

**Student  
workbook**

# <Staying> <Well> <Connected>

A practical workbook for First Nations young people to stay connected while navigating Australia's social media minimum age changes.



Australian Government



**eSafety**  
Commissioner

## **Acknowledgement of Country**

We acknowledge the Traditional Custodians of the land and pay our respects to Elders past and present. We honour the strength of young people here and the connections to Country that keep us well.

## **About the Social Media Age Changes**

From 10 December 2025, many social media platforms in Australia won't be allowed to let people under 16 create or keep an account. The platforms, not young people or parents, will take steps to check ages and remove accounts. This new approach is called the Social Media Minimum Age.

## **Why is this happening?**

The changes to social media account access will reduce risks from harmful content and features that make it hard to switch off from social media, so young people have more time to build strong skills and confidence offline. It's also about making space for real-life connection with friends, family, culture and Country.

## **Why this workbook was created**

This workbook was created to support First Nations young people to stay well connected – with friends, family, culture, Country and self – as the social media minimum age changes roll out. Use it in your yarning circle and take it home to keep the conversations going.



## Need a yarn?

### **13YARN 13 92 76**

A 24/7, free and confidential crisis support line for Aboriginal and Torres Strait Islander peoples, answered by Aboriginal and Torres Strait Islander crisis supporters.

### **Kids Helpline 1800 55 1800**

Free, confidential counselling by phone or webchat for young people aged 5 to 25, available 24/7 across Australia.

### **Headspace.org.au**

Youth mental health support for 12 to 25-year-olds, with online chat and local centres offering information, counselling, and help with study, work and wellbeing.

### **Lifeline 13 11 14**

24/7 crisis support and suicide prevention for anyone in Australia via phone, webchat, or text.

## Check-in...

Before we start this activity, let's check in with how we are feeling today.

Write here two words that explain how you feel today:

I'm feeling...

I'm feeling...

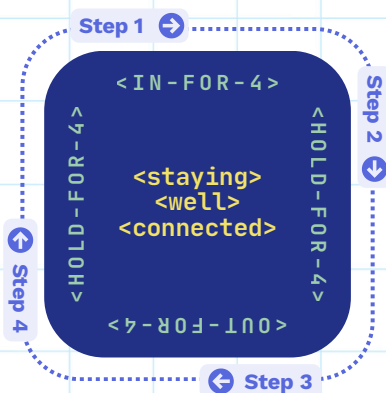
## Introducing Box Breathing

**Box breathing** is a simple way to steady your body and mind.

**Breathe in** for **4** counts, **hold** for **4**, breathe **out** for **4**, then **hold empty** for **4**. Repeat 4 to 6 times.

Slowing and counting your breath tells your nervous system '**You're safe**' which can lower stress, settle a racing heart, and sharpen focus so it's easier to make good choices (like before a tricky chat, during class, or when you're winding down for sleep).

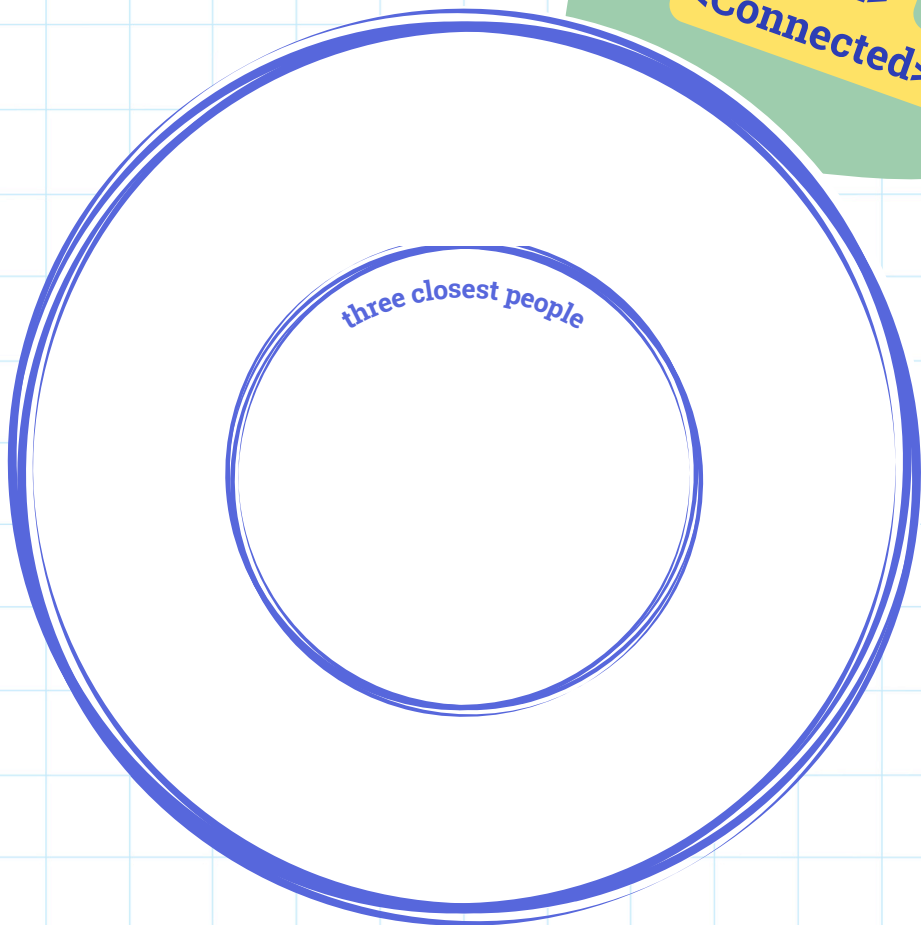
Sit upright with feet on the ground, soften your shoulders, and imagine tracing the sides of a square as you count. If you feel light-headed, pause and return to normal breathing.



