

SOCIAL MEDIA BAN FACTSHEET

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

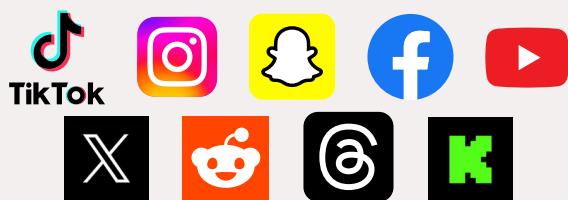
What's happening?

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.



Which platforms will be banned?



TikTok, Instagram, Snapchat, X, Facebook, YouTube, Reddit, Threads and Kick will all be included in the ban.

Are there any exceptions?

Under 16s will be able to use:

- **Messaging** apps: Messenger, Messenger Kids, Discord, Telegram Messages and Signal
- **Online gaming** services (Roblox, Minecraft, Steam, Fortnite)
- **Health and education** apps.



What about YouTube?

YouTube is a part of the ban. That means you won't be able to log into your YouTube account. You can still watch videos in as a guest in a browser.



When will social media be banned?

The social media ban will 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.



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.



Strict privacy and data collection rules will apply meaning platforms **must not use** age verification data for **any other purpose**.



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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



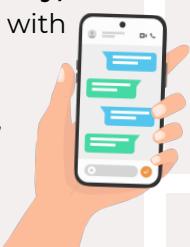
Cancel subscriptions to social media platforms

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,



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**.

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/>



PM

SOCIAL MEDIA BAN FACTSHEET

Factsheet for **parents** about the social media ban

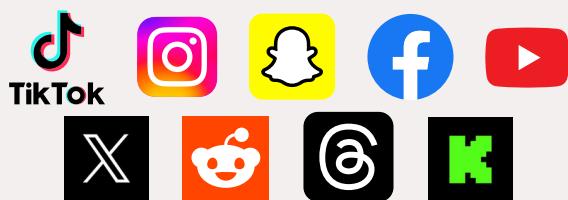
What's happening?

The Government has made a law raising the **minimum age for social media use** in Australia to **16 years old**. That means children under 16 won't be allowed to access social media.

Why? The Government hopes to **reduce the negative** impacts of social media like cyberbullying, seeing inappropriate content.



Which platforms will be banned?



TikTok, Instagram, Snapchat, X, Facebook, YouTube, Reddit, Threads and Kick will all be included in the ban.

Are there any exceptions?

Under 16s will be able to use:

- **Messaging** apps: Messenger, Messenger Kids, Discord, Telegram Messages and Signal
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What about YouTube?

YouTube is a part of the ban. That means you won't be able to log into your YouTube account. You can still watch videos in as a guest in a browser.



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 a user's age to make sure they aren't under 16. It's up to each social media platform to decide how they will verify age. That might be through ID, facial recognition or other age verification technology.



Can I give my child permission?



Parents or guardians won't be able to give their consent for their young people to access social media before they are 16 years of age.

What if they already have social media accounts?

Even if children under 16 years old already have accounts, they **will not** be able to **access social media** once the ban comes into effect. They will be locked out until 16.

What are the penalties?

There is **no fine or punishment** for children, parents, carers or educators of children who access social media platforms despite the ban.



Strict privacy and data collection rules will apply meaning platforms **must not use** age verification data for **any other purpose**.

SOCIAL MEDIA BAN FACTSHEET

WHAT CAN I DO AS A PARENT?



What does this mean for my child?

The social media ban will be a big **challenge** for your child. We need to **support our children to transition** to life offline and help them to navigate this **significant life change**.



Practical Tips to Prepare

Before 10 December 2025:



Save their Snapchat Memories to camera roll



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Cancel subscriptions to social media platforms

Model good phone use behaviour

Unhealthy social media habits are not limited to young people.



52% of Baby Boomers and 67% of Gen X said they **spend more time on their phone than they would like** each day.

We can't expect our children to embrace the social media ban when we spend hours each day glued to our phones.

Empathise with your child

Imagine that the government made a law which said **you** could no longer use social media...it would be hard for any of us.

Be **open to their feelings** - the ban could feel unfair and like a punishment.

Avoid phrases like "it's for your own good" which shut down conversation.



Replace social media with other activities

Just because social media is banned doesn't mean children will automatically **change their behaviour**.

Given the choice, many kids will replace that time with TV, video games and other screen-based activities.



Encourage and support your children to **build communities** offline. Collaborate with other families to schedule **face-to-face time** where kids can **learn, grow** and **play** together.

Where can I learn more?

The eSafety Commissioner's website contains lots of resources and the latest information about the social media ban. There are resources for parents and children written in accessible language, and which are full of practical tips. Visit: <https://www.esafety.gov.au/>



Social Media Ban

10 December 2025

Is your school ready?

Social media will be **banned** for **under 16s**. Prepare your students now for this massive shift which may leave them feeling **anxious** and **overwhelmed**.



WHY THIS MATTERS

Students are anxious

Students don't understand what's happening, which apps will be banned or how to prepare.

Teachers don't have time

Most teachers don't have time or resources to research the social media ban and sift through the misinformation.

Schools will feel the fallout

Schools will bear the brunt of the mental health impacts that will arise if students aren't prepared for the ban.

PLUG 'N' PLAY SOCIAL MEDIA BAN ONLINE LESSONS

Help your students to navigate the social media ban transition with quick and easy lessons. Plug 'n' play pre-prepared online lessons & activities to use in your classrooms or assemblies.

About the e-Learning Modules

- ▶ Plug 'n' Play Online Lessons
No preparation required
- 🕒 Flexible Delivery Methods & Lesson Duration (20-60 mins)
- 📋 Resources for Educators & Parents
- ✓ Aligned with Health and Keeping Safe curriculum learning areas.

Program Details

Who is this for? Lessons are appropriate for:
Primary: Year 4-6 students
High school: Year 7-10 students

What is included? 2 x online modules, videos, lesson plans, activities, and resources for parents.

What does it cost? School-wide licence
Primary school program: \$495 + GST
High school program: \$495 + GST

Learning Outcomes

Module 1: The Social Media Ban

- Students will:
- Gain a clear understanding of how the social media ban will work;
 - Learn why the ban is happening;
 - Explore practical tools to prepare for the ban.

Module 2: Preparing for the Ban (Optional)

- Students will:
- Explore strategies to reduce their social media use and screen time leading up to the ban;
 - Brainstorm other activities to do offline;
 - Proactively prepare for the social media ban.

ABOUT PARIS MCNEIL

Online Safety Educator • Speaker • Lawyer

Relatable Approach

As a Gen Z, I understand what your students are facing and I speak their language.

Proven Impact

I've worked with students across Australia to prepare for the social media ban.

LEARN MORE & REGISTER YOUR SCHOOL NOW

Click [here](#) to learn more & sign up or scan the QR code.

For more information, call 0404 120 584 or visit www.parismcneil.com

