

INFORM & EMPOWER

Cyber Safety & Digital Wellbeing

Dear Parents and Carers,

On **10 December**, Australia will introduce a world-first law setting the **minimum age for social media use at 16 years**. This landmark decision reflects growing concern about the impact of social media on children's wellbeing and aims to create safer online spaces for young people.

We want to take this opportunity to remind all parents and carers of our shared responsibilities in this space. While some students may already have social media accounts, this new law provides an important opportunity for a reset. Your child's school is committed to child safety, both offline and online, and we ask for your support in upholding this collective effort.

Your child's school is taking a proactive approach to cyber safety and digital wellbeing through their partnership with us. Every student participates in an age-appropriate online safety session each term, building their skills and confidence as they grow.

Which apps are restricted? Instagram, Snapchat, TikTok, YouTube, Facebook, Reddit & more.

How will the age limit be enforced? Social media companies will be required to verify a user's age.

What if someone under 16 already has an account? These accounts will be closed or suspended.

What if my child finds a 'workaround' to be on social media and experiences online harm? They will not get into trouble with the law (and neither will you, as their parent or carer). They can still report it and seek help.

For more detailed information, please visit: www.esafety.gov.au/parents/social-media-age-restrictions

We encourage you to talk openly with your children about the new laws. Help them understand that this change is not about punishment, but protection. Social media has not been designed with young people's health or wellbeing as a priority.

You might like to:

- agree on alternative apps or websites where they can safely enjoy connection, entertainment and creativity
- explore offline activities to help maintain a healthy balance of screen time and green time
- remind them that they can always come to you, or another trusted adult, if something online makes them uncomfortable
- let them know that Kids Helpline (kidshelpline.com.au) is always available for support

Sincerely,



Marty McGauran
eSafety Expert



Carley McGauran
Psychologist