

Practical Tips for Parents to Prepare for the Social Media Ban



At a time when technology evolves quickly, staying ahead of digital challenges has never been more critical. The social media ban implemented late last year isn't just a legislative change—it is also a cue for us to unite and innovate together to better support our children in navigating the online world

At Qoria we're here to support you in helping your children manage this upcoming change, and we wanted to share a few strategies to help you:

Understand the digital risks they face

Help children adhere to this new law

Create healthy online boundaries

Develop alternative ways for your kids to connect with friends or express themselves

1. Have Open Conversations

Children and teens often feel left out of decisions about their online lives, and many may feel this way about the social media ban. While this ban has been passed, engaging with them about what it means can develop trust, and showing empathy will help them adapt to these changes.

Some ways you can do this at home are:

- Have regular and honest family discussions. You can use news or media articles you've watched or read together to start the conversations. Start with, "What do you like about social media? How do you feel about these changes?"
- A common concern reported by children and teens is the risk of being left out or losing touch with friends as a result of the ban. Consider your response to your child's concerns about this and what alternative ways you can ensure they can continue to communicate and engage with their friends.

2. Audit Existing Accounts

Many children and teens may already be falsifying birthdates to bypass restrictions, risking inadvertent access to problematic content aligned with the older date of birth they have entered as their age.

Some ways you can address this are:

- Together with your child or teen, review their profiles. Correct any false information and adjust privacy settings. Use this opportunity to discuss why platforms enforce age limits, emphasising safety over restriction.
- For younger children, consider implementing parental controls to block downloads and prevent access to social media sites from a device level.

3. Explore Alternative Platforms

Kids will continue to seek digital spaces for social interaction. Choosing age appropriate options ensures they stay engaged safely. Parents can find interesting, meaningful options for children by focusing on a child's "why" — the reason they're drawn to particular social media platforms.

For example:

- For creative teens who love art, apps like Pinterest or Canva let them design and create digitally.
- For those who love TikTok style dances, they can learn choreography through games like Just Dance or dance tutorials on streaming platforms.
- If social connection is their focus, consider family-friendly multiplayer games where they can connect with friends in a safer, more structured way.

4. Focus on Digital Literacy

It's important to understand that social media bans won't completely eliminate exposure to harmful content. Equip your teen with skills to handle online challenges.

- You could practice or talk through scenarios like encountering pornography or cyberbullying, which can still occur on messaging platforms and the wider internet, unlikely to be included in the ban. Ask, "What would you do if someone sent a nasty comment?" or "What would you do or how would you report it if someone shared something with you that made you uncomfortable?"
- Explore and encourage your child to use reporting tools, learn about the [eSafety Commissioner's reporting scheme](#), or confide in a trusted adult if they feel unsafe or unsure online.

5. Model Good Behaviour

Children and teens mirror their parents' behaviours and digital habits. Demonstrating balanced and controlled use of technology, and regulating online behaviour teaches them by example along with the importance of abiding by rules set to ensure they remain safe and well.

- If you feel comfortable, share with your child how you'd handle online conflicts calmly or why you limit your screen time, regardless of a ban.
- If you make a mistake (e.g. oversharing online or accessing something you've regretted in the past), use it as an age appropriate example to discuss it openly with your child to show accountability.

6. Stay Informed

Laws and platforms will continue to change and there is still a lot of detail to work out when it comes to the social media ban. Staying updated ensures you are able to make informed decisions that impact your child's safety and well-being.

- Follow digital safety organisations like [ySafe by Qoria](#) on LinkedIn for the latest updates, as well as the [eSafety Commissioner](#).
- Set a Google Alert for "Australia social media law updates" to receive the latest news.
- Engage with us at school if you have any questions or concerns.

Remember, the social media ban is just one piece of the puzzle. Long term success in online safety comes from collaboration, education, and preparation. By staying involved and proactive, and working together, we can each ensure this transition results in an opportunity to strengthen children's digital resilience, health and overall wellbeing.

For more resources or updates, visit www.qoria.com