



NEW SOCIAL MEDIA REGULATIONS

From 10 December 2025, the Australian Government will introduce new laws designed to protect young people online by restricting access to social media for those under the age of 16. This landmark reform marks a major step forward in addressing growing concerns about the impact of social media on children's mental health and development.

These changes aim to create a safer, more balanced digital environment by shifting responsibility back onto social media platforms to verify user ages and reduce exposure to harmful content. For many families, this is a welcome and long-awaited move that recognises mounting evidence linking early social media use with anxiety, poor sleep, body image concerns and reduced wellbeing.

While regulation is an important milestone, it cannot replace parental guidance. Families continue to play a vital role in helping children navigate the online world with awareness and confidence. This is an opportunity to review technology use at home, set healthy boundaries and start open conversations about digital behaviour. By understanding what these new regulations mean and why they matter, parents and caregivers can feel empowered to support their children's online safety and wellbeing through this period of change.

To stay informed about how these laws will work in practice, visit the [eSafety Commissioner](#) website for updates, tools and guidance.

You can also download the [SchoolTV Family Tech Agreement](#) to help your family set clear expectations around technology use.

Or, access our [step-by-step guide](#) showing young people how to download and save their social

media data before regulations take effect.

These documents can be found at the bottom of this webpage, alongside the KEYpoints Flyer.

