

Get ready for the social media age restrictions

8-step action plan for parents and carers



This is a summary of the [Get-ready guide for parents and carers](#), where you can find more details and tips.

Step 1. Read eSafety's [FAQs for parents and carers](#) to find out what's changing and why.

Step 2. Start having open, ongoing conversations with under-16s about their social media use, how they feel about the new law and what they can do to get ready. Use eSafety's [conversation starters for parents and carers](#).

Step 3. Use the table on this page to help your child list the online platforms and apps they have accounts with, as well as the key people, groups, communities and services they connect with on each. Check the [latest list of age-restricted platforms](#) to find out which accounts they're likely to lose.

Platforms and apps	Are they age-restricted?	Important people, groups, communities and services



You can also suggest that your child check eSafety's [Get-ready guide for under-16s](#), which has an action plan they can fill out themselves.

Step 4. Help your child plan and organise other ways to stay in contact with their friends, such as offline activities, or online messaging and gaming apps that are not age-restricted. Get them to note important phone numbers, tags and account names. But remember that even alternative apps can have risks – see eSafety’s [Online safety basics](#) and [The eSafety Guide](#) for advice.

Step 5. Together, search for age-appropriate sites, apps and offline activities that allow your child to follow their interests and build a sense of connection and community. This is especially important if they rely on social media for support services.

Step 6. Talk with your child about how they can download their favourite posts, chats, photos and contacts – check the platforms for instructions or visit [The eSafety Guide](#) for help.

Step 7. Start reducing your social media use as a family, encouraging routines that promote a healthy balance of offline and online activities to help your child get ready for the change.

Step 8. Write a list of people and services that you and your child can turn to for help. You can include [Kids Helpline](#) (for 5- to 25-year-olds), [Parentline](#) and other [counselling and support services](#).



No matter how old your child is, let them know if they have a harmful experience online they can reach out for help and support – even if it happens on an age-restricted platform and they're under 16. eSafety’s [I need help](#) page for young people has advice and contacts.

