

Guide to securing TikTok

If technology is being used against you, use this website to secure your tech. [Learn about Tech Abuse.](#)

Note that depending on your device/updates, the steps below may vary.

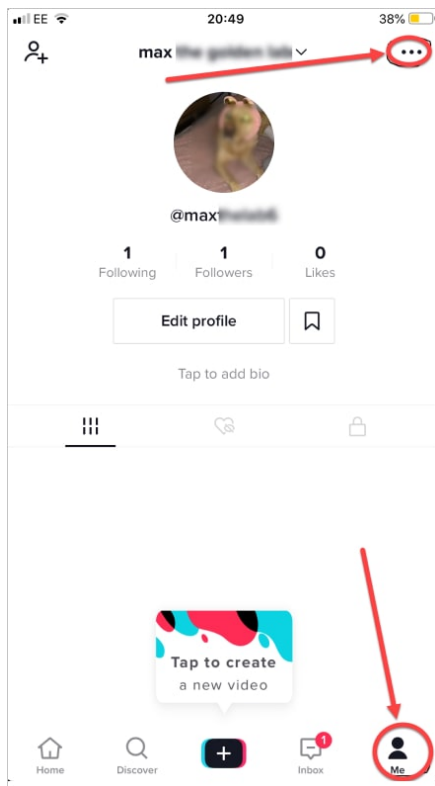
Caution

Remember, depending on whether or not you are living with the person who is harming you, you may choose to take different steps. Control and coercion make some of these steps impossible or not safe. Read these cautions before taking action.

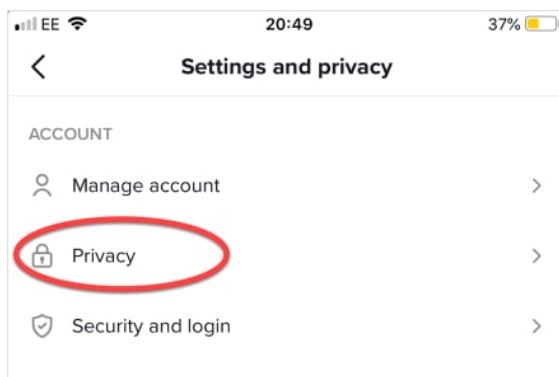
[Secure your tech](#)

Step 1: Go to settings and privacy

1. Open Tik Tok.
2. In the menu at the top right, tap **Settings**.



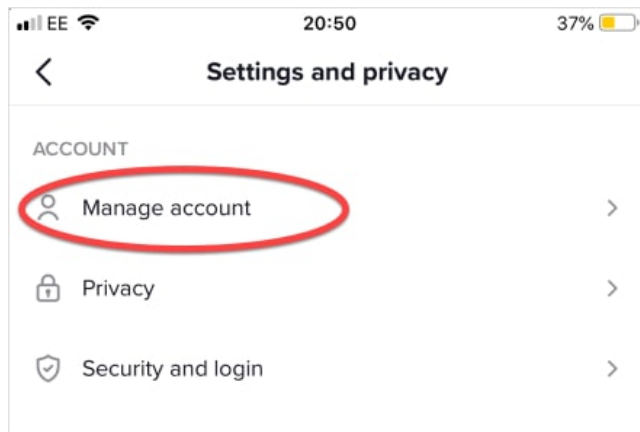
3. Tap **Privacy**.



Step 2: Check for linked devices

Learn more about access logs.

1. Go to **Settings** and privacy, then tap **Manage account**.

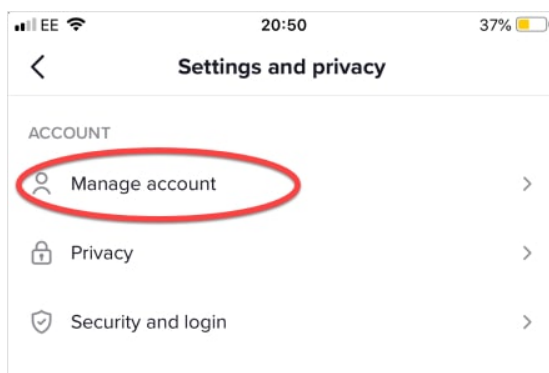


2. Tap **Manage devices**.

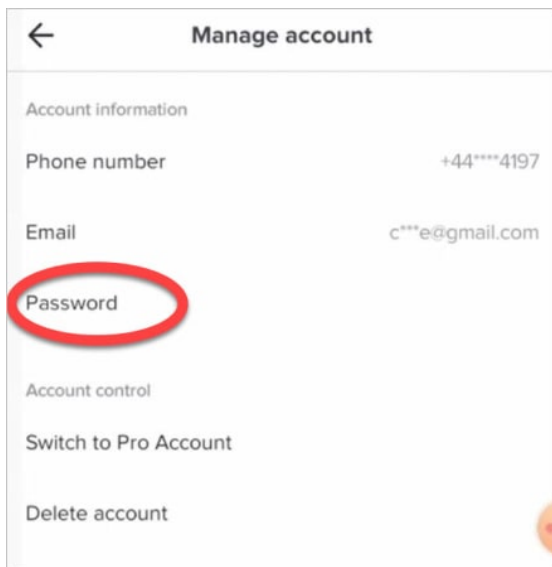
3. Review the list of devices. Remove any that are unwanted or unused. **Caution:** The abuser may notice that they can no longer access the account. Some abusers may escalate their violence

