

# 社交媒体最低年龄限制



从2025年12月10日起，一项新的法律将生效：  
你必须年满16岁或以上，才能拥有社交媒体账户。  
以下是你需要了解的信息。

## 新法律是什么？

- 从2025年12月10日起，澳大利亚的“限龄平台”必须阻止16岁以下人士拥有社交媒体账户。
- 该法律并非禁止社交媒体 — 它只是改变了注册、保留或拥有账户的最低年龄要求。

## 为什么要实行这项法律？

- 此举旨在减少社交媒体中一些有害设计功能带来的风险，这些功能使人在使用社交媒体时难以停止。它将有有助于保护16岁以下青少年的身心健康，让他们拥有更多时间建立现实世界的连接，并发展数字素养技能。

## 这项法律将如何实施？

- 新法律生效后，平台应停用所有16岁以下用户的账户。
- 平台还必须在用户注册前采取措施核实其年龄。
- 这项法律的目的并不是惩罚父母或年轻人。若平台不遵守新法律，将面临巨额处罚；但对16岁以下的未成年人及其父母或照顾者不会有任何处罚。
- “限龄平台”将包括：Tik Tok, Snapchat, Instagram, Facebook, YouTube, X, Threads, Kick 和 Reddit。此“限龄平台”名单是动态的，并将持续更新。
- 预计受年龄限制的平台将直接联系其用户，说明他们将如何采取合理措施验证用户是否已满16岁。

## 这意味着什么？

- 从12月10日起，你需要年满16岁或以上才能拥有社交媒体账户。年轻人仍能通过其他方式进行社交，与家人和朋友保持联系。
- 16岁以下用户仍然可以使用唯一或主要目的为即时通讯和在线游戏的平台。
- 16岁以下用户也可以使用主要用于教育和健康支持的服务，以及职业交流和发展服务。

## 我需要做什么？

### 对于家长和照顾者：

- 请与您的孩子坦诚讨论社交媒体最低年龄变化的相关内容，帮助您的家庭及早做好准备。

### 对于年轻人及16岁以下人士：

- 你不需要做任何事情。遵守新法律的责任在于“限龄平台”。他们应停用所有16岁以下用户的现有账户，并在新用户注册时进行监测。
- 你可以在 [eSafety.gov.au](https://www.esafety.gov.au) 获取更多帮助你和家人进行准备的信息、建议和支持。其中包括如何从你现有的社交媒体帐户下载数据、照片和视频的信息。



扫描二维码了解  
更多信息，或访问  
[eSafety.gov.au](https://www.esafety.gov.au)



# Social Media Minimum Age



A new law starting from 10 December means you will need to be 16 years old or over to have access to a social media account. Here's what you need to know.

## What is the new law?

- From 10 December 2025, age-restricted platforms in Australia must prevent people under 16 years from having a social media account.
- The law is not a ban on social media — it's just a change to how old you have to be to sign up and keep or have an account.

## Why is it happening?

- The changes aim to reduce the risk from harmful design features that make it hard to switch off from social media. It will help protect the health and wellbeing of young people under 16 years and give them more time to develop real world connections and digital literacy skills.

## How will it work?

- Once the new law starts, platforms should deactivate accounts belonging to anyone under 16.
- They must also take steps to check the age of a person before they can sign up for an account.
- This is not about punishing parents or young people. Social media platforms will face large penalties if they do not comply with the new law, but there are no penalties for under-16s, or for their parents or carers.
- Age-restricted platforms will include TikTok, Snapchat, Instagram, Facebook, YouTube, X, Threads, Kick and Reddit. This list of age-restricted platforms is dynamic and will continue to change.

- It is expected that age-restricted platforms will communicate with their account holders directly about how they will apply reasonable steps to verify users are not under 16 years.

## What does this all mean?

- From 10 December, you need to be 16 or over to have access to a social media account. Young people will still be able to stay social and connected to family and friends in other ways.
- Under-16s can still use platforms that have the sole or primary purpose of messaging and online gaming.
- Under-16s can also use services that are primarily for education and health support, and also professional networking and development services.

## What do I need to do?

### For parents and carers:

- It's important to talk openly about the social media minimum age changes to help your family prepare for the change.

