



TikTok trends: Keeping kids safe from harm

It's difficult for busy parents to stay on top of what's trending on social sites, like TikTok. From "Tide Pod" to the "Cinnamon" challenges, social trends pop up and go away like a bad thunderstorm — **but the consequences can last forever.**

Follow Akron Children's **4 TIPS** to stay on top of social trends and help keep your kids from participating in dangerous acts:



Keep an open, honest dialogue about what kids are learning and how they're interacting on social media.



Establish rules around social media use and set parental controls, such as maximum time limits for app use and Restricted Mode to help filter inappropriate content.



Role model appropriate online behavior. Teach and model kindness and good manners online. Consider what you're posting about family, friends, and never tease or embarrass anyone online.



Understand the app — and trends — yourself. Download TikTok so you can see what it's all about and what's trending on the app at any given time.



Akron Children's Hospital