



Nearly everyday I have parents, caregivers or staff members express concerns about social media and how it is affecting children. It is a fulltime job trying to stay informed about all matters related to raising healthy children.

I found this excellent article on a site that I frequently use as a resource. They have thoroughly investigated TikTok. Here is an excerpt from an article written by Defend Young Minds Staff on October 29, 2024. The entire article can be found at [Defend Young Minds](#).

Why TikTok Isn't Safe for Kids: 5 Shocking Features Parents need to Know Now

- 1. TikTok LIVE: A Virtual Strip Club” for Minors**
- 2. TikTok addiction develops in just 35 minutes**
- 3. TikTok’s Time Limit Feature Fails to Protect Kids**
- 4. TikTok Beauty Filters Harm Kids’ Self Esteem and Mental Health**
- 5. Filter Bubbles and Dangerous Content**

What Can Parents Do to Keep their Kids Safer from TikTok Dangers?

- Delay Social Media
- Set Clear Rules
- Monitor Usage
- Talk About What They See
- Find Safer Alternatives
- Build a Support Network

Detailed strategies, suggestions and links can be found at [Defend Young Minds](#)

This article was shared with permission from [Defend Young Minds](#) by Tammy Charko BA, BSW, RSW. She is the Division Social Worker for Northern Gateway Public Schools and is a support and advocate for students and families to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 4 children; 1 in high school and 3 in university.