


Get ready for the social media age restrictions

8-step action plan for under-16s



- Step 1.** Check out the eSafety website to find out what’s changing and read our [FAQs](#).
- Step 2.** Use this table to make a list of the social media apps and platforms you have accounts with, starting with the ones you use the most - and write ‘yes’ for any you’re likely to lose.
- Step 3.** Think about the important people, groups, creators and services that you connect with on these platforms and add them to the table.

Apps and platforms I use	Write ‘yes’ if these apps are age-restricted	Important people, groups, creators and services on these apps and platforms

 Age-restricted platforms will likely include Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, X, YouTube and others. See the latest [list](#).

Updated 05/11/25

Step 4. Talk with your friends and family members about how else you can stay in touch. Ask for and make a note of phone numbers, tags and account names (but never share personal details publicly). If your group chat is on a restricted platform move it to an age-appropriate messaging app.

Step 5. Look into other ways you can follow your favourite creators, join communities and access information and support. Record your ideas here.

Step 6. Take screenshots or download your data and favourite posts, chats, photos or videos – check with the platforms for instructions or visit [The eSafety Guide](#) for help.

Step 7. Avoid the last-minute stress of a hard cutoff. Start to take action now, including reducing your scroll time and muting notifications.

Step 8. Write a list of trusted adults and services you can reach out to for help whenever you need it. [Kids Helpline](#) (for 5- to 25-year-olds) and other counselling and support services have people waiting to talk.



Remember, if you have a harmful experience online you should always reach out for support – even if you're under 16 and it happens on social media. eSafety's [I need help](#) page has advice and contacts.

