Sharing permissions for macOS

When prompted to grant access to your microphone, camera, and screen sharing during a Microsoft Teams Meeting (in macOS Catalina 10.15.x)

These prompts will look like the following:

Click “OK” to each of the prompts to allow access

When you attempt to share your screen, you will see this message from macOS and Teams:
Clicking on “Open System Preferences” or “Security and Privacy” settings from either prompt will take you to the following menu:

Once inside this menu, check the box next to Microsoft Teams to allow screen sharing and capture. You will be prompted to quit Microsoft Teams and restart the app to complete this change.
To verify that you have granted Teams permissions for your microphone, camera and screen recording, go to: System Preferences → Privacy & Security:
Once inside the “Security & Privacy” system preferences menu, make sure you are on the “Privacy” tab on the far right:

Next, click each left side icon, including camera, microphone, and screen recording and ensure the checkbox next to Teams is checked:
The screen recording section may have more than one app that you might want to be able to share when recording a meeting: