



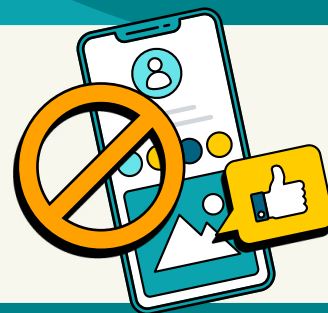
Optus
Digital
Thumbprint



Social Media Age Restrictions

Changes in social media for young people

Heard about changes to social media for young people under 16 years old but not sure what it means for your family? We unpack some FAQs to support your child through the changes.



What is the social media ban?

Starting 10th December 2025, many social media platforms will be required to prevent Australian children under 16 years of age from holding or creating an account. This is in response to [legislation](#) introduced by the Australian Government that aims to reduce the pressures and risks young people can be exposed to when logged into social media accounts. According to [eSafety](#), these can include:

- spending too much time on screens
- algorithms sharing repetitive, negative or manipulative content
- cyberbullying
- being asked for nudes
- being sent pornographic and violent content
- reduced sleep and concentration
- increased stress levels

What will happen on the 10th of December?

Social media platforms on the restricted list will need to start identifying users under 16 years of age, deactivating the accounts, and making efforts to verify the age of new account holders. A number of organisations have already started to do this.

eSafety has suggested that platforms give clear instructions on how under-16s can download, transfer or access their data, like saving their favourite posts, photos and important contacts.

Some platforms may allow young people to deactivate their accounts and use again when they're 16 years old. This isn't across the board though so before the 10th of December, talk to your child about:

- Downloading things they want to save – connections, posts, chats, photos and videos etc
- Having alternate contact details for their friends
- Have handles for accounts they like to follow

Which platforms and apps?

A key ingredient in deciding which apps and platforms will be covered, is whether it's sole or significant purpose is to enable online social interaction, and whether the service allows users to post content.

Social media platforms that under 16's can't use from 10 December 2025 include:



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| × <u>Facebook</u> | × <u>TikTok</u> |
| × <u>Instagram</u> | × <u>Twitch</u> |
| × <u>Kick</u> | × <u>YouTube</u> |
| × <u>Reddit</u> | × <u>X (formerly Twitter)</u> |
| × <u>Snapchat</u> | |
| × <u>Threads</u> | |

Services currently not included in the ban are:

- | | |
|---|---|
| ✓ <u>Discord</u> | ✓ <u>Pinterest</u> |
| ✓ <u>GitHub</u> | ✓ <u>Roblox</u> |
| ✓ <u>Google Classroom</u> | ✓ <u>Steam and Steam Chat</u> |
| ✓ <u>LEGO Play</u> | ✓ <u>WhatsApp</u> |
| ✓ <u>Messenger</u> | ✓ <u>YouTube Kids</u> |

Remember this is subject to change so keep across the latest list from eSafety [here](#).

Are gaming platforms part of the changes?

At this stage, no. The change effects social media and platforms whose primary purpose is messaging and sharing of content.



My child is going to create a social media account not on the list. Is this OK?

There's potential risk with any social media platform or app. Explore it with your child to understand its features and the type of content shared. If your child meets the minimum age requirement (for many it's 13 years of age), cover off digital safety tips such as:

- Setting the account to private
- Agreeing to connect with people they know in real life
- Being cautious about what personal information is shared (for example, no full names, dates of birth or location information)

My child wants to use my old social media account. Is this OK?

We don't recommend this. While there aren't penalties for parents or children, these changes are about making the online world a safer place for young people.

Social media companies are also required to detect and remove accounts that are being used by young people under 16. Most companies are able to determine approximate age of a user by what we watch, post, and engage in.

Can my child still look at their favourite content creators and access information for homework?

Yes. Young people don't need to be logged into their account to look at publicly available content.

Will I have to prove my age to keep my social media account.

No, this is unlikely. If you've held your account for a number of years and use your account in a similar way to other adults, social media companies will see these as indicators you are adult.

Got more questions?

Check out the [eSafety FAQs](#).



What to do if your child needs more help

[eSafety Commissioner](#) for more information on the changes to social media, and to report cyberbullying, image-based abuse, and illegal and restricted content.

If your child needs to talk to someone about their feelings or worries, they can contact any of these free, private, 24/7 services:

- [Kids Helpline](#) on **1800 55 1800**
- [1300 Yarn](#) on **12 92 76**
- [Lifeline](#) on **13 11 14**

About Optus Digital Thumbprint

Through our Digital Empowerment strategy and programs, Optus is enabling all Australians to achieve, thrive and belong in a digital world. Optus Digital Thumbprint supports digital safety and wellbeing for young people and families.

Find out more at www.digitalthumbprint.com.au

