



Australian Government



eSafety
Commissioner

Social media minimum age

We've all been there. Doomscrolling for hours and getting lost in our #fyp until it all feels too much. You're not alone.

Over 7 in 10 young Australians have seen content they shouldn't be exposed to online, including sexist, misogynistic or hateful content, content depicting dangerous online challenges or fight videos, or content that encourages unhealthy eating or exercise habits.

That's why we've increased the minimum age to have a social media account to 16.

Which platforms are included?

Age-restricted social media platforms include: **Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, Twitch, X and YouTube**. This means they need to take reasonable steps to prevent under 16s from having an account.

Under 16s continue to have access to **messaging apps** (such as WhatsApp and Messenger), **online gaming, professional networking and professional development services**, and services that are primarily for the purposes of **education and health support**.

Check the **eSafety website** (www.eSafety.gov.au/social-media-age-restrictions-hub) for the latest advice on age-restricted platforms.

Digital literacy

There are things you can do now to boost your digital literacy and prepare you for getting on socials once you're 16.

The **young people hub** on the eSafety website (www.esafety.gov.au/young-people) has tips and advice, covering topics like critical thinking, nudes, what to do if you see disturbing content, fake news, online gaming, grooming and more.



Support

Know where to go for help if things go wrong online – even if you're using social media and you're under 16, you won't get into trouble for having an account. Visit the **eSafety website** (www.eSafety.gov.au) for advice and help.

If you need to talk to someone about ways to deal with the change, you can contact:

ehespace: 1800 650 890 or ehespace.org.au

- Available 3pm – 10pm every day.

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

- Available 24/7 (phone and online).
- You can also join [My Circle](#), a private, safe and confidential social platform for 12–25 year olds across Australia, run by Kids Helpline.

ReachOut: au.reachout.com

- A safe space for young people aged 12–25 to chat anonymously, get support and feel better.

13YARN: 13 92 76 or 13yarn.org.au

- Available 24/7 for Aboriginal and Torres Strait Islander people.

Scan to
find out more

