

SOCIAL MEDIA BAN FACTSHEET

Information for **young people** about the social media ban

What's happening?

The Government has made a law which says that **anyone under 16** is not allowed to use **social media**.

Why? The Government hopes to reduce the bad parts of social media like cyberbullying, negative impacts on mental health, and excessive screen-time.



When will social media be banned?



The social media ban will probably start on **10 December 2025**. This lines up with the start of school holidays.

How will it work?



Social media platforms will need to check your age to make sure you're not under 16. It's up to each social media platform to decide how they will verify your age. That might be through ID, facial recognition or other age verification technology.

Which platforms will be banned?



...and more

Are there any exceptions?

The Government says they will make exceptions for:

- **messaging** apps
- online **gaming** services and
- services that support **health and education**

but we don't have a final list yet.



What about YouTube?



You won't be able to log into your YouTube account. You can still watch videos in a browser.

What about privacy?



Strict privacy and data collection rules will apply. Platforms **must not use** information about your age for **any other purpose** unless you agree.

Can my parent give me permission?



No. You won't be able to access social media until you are 16 years old, even if your **parents or guardians** are ok with you having social media.

What if I already have social media accounts?

If you are under 16, you **will not** be able to **access your social media** once the ban comes into effect. You'll be locked out until you turn 16.

What are the penalties?

You won't be fined or punished if you find a loophole or use social media before you turn 16. But, we don't encourage anyone to lie about their age.

Social media **companies** can be fined up to **\$49.5 million** if they don't take enough steps to enforce the ban.



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What does this mean for me?



The reality is that in 2026, if you are under 16 years old, you probably **won't be able to access social media platforms.**

Practical Tips to Prepare

Before 10 December 2025:



Save your Snapchat Memories to camera roll



Get your friends' phone numbers & contact details



Save copies of your posts that you want to access.



Be careful of scams promising to reactivate accounts



Cancel subscriptions to social media platforms

Let's talk about it



For lots of people, social media is a way to talk to your friends, be creative, stay up to date and be part of a community. It might be hard to lose that part of your life.

Talk to friends, family, and trusted loved ones about this big change and how you're feeling.

You can also contact the **Kids Helpline** by calling 1800 55 1800 if you need to talk.

How do I help a friend who is struggling with the ban?

- **Talk** about it openly with them
- Be a good **listener**
- Share your **ideas** and **resources**
- **Check in** with them regularly
- **Seek help** if you need to



Replace social media with other activities

While it will be hard, try to think about how this could be a **good thing**.

Imagine what you can do with the **time** you won't be spending on social media?

Make more plans to do **activities** in person with your friends, try new **hobbies** and go on **adventures**.

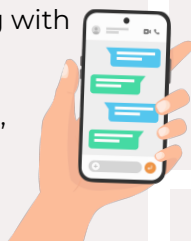


Take the good bits of social media offline

There are so many **good parts** of social media, like expressing your **creativity**, finding **community** and chatting with your **friends**.

Work together with your friends, parents and schools to recreate these positive parts of social media offline.

Think about how you can hang out with your friends without social media. This could be calling on the phone, catching up in person or even sending postcards,



Where can I learn more?

The eSafety Commissioner's website contains lots of resources and the latest information about the social media ban.

<https://www.esafety.gov.au/>

