

Social media minimum age



A new law will change social media account access for young people What you need to know:

Why is the law being brought in?

This new law aims to keep young people safer online.

Social media has been linked to harms for young people's health and wellbeing, such as reduced sleep and attention and increases in stress levels. These have a particularly significant impact on young people during years of critical growth, as they are still developing the skills, digital literacy, resilience, and understanding to navigate complex social media environments.

The introduction of the law also means there's extra time to teach under-16s about online risks and the impacts of harms, as well as how to stay safer online and seek help when they need it. This will give young people a better chance to prevent and deal with issues once they turn 16 and choose to have full social media accounts.

Which social media platforms are included?

From 10 December age-restricted platforms will include, Facebook, Instagram, Snapchat, Threads, TikTok, X, YouTube, Kick, Reddit, and Twitch. This list is not a static "list" and will continue to change.

Find the latest details about which platforms are age-restricted:

[Which social media platforms are age-restricted? | eSafety Commissioner](#)

Informational resources

A suite of informational resources are available about the social media minimum age changes. Please find below a link to downloadable factsheets, videos, and posters that can be shared and circulated with your community. All the assets are available in 5 languages (Arabic, Simplified Chinese, Traditional Chinese, Korean and Vietnamese).

[Download the assets](#)

Find out more

Go to the [eSafety.gov.au](https://www.esafety.gov.au) for details and resources to help you prepare. Here, you can find:

- Frequently asked questions
- Resources for parents and carers
- Resources for young people