

Social media age restrictions

Social Media Minimum Age Restriction laws begin 10 December 2025 and are aimed at protecting young Australians at a critical stage of their development. Age-restricted social media platforms will have to take reasonable steps to prevent Australians under 16 from creating or keeping accounts.



Why the social media delay?

The changes aim to protect under-16s from pressures and risks they can be exposed to while logged in to social media accounts. These come from design features in the platforms that:

- encourage them to spend too much time on screens – for example, by prompting them with streams of notifications and alerts, and pressuring them to view disappearing content
- increase the likelihood of exposure to negative, upsetting or manipulative content served up in their feeds by algorithms.

These features have been linked to harms to health and wellbeing – including increased stress levels, and reduced sleep and concentration.

The delay provides under-16s with the time to:

- learn about social media's benefits and risks
- build digital, social and emotional skills
- understand the importance of reaching out for help if things go wrong.

While the responsibility rests with the platforms themselves to take reasonable steps to prevent under-16s from having accounts, we can all play a part.

You can help students deal with these changes and build their general online safety at the same time. The keys are clear communication, effective teaching, and modelling of safe and positive online behaviours.



Quick facts:

- The age restrictions apply to [Facebook](#), [Instagram](#), [Kick](#), [Reddit](#), [Snapchat](#), [Threads](#), [TikTok](#), [X](#), [YouTube](#) as well as other platforms. See the latest list at [eSafety.gov.au](#).
- Under-16s will still be able to see publicly available social media content that doesn't require logging into an account.
- Schools may need to explore alternative methods for communicating with parents and students.
- There are exclusions for a number of platforms, including educational tools such as learning management systems. For example, Google Classroom and YouTube Kids will not be age restricted, and YouTube videos that can be seen without logging in can still be shared by teachers.
- For further guidance, including whether educators will be able to use their own accounts to share age-appropriate education materials, please refer to school or sector policies and procedures.

Find out more general information at [eSafety's social media age restrictions hub](#).

How can schools prepare?

1. Subscribe to eSafety News

Receive updates from [eSafety](#) when new information and resources are available

2. Prepare your staff

- Check out the [frequently asked questions for educators](#).
- Display the education poster in staff areas of your school.
- Share the PowerPoint slides in your next staff meeting.
- Encourage your staff to register for a webinar: [Social media age restrictions explained](#) – a guide for educators and youth-serving professionals.
- Share the Online Safety Classroom Agreement with your staff to set clear classroom expectations for working and interacting online.

3. Prepare your students

- Read eSafety's [frequently asked questions for young people](#) to find out how the restrictions may impact them.
- Display the general poster in classrooms and around your school.
- Share the Under-16s 'Get ready guide' with your students or run it as a class activity.
- Remind your students to reach out for [help and support](#) if they need it. No matter how old your students are, if they have a harmful experience online they should reach out for support – even if they are under 16 and it happens on an age-restricted social media platform.

4. Prepare your school community

- Encourage parents and carers to start preparing by reading the [parent FAQs](#) to find out what's changing and why, using the 'Get ready guide' and conversation starters on eSafety's website.
- Post on your community social media channels using the tile and suggested copy.
- Include notices in your school newsletters using the suggested copy, and attach the flyer.

School Newsletter copy

October 2025

From 10 December, Australian young people under 16 will not be allowed to create or hold accounts on certain social media platforms. This is not a ban, it's a delay to having accounts.

Being logged into an account increases the exposure under-16s have to design features that encourage them to spend more time on screens, while serving up content that can harm their health and wellbeing. The delay is an opportunity for them to build their digital literacy skills and resilience.

Information and resources to support parents and carers, and young people to prepare for the change are available at eSafety's [Social media age restrictions hub](#).

Here are three things you can do:

1. Read eSafety's [frequently asked questions for parents and carers](#) to find out what's changing and why.
2. [Register for an eSafety live webinar](#).
3. Use the eSafety [Get ready guide for parents and carers](#), and [conversation starters](#) to start preparing for the change.

November 2025

A reminder to our school community that from 10 December young people under-16 will not be allowed to create or hold accounts on certain social media platforms. The [eSafety Commissioner](#) advises that parents and carers can help their under-16s by talking openly about the age restrictions, finding out how they currently use social media and how that may be impacted by the new law.

There are no penalties for under-16s who access an age-restricted social media platform, or for their parents or carers. Penalties will apply to age-restricted platforms that fail to take reasonable steps to prevent under-16s from having accounts on their platforms.

Information and resources to support parents and carers, and young people to prepare for the change are available at the eSafety [Social media age restrictions hub](#).

Visit [eSafety.gov.au](https://esafety.gov.au).

December 2025

The Social Media Minimum Age legislation will take effect on 10 December, preventing young people under-16 from having accounts on certain social media platforms.

If your family is impacted by this change, information and support is available at the [eSafety Commissioner website](https://www.esafety.gov.au). It includes frequently asked questions, as well as tips and resources for dealing with the change.

It is important to remember that no matter how old your child is, let them know if they have a harmful experience online they can reach out to you for support - even if it happens on an age-restricted platform and they're under 16. You may want to show them eSafety's help-seeking guide.

Visit [eSafety.gov.au](https://www.esafety.gov.au)

Social copy

From 10 December young people under-16 will not be allowed to create or hold accounts on certain social media platforms. The restrictions are likely to apply to Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, X, YouTube, among other platforms.

@eSafetyOffice has information, tips and resources to answer your questions and prepare for the change.

Visit [eSafety.gov.au](https://www.esafety.gov.au) to find out what's changing, and how your family can prepare.

Do you want to know more about the Social Media Minimum Age restrictions?

The @eSafetyOffice website includes information, tips and resources for parents and carers, and young people to help prepare for the change.

Visit [eSafety.gov.au](https://www.esafety.gov.au).

