# Social media minimum age – Newsletter / Web copy

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## A new age for social media

The Australian Government has taken world-leading action to reduce online harms experienced by young Australians by introducing a minimum age to access social media.

The new law started on 10 December 2025 and requires social media platforms to take reasonable steps to prevent Australians under 16 from having a social media account.

Delaying access to social media accounts until the age of 16 will protect young Australians at a critical stage of their development, giving them 3 more years to build real world connections and online resilience.

This change reduces access for young people to the harmful parts of social media, such as **algorithms** that recommend content, **infinite scrolling**, and other features designed to keep users **continuously engaged**. The eSafety Commissioner considers **Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, Twitch, X** and **YouTube** to be age-restricted social media platforms. Check [eSafety’s website](https://www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions/which-platforms-are-age-restricted) for the most up to date advice on age-restricted platforms.

But the law doesn’t stop young people from staying in touch with friends online, playing games, learning new things and being entertained. In fact, they can still access messaging apps (such as WhatsApp and Messenger), gaming, professional networking and professional development services, and services that are primarily for the purposes of education and health support.

This delay to social media will give young Australians more time to develop real world connections and digital literacy skills before they join global platforms.

For more information and tips for helping under 16s adjust to the change, visit the [eSafety website](http://www.esafety.gov.au/social-media-age-restrictions-hub).