

Why Raise the Social Media Age Limit to 16?

Raising the social media age limit to 16 will help to protect our young people.

More Time to Build Resilience

- Delaying access gives young people time to develop:
 - o Digital literacy
 - o Critical reasoning
 - o Impulse control
 - o Emotional resilience

Safer Online Habits

- It creates space to educate young people on:
 - o Online risks and harms
 - o How to stay safe
 - o Where to seek help

Long-Term Benefits

- By age 16, teens will be better equipped to handle the pressures of social media.
- They'll have a stronger foundation to navigate content, manage screen time, and protect their wellbeing.

Reduce Risk from the Social Media Platform Design

- Being logged into an account exposes under-16s to addictive design features like disappearing content and constant notifications.
- These features can lead to reduced sleep, diminished attention, and heightened stress.

Which platforms will be restricted?

Starting 10 December 2025, the eSafety Commissioner will require certain social media platforms to take reasonable steps to prevent children under 16 from creating accounts. This is part of a broader effort to protect young Australians online.

Platforms affected by this rule include:

- Facebook
- Instagram
- Snapchat
- Threads
- TikTok
- X (formerly Twitter)
- YouTube
- Kick
- Reddit

These services are considered age-restricted, meaning they are not suitable for children under 16.

Some platforms are not classified as age-restricted under current guidelines. These include:

- Discord
- GitHub
- Google Classroom
- LEGO Play
- Messenger
- Roblox
- Steam and Steam Chat
- WhatsApp
- YouTube Kids

These lists reflect eSafety's current view as of 5 November 2025 and may change as platforms evolve or new ones emerge. Updated guidance will be provided before the new rules take effect.

What this means for you:

- **Parents:** Talk to your children about which platforms they use and help them understand which ones are appropriate for their age.
- **Teachers:** Be aware of which platforms are considered age-restricted and guide students accordingly, especially in digital literacy and online safety discussions.

You can find the latest updates and full details on [eSafety's website](#).

Will there be penalties for under-16s if they get around the age restrictions?

No, there will not be penalties for under-16s who access age-restricted social media platforms. Parents and carers will not be penalised either — the focus is on support, not punishment. The aim is to promote wellbeing and help families navigate online risks together.

Social media platforms may face penalties if they fail to take reasonable steps to restrict under-16s from creating accounts. This shifts the responsibility to platforms to implement robust age verification and protective measures.

When will the age restrictions start?

The age restrictions will begin on 10 December 2025. That's a significant shift in Australia's digital landscape. Here's a breakdown of what to expect once the law kicks in:

- Who's affected:
 - Australians under the age of 16
- What's changing:
 - Social media platforms deemed age-restricted will be required to prevent under-16s from creating new accounts.
 - Existing accounts held by under-16s may be disabled or removed.
- What's Still Accessible
 - Platforms not covered by the age restriction—like online games, messaging apps, and mental health support services—will remain available to under-16s.

Which platforms have been excluded from the age restrictions?

To help protect children online, the Australian Government has introduced new rules that will require certain social media platforms to restrict access for users under 16 years of age starting 10 December 2025.

These rules were developed by the Minister for Communications, based on advice from the eSafety Commissioner and input from youth groups, parents, carers, educators, mental health experts, legal professionals, and the digital industry.

Some online services are excluded from these age restrictions. These exclusions apply to platforms whose main purpose is:

- Messaging, email, voice or video calling
- Playing online games with others
- Sharing information about products or services
- Professional networking or development
- Supporting education or learning
- Supporting health and wellbeing
- Facilitating communication between schools and families
- Facilitating communication between healthcare providers and patients

As of 5 November 2025, the following platforms are not considered age-restricted under these rules:

- Discord
- GitHub
- Google Classroom
- LEGO Play
- Messenger
- Roblox
- Steam and Steam Chat
- WhatsApp
- YouTube Kids

These platforms fall within the exclusions and are not required to block users under 16. However, this list may change as services evolve or new ones are introduced.

What this means for you:

- **Parents:** Stay informed about which platforms are considered safe and age-appropriate for your children.
- **Teachers:** Use this guidance to support digital safety education and help students navigate online platforms responsibly.

For the most current information, visit [eSafety's website](#) to see which platforms are classified as age-restricted.

Additional Resources and Links

[eSafety's FAQ – Social media 'ban' or delay](#) ▶

[Social media age restrictions hub | eSafety Commission](#) ▶

[Social Media Minimum Age – Fact sheet](#) ▶

[How the social media age restrictions will help keep under-16s safer on Vimeo](#) ▶