

How to prepare and support your child for changing Social Media Restrictions



As of December 10 2025, many social media platforms including Snapchat, Instagram, X, Tiktok and YouTube will no longer allow Australians under 16 years of age to keep or create an account.

Platforms not covered by the age restriction include online games, messaging apps and mental health support services.

According to E Safety “The changes aim to protect under-16s from pressures and risks they can be exposed to while logged in to social media accounts.”

This will be a big change for many young people and we encourage families to start preparing by talking through these changes. It is no longer whether you agree or disagree with changes – it’s time to focus on how you will navigate them.

- **Listen** to your child’s concern. Some children may have BIG feelings and genuine concerns as to how changes will impact their social relationships and connection
- **Validate** their concerns and emotions without needing to provide advice or solutions. Lead with empathy.
- Get curious. Ask if your child’s social group has spoken about the changes. What are their thoughts? Have you discussed ways to stay connected as a group?
- **Be aware** of the mental health impacts these changes may have and discuss help seeking behaviours
- **Support** by finding out what they will miss the most. Are there ways we can create more of this in “real life”? Outings with friends, creative activities. Is there anything they see as a positive - no distractions during sleep, more time for exercise.
- **Prepare.** Restrictions will come in to place at the beginning of school holidays. How will you as parents navigate children out of routine, with more free time. How will you respond to the inevitable I’m bored” and reduced access to screens as entertainment
- **Become a tech savvy parent.** The restrictions may encourage children to find alternatives and less regulated parts of the internet. Continue to be aware of what they are doing online and continue regular conversations about safety
- **Keep communication channels open** – if they make a mistake, remind them they can always come and talk to you. Openly discuss agreed consequences ahead of time
- **Community conversations.** The more we can work together in our social groups, the easier it will be to implement changes. Have conversations with family and friends and make shared commitments.
- **Self-Care for parents/carers.** Be prepared that change can be challenging and there may be an increase in tricky behaviour as our children adjust to restrictions
- **Reset.** The onus is on the social media companies to implement and enforce changes. How can we leverage these government restrictions create more balanced screen time in our family. What rituals can we create to replace tech time – movie nights, board games etc. Get creative with fun, energising or relaxing alternatives for our children?