Step 3: Change your password

1. Go to **Settings and privacy**, then tap **Manage account**.



2. Choose Password.

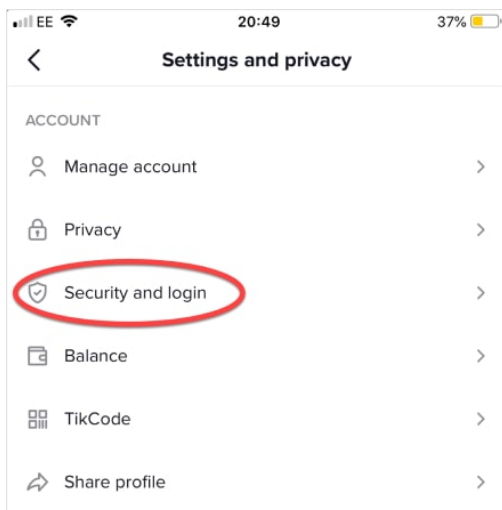


3. Set a new password. Learn more about creating strong passwords.

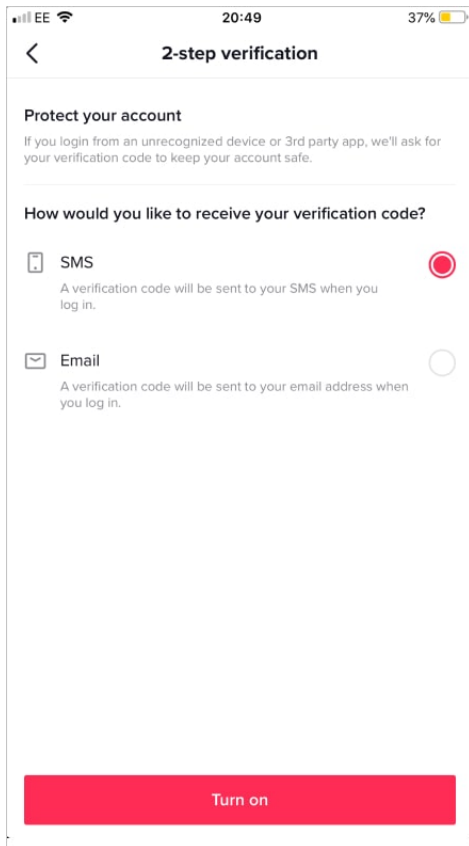
Step 4: Set up Two-Factor Authentication

Learn more about [Two-Factor Authentication](#).

1. Go to **Settings and privacy**, then tap **Security and login**.

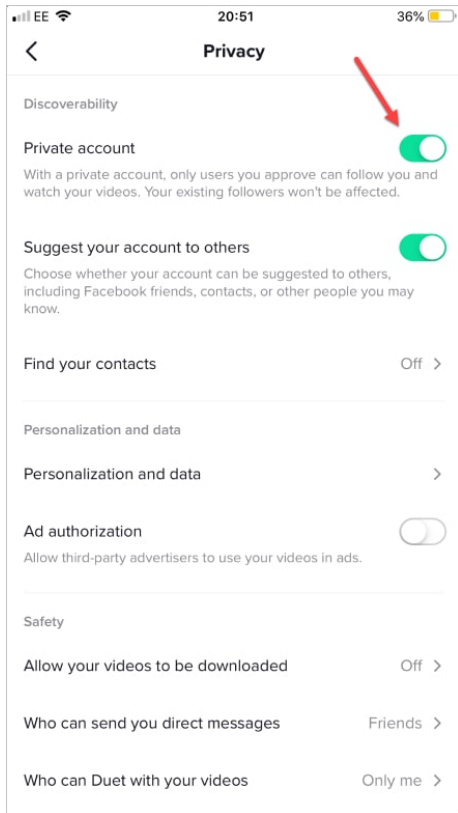


1. Choose **2-step verification**.
2. Turn **2-step verification on**, and choose either **SMS text message** or **email**.



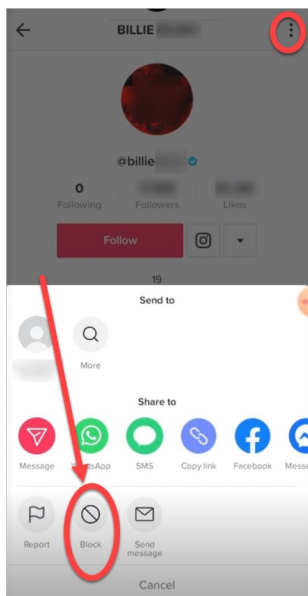
Step 5: Adjust privacy settings

1. Go to **Settings and privacy**, then tap **Privacy**.
2. Adjust settings, including filters for the content you can see and who can see information about you.



Step 6: Block a user

1. Go to the other user's profile.
2. Tap the menu (three dots) located at the top right corner.



3. Step 7: Delete or turn off comments

You can delete any comment by tapping and holding the comment, then choosing **Delete**.

You can also adjust who can view or comment on your videos

1. Go to the video.
2. Tap the menu in the top right corner.
3. Go to **Settings and privacy > Privacy> Who can view this video** or **Allow comments**.