

Social Media Ban Resource Pack

Factsheets, activities and cyber safety strategies



“ —
Information and resources to
prepare your students for the
social media ban. — ”

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McNeil

WWW.PARISMONEIL.COM

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?



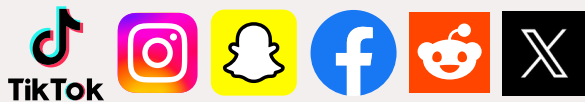
The social media ban will probably start on **10 December 2025**. This lines up with the start of school holidays.

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.



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 YouTube?



You won't be able to log into your YouTube account. You can still watch videos in a browser.



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.

SOCIAL MEDIA BAN FACTSHEET

Information for **young people** about the social media ban

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/>



PARENT 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.

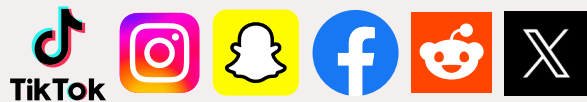


How will it work?

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 we don't have a final list yet.



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.



PARENT 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

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.



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.

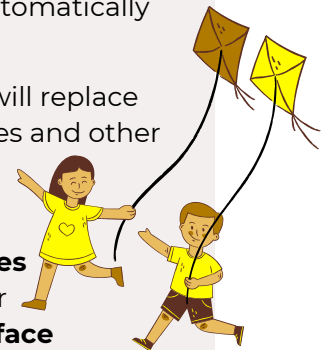


Replace social media with other activities

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.



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/>



PRACTICAL TIPS TO PREPARE FOR THE BAN

1. Save Snapchat memories to Camera roll

On 10 December 2025, you won't be able to log into your account, meaning that if you haven't backed up and downloaded your Snapchat memories, you won't be able to access those photos until you turn 16.

To save them, you can export each photo individually to camera roll or log in on your desktop, go to "My Account", "Data", "Memories" and download the Zip file with your photos.



2. Make your account private & archive posts

Imagine, in 2 years time, you're 15 and applying for a casual job. But your Instagram and TikTok pages are full of embarrassing posts from 2025 that you can't delete because you can't access your account until you turn 16. Before the ban, you should put your accounts on private and delete or archive your posts.



3. Save copies of your posts that you want to access

Download copies of photos you've posted to Instagram, Facebook and TikTok. If you don't have a copy saved on your phone/computer, you might not be able to access those photos or videos until you can log back into your account at 16.



4. Get your friends phone numbers/contact details

Make sure that you get your friends' phone numbers and contact details before the school holidays and when the ban starts on 10 December 2025. If your plan is to stay in touch by texting or using WhatsApp, you'll need to know their phone numbers so ask them for them!



5. Be careful of scams promising to reactivate your accounts

There are going to be lots of scams popping up that promise that they can get you onto social media or re-activate your accounts. Free VPNs are generally not a safe and often sell your data. Be very careful of scammers and make sure your personal information is secure.



6. Cancel subscriptions to social media platforms

You likely won't be able to use your subscriptions (eg. SnapChat+), so cancel them so you don't forget about them!



CYBER SAFETY STRATEGIES FOR PARENTS

1. Get curious about what they're doing online

Ask questions about:

- What devices are they using?
- How long are they spending online? (Screen time)
- What platforms do they use?

Action step:

- Do a whole family 'Tech Audit'



2. Open conversations about technology

- Non judgmental, regular chats
- Genuinely interested & curious
- Share your experiences
- Be persistent



Action step:

- Ask "What will you do when the social media ban comes in?"

3. Co-view & co-play with your child

- Understand how each app works (and whether it is age-appropriate)
- Download and have a play!
- eSafety Guide for each platform

Action step:

- Connect with your child on their most used platform.



4. Privacy settings and parental controls

- Chat/Direct messaging settings
- Location settings (Snap maps)
- Review and update regularly



Action step:

- Turn privacy setting to the strictest setting on all platforms and devices.

5. Set & reset the ground rules

- Phone/device family contract
- Low-data phone plans
- Device zones at home
- Screen time limits (device and app)
- In app purchases

Action step:

- Write & sign a family tech contract together (template available).



Family Tech Contract

We are so happy to allow you to use this device! There are a few things you need to confirm that you understand before you use it.

I understand that:

- This is my parents' device which I currently have permission to use (provided that I follow the rules in this agreement).
- Nothing I post online, text my friends, or message on this device is ever private. Not only will my caregivers, monitor the content on this device, but understand that someone can always see what I do online.
- Everything I post or message is permanent. I know that I cannot erase or take back something I posted or wrote. I will always think twice before I hit send.
- I know that parental controls will be installed on this device, including monitoring, and all apps will need to be approved by my caregivers before I can use them.



I agree to:

- Never change the passcode to your phone, without letting me know