

# 社交媒體最低年齡限制



自 12 月 10 日起實施的新法例規定，  
使用者須年滿 16 歲方可開設或使用社交媒體帳戶。  
以下為重點資訊。

## 新法例有何規定？

- 自 2025 年 12 月 10 日起，澳洲的受年齡限制平台必須防止 16 歲以下人士開設社交媒體帳戶。
- 新法例並非禁止使用社交媒體，而是調整註冊、保留或開設帳戶所需的年齡要求。

## 新法例有何目的？

- 此項變動旨在降低社交媒體中，某些容易令年輕人沉迷的功能所帶來的風險。這有助保護 16 歲以下青少年的身心健康，並讓他們有更多時間建立真實世界的人際關係，以及培養必要的數碼素養。

## 新法例將如何實施？

- 新法例生效後，平台必須關閉所有屬於 16 歲以下人士的帳戶。
- 平台亦必須在讓用戶註冊帳戶前，採取措施核實其年齡。
- 此舉並非為了懲罰家長或青少年。若社交媒體平台未有遵守新法例，將面臨巨額罰則；惟 16 歲以下人士及其家長或照顧者並不會受到處罰。
- 受年齡限制的平台包括 TikTok、Snapchat、Instagram、Facebook、YouTube、X、Threads、Kick 及 Reddit。受年齡限制的平台名單並非固定，將會持續更新。
- 預計相關平台將直接通知其帳戶持有人，並說明平台將如何採取合理措施，以確保用戶年齡不低於 16 歲。

## 新法例有何影響？

- 自 12 月 10 日起，任何人士必須年滿 16 歲方可使用社交媒體帳戶。青少年仍可透過其他方式與家人朋友保持聯繫及社交互動。
- 16 歲以下人士仍可使用以通訊或網上遊戲為主要用途的平台。
- 亦可繼續使用以教育、健康支援、專業交流或發展為主要用途的相關服務。

## 個人需要採取什麼行動？

### 對家長及照顧者而言：

- 坦誠地與家中年輕人討論社交媒體最低年齡的改動，幫助他們為這項變化作好準備。

### 對青少年及 16 歲以下人士而言：

- 您毋須採取任何行動。遵守新法例的責任在於受年齡限制的平台，而非用戶。平台須關閉所有 16 歲以下人士的現有帳戶，並在新用戶註冊時加強監察。
- 歡迎瀏覽 [eSafety.gov.au](https://www.esafety.gov.au)，查閱相關詳情、建議及支援資訊，協助您和家人為新法例作好準備。當中內容亦包括如何下載現有社交媒體帳戶中的資料、相片及影片的指引。



掃描 QR code  
瞭解更多資訊，  
或瀏覽 [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)



# 對話指引

社交媒體使用方式的改動或需一段時間才能適應。坦誠討論有助您和家人作好準備。

育兒及青少年心理健康專家 Marie Yap 博士建議家長在與子女討論新法例時，可注意以下幾點，以促進更良好的溝通：

## 1. 查證資訊是否正確

網上常有失實資訊流傳。請先確保自身掌握有關社交媒體改動的準確資料，並清楚了解實際將會出現的變化。

### 開場白例子參考：

你有聽說關於 16 歲以下人士使用社交媒體帳戶的改動嗎？你對這件事有甚麼看法？

你主要從哪裏獲取資訊？

## 2. 保持開放、好奇與真誠

這次對話的目標在於彼此理解。在聆聽時保持開放、帶着好奇心，並以真誠態度面對。

盡量讓對話持續下去，避免過早下判斷，並深入了解子女的真正感受。

### 開場白例子參考：

你對這次社交媒體使用方式的改動有什麼感受？

## 3. 接納子女的情緒，在回應前先停一停、深呼吸

這類對話有機會觸發強烈情緒。放慢節奏、耐心回應，有助維持平靜和關懷的氛圍。

盡量保持中性的語氣；若語氣帶有質疑或批判性，年輕人往往會感到被排斥。

### 開場白例子參考：

你的感受和想法都很重要。可以跟我多說一點，為甚麼你會有這樣的感受嗎？

## 4. 尋找大家都能接受的平衡點

不同世代在管教方式、以及對社交媒體的使用上，往往有着不同的期望，而這些差異有時會令對話變得更困難。關鍵在於找出一個對雙方都能接受、並實際可行的平衡點。

全家人一同商議，達成共識，決定如何為這項改動作好準備。同時，家長亦可向子女提出建議，協助他們以其他方式維持與家人朋友的聯繫，例如參與小組活動、使用通訊程式，或透過網上遊戲保持互動。

### 開場白例子參考：

不如一起想想，有甚麼方法可以讓你的心情輕鬆一點。你覺得我們一家可以如何一同為這項改動作好準備？

隨着新措施逐步推行，請持續與家中年輕人保持溝通。  
如欲瞭解更多詳情及相關資源，請瀏覽 [eSafety.gov.au](https://www.esafety.gov.au)。

# 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.