation of the comment.

To disable commenting on your posts before you post

1. In your device, open the TikTok app.
2. Create your post.
3. On the post screen, tap the **More options** button (three dots). •••
4. Turn off **Allow comments**.

To disable commenting for an existing post

1. In your device, open the TikTok app.
2. Find the post you'd like to disable commenting.
3. Tap the **More options** button (three dots). •••
4. At the bottom, tap **Privacy settings**. Note: You may need to swipe to find it.
5. Turn off **Allow comments**.

Source: [TikTok Support](#)

If You're Having Harmful Content Made About You or Being Impersonated



□ Reporting Posts

If there is harmful content made about you, or you see inappropriate content related to nudity, impersonation, hate speech, or misinformation, you can report the post. This can anonymously notify TikTok to review the video and take action if it violates the app's guidelines.

Safety Tip:



Before reporting the harmful or unwanted comment, you may want to take [screenshots](#), pictures, [screen recordings](#), and documentation of the post as you will not have access to view the post once the company responds to the report.

To report a post from the TikTok app

1. In your device, open the TikTok app.
2. Open the post you'd like to report.
3. Tap the **Share** button or press and hold the post.
4. Tap **Report**.
5. Select a reason and follow prompts.
6. Tap **Submit**.

To report a post from a web browser

1. Open the [TikTok login page](#) and sign in.
2. Open the post you'd like to report.
3. At the top, hover your cursor over the **More options** button (three dots). •••
4. Click **Report**.
5. Select a reason and follow prompts.
6. Click **Submit**.

Source: [TikTok Support](#)

Reporting Accounts

If there is an account impersonating you, or is repeatedly making harmful content, related to nudity, hate speech, or misinformation, you can report the TikTok profile.

Safety Tip:



Before reporting the account, make sure to take [screenshots](#), pictures, [screen recordings](#), and documentation of the profile as you will not have access to the view account once the company responds to the report.

To report an account in the TikTok app

1. In your device, open the TikTok app.
2. Open the profile of the person you'd like to report.
3. At the top, tap the **Share** button.
4. Tap **Report**.
5. Tap **Report account**.
6. Tap on a reason for the report.
7. Tap **Submit**.

To report an account on a web browser

1. Open the [TikTok login page](#) and sign in.
2. Open the profile of the person you'd like to report.
3. At the top, click on the **More options** button (three dots). •••
4. Click **Report**.
5. Click **Report account**.
6. Click on a reason for the report.
7. Click **Submit**.

Source: [TikTok Support](#)

If you are experiencing tech abuse, you are not alone. Find support in your community by connecting with a [BC Society of Transition Houses Member Program](#) or check out our other safety resources at techsafebc.bcsth.ca.