# My Circle Map

The following activity helps you map the people you're closest to and who you want to stay in contact with. Place your top three inside the smaller circle, then add others you want to keep close (for example, it could be family, friends, Elders, teammates, teachers, etc.)

**Who's in your circle? Add names or drawings.**



## Safer ways to stay in contact...

How will you **stay connected** with the people in your circle?

- ☐ Approved group chat
- ☐ School email
- ☐ Phone call
- ☐ In person
- ☐ Other .....

## Chats that help

**Sometimes it's hard to know what to say in the moment.** Here you'll draft three messages to help you prepare for when a tricky situation happens.

### Build a check-in message:

'Hey [name], haven't see you at [place/time].  
You good? Wanna [activity]?' Now write yours...

---

---

---

### Hype-up a mate (compliment):

'You're great at .....'

### Upstander line (when a chat turns mean):

'Let's not pile on. Can we leave it there  
and talk it out in person?'

Kind words that help me:

---

---

---

# Boundaries and balance

## Setting boundaries

Setting boundaries means saying what's OK for you and what's not. It keeps chats kinder and safer. Use simple 'I' lines and offer a next step:

'I'm logging off now, catch you tomorrow.'

'Please don't share my pics without asking.'

'I don't do late-night messages. Let's chat at school.'

**What are some boundaries that you would like to set?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Setting quiet hours

Quiet hours are times your group agrees not to message (for sleep, study or calm).

Pick a window (for example, 9pm to 7am), pin it as first message, and turn on Do Not Disturb/focus mode.

My quiet hours: From \_\_\_\_\_ pm to \_\_\_\_\_ am.

**Tip: Decide in advance how much time you want to spend online, then set a timer to help you stay within that limit.**



# Move the group chat

**If your group chat is on a platform affected by the social media changes, move it to an approved messaging app.**

Plan it together so everyone's on the same page:

- ✓ choose the app
- ✓ make the group private with admin approval for invites
- ✓ agree on quiet hours, and
- ✓ pin your Group Chat Code.

Sit down with your group and do it in one go so no one gets left behind.

We're moving our group to:

Group name: \_\_\_\_\_

Admins/mods: \_\_\_\_\_

Quiet hours: \_\_\_\_\_

## **First pinned message = our Group Chat Code**

1. **Be kind** – no pile-ons, no gossip.
2. **Ask first** – get consent before sharing photos, names or screenshots.
3. **Quiet hours** – respect agreed times.
4. **Sort it safely** – if it heats up, pause, talk it out in person or with a trusted adult.
5. **Safety first** – report/mute/block or ask an adult if you're worried.

Signed by our group:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Catch up planner

**It's important to balance our online socialising with real-life catch ups.**

Here you'll plan a regular hang to make sure you're getting out and enjoying life. Write who, when and where, as well as the message you'll send to confirm, and a simple backup plan.

**This week I'll (walk/sport/music/yarn):**

-----  
-----  
-----  
-----

**With (who):** -----

-----

**When/where:** -----

-----

**How I'll confirm (e.g. text message, in person):**

-----

**Backup plan:** -----

-----

-----

**Lets  
catch up!**



# Contact cards

**Fill in these cards with safer ways to reach you** (for example, email, approved app handle). Then cut them out and share them with the people you want to stay in touch with, if you know them in person.



MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:

MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:

MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:

MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:

MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:

MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:

MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:

MY NAME:

SCHOOL EMAIL:

APPROVED APP HANDLE/MOBILE #:

ADULT CONTACT:





<Staying>  
<Well>  
<Connected>

For more details on the new social media changes that start from 10 December 2025 go to **eSafety.gov.au**