

NEW SOCIAL MEDIA AGE RESTRICTIONS



POLICY

From 10 December 2025, a new Australian regulation will come into effect to help keep children under 16 safer online by delaying access to high-risk social media platforms.

As a community, we all want our children to feel safe, happy, and supported—both at school and at home, including in their online world. This new regulation isn't a ban. Instead, it gives children a little more time to grow, mature, and build the skills they need to use social media confidently and safely when they are ready.

This may include waiting to use platforms such as **Instagram, TikTok, Snapchat, or other high-risk apps** that allow messaging, sharing personal information, or connecting with strangers. The aim is simply to ensure children are developmentally ready before stepping into these online spaces.

Key Points:

- The new regulation is a “**delay,**” not a “ban,” on social media for children under 16.
- It applies to high-risk platforms like Facebook, Instagram, Snapchat, TikTok, X, and YouTube.
- The goal is to give kids time to develop important skills like digital literacy and critical thinking.
- There are no **penalties** for children or their families who might get around the restrictions.
- The focus is on encouraging social media companies to take “**reasonable steps**” to protect children.

Our children are growing up in a digital world, and it's essential we help them learn to navigate it safely. The new regulation gives our children more time to develop the skills they need to handle the risks that come with social media. By introducing this change, the eSafety Commissioner is working with online platforms to create a more positive and secure environment for young people.

This approach acknowledges that while the online world can be a great place for connection and fun, it can also present challenges like cyberbullying and exposure to inappropriate content. It's a chance

for us, as parents and educators, to work together to teach our children how to become responsible and confident digital citizens.

The new rules mean that certain high-risk social media platforms must take “reasonable steps” to prevent children under 16 from creating accounts. However, this is not about punishing children or parents if these measures are bypassed. The main goal is to protect our kids and guide them toward a safer, healthier relationship with technology.

Resources for families

[Mythbusting Australia’s social media age delay with Kirra Pendergast and Maggie Dent](#)

[eSafety Parents](#)

[Family eSafety](#)