

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.

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 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.

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



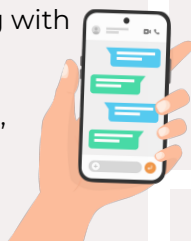
Cancel subscriptions to social media platforms

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/>



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.



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.

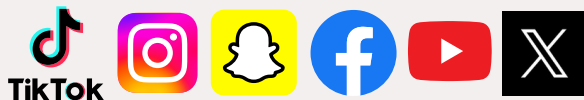


How will it work?

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.



Which platforms will be banned?



...and more

Are there exempt platforms?

The Government *intends* to make exceptions for:

- **messaging** apps
- online **gaming** services and
- services with the primary purpose of supporting **health and education**

but this hasn't happened yet.



MINECRAFT

What about YouTube?



Kids won't be able to use their YouTube account, but can still watch videos in a browser.

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 about privacy?



Strict privacy and data collection rules will apply, including that platforms **must not use** age verification data for **any other purpose** unless expressly agreed by the user.

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.

Fines of up to **\$49.5 million** apply if social media platforms don't take sufficient steps to enforce the ban.



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



Get their friends' phone numbers & contact details



Save copies of their posts that they want to access



Be careful of scams promising to reactivate accounts



Cancel subscriptions to social media platforms

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.

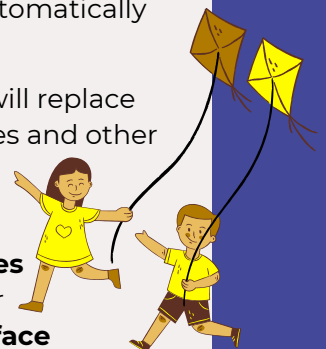


Replace social media with other activities

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.



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.



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/>



The Social Media Ban is Coming...

Are you ready?

On **10 December 2025**, social media will be banned for children **under 16**. Without well-rounded **support**, this massive shift could leave your children feeling **anxious, disconnected, and overwhelmed**.



WHY THIS MATTERS

Students are anxious

Students don't understand what's happening, why it's important or how it will impact them.

Parents are in the dark

Most parents have no idea this ban is coming—they don't know what to do or how it'll impact their kids.

Schools will feel the fallout

Without support, students may struggle emotionally and socially, affecting their learning and wellbeing.

PROGRAMS THAT DELIVER REAL SOLUTIONS

Student Social Media Ban Keynote

Years 4-10

Empower students to:

- Understand what the ban is and why it's happening.
- Build resilience and strategies to transition confidently.
- Plan for a happier and healthier life offline.

Parent Information Session

In person or online

Equip parents with:

- A clear understanding of the ban and its implications.
- Strategies to support their children's transition.
- Practical tools and resources to foster healthy tech habits.

Healthy Tech Habits Workshop Series

Year 4-12

A workshop series diving into:

- Staying safe online (including while gaming).
- Cyberbullying & how to handle nasty behaviour online.
- Strategies to reduce screen time and build healthy tech habits.

ABOUT PARIS MCNEIL

Keynote Speaker • Workshop Facilitator • Lawyer

Relatable Approach

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

Legal Expertise

I simplify the legalities of the social media ban into clear, actionable information.

Proven Impact

My programs empower schools, students, and parents to tackle challenges together.



TESTIMONIALS

"Paris **spoke so well** our students really **understood the content**. The students continued to use terms from her presentation - this was down to Paris and her delivery!"

Emma Sykes, Head of Year, Prendiville Catholic College

"This was the **best guest talk** I've ever had the privilege to hear!"

Sophia, Year 10 Student, Perth College

GET IN TOUCH



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