### For young people and those under 16:

- You don't have to do anything. Age-restricted platforms are responsible for making sure they follow the new law. They should deactivate any existing accounts for under-16s and monitor new sign-ups.
- You can find details, advice and support to help you and your family prepare at [eSafety.gov.au](https://esafety.gov.au). This includes information on how to download data, photos and videos from your existing social media accounts.



Scan the QR code to learn more or visit [esafety.gov.au](https://esafety.gov.au)



# 对话指南

社交媒体使用方式的改变可能需要一些时间来适应。  
坦诚交流能帮助你和家人提前做好准备。

育儿与青少年心理健康专家Dr Marie Yap为父母提供了以下建议，  
帮助您就新法律进行建设性对话：

## 1. 核实信息

错误信息很容易传播。请确保您掌握了关于社交媒体变化的正确详细信息，明确知道正在发生的变化。

### 对话开场问题：

关于16岁以下人士社交媒体账户访问权限的变化，你听说过吗？你有什么想法？

你是从哪里获取这些信息的？

## 2. 保持开放、好奇与真诚

对话的目标是相互理解。请以开放、好奇和真诚的态度倾听。

避免过快下判断，持续进行对话，更深入地了解孩子的真实感受。

### 对话开场问题：

你对社交媒体访问权限的新变化有什么感受？

## 3. 认可情绪，在回应前暂停一下、深呼吸

此类对话可能引发强烈情绪。放慢节奏，思考清楚后再做出回应，保持冷静和支持的态度。

尽量保持中性语气。避免听起来怀疑或批判，以免让年轻人感到被拒绝或被否定。

### 对话开场问题：

你的想法和感受都是真实而重要的。能和我说说为什么你会有这样的感受吗？

## 4. 找到中间地带

不同代际的人可能对育儿方式或社交媒体的访问与使用有不同的期望。这些差异会让对话变得更具挑战性。关键是找到一个所有人都能接受的中间地带。

全家可以一起商定如何为新规定做准备，并向孩子提出通过其他方式与亲友保持联系的建议，例如参加群体活动、使用通讯软件或在线游戏。

### 对话开场问题：

我们一起来找一个解决方案，帮助你应对这些变化，好吗？我们作为一个家庭，能如何一起为这项变化做好准备？

请随着新规定的推进，持续进行沟通，并访问  
[eSafety.gov.au](https://www.esafety.gov.au) 获取更多资讯和资源。

# Conversation Guide

The changes to social media access may take some time to adjust to. Talking openly about it can help you and your family prepare.

Parenting and youth mental health psychologist, Dr Marie Yap, suggests a few tips for parents for having constructive conversations about the new law:

## 1. Fact-check information.

It's easy for misinformation to spread. Make sure you have the right details about the social media changes and are clear on what is happening.

### CONVERSATION STARTER:

*What have you heard about the changes to social media account access for under-16s?*

*What are your thoughts?*

*Where are you going for your information?*

## 2. Be open, curious and sincere.

The goal of the conversation is mutual understanding. Be open, curious and sincere when listening.

Keep the conversation going, avoid making quick judgments and get a deeper understanding of how your children are feeling.

### CONVERSATION STARTER:

*How do you feel about the new changes to social media access?*

## 3. Acknowledge emotions.

### Pause and take a breath before responding.

Conversations may bring up intense feelings. Keep things calm and supportive by slowing down and taking time before responding.

Try to maintain a neutral speaking tone. Young people may feel pushed away if you sound skeptical or judgemental.

### CONVERSATION STARTER:

*Your thoughts and feelings are real and important. Can you tell me more about why you feel the way that you do?*

## 4. Find a middle ground.

Different generations may have different expectations around parenting style or social media access and use. This difference can make the conversation more challenging. The key is to find a middle ground that works for everyone.

Agree as a family unit on how you will prepare for the change together and offer suggestions on how your children will stay connected with friends and family in other ways, like group activities, or through messaging apps or online games

### CONVERSATION STARTER:

*Let's find a solution that can help with how you are feeling. What are some ways we can prepare for the change together as a family?*

Continue the conversation as the changes progress and visit [eSafety.gov.au](https://www.esafety.gov.au) for more details and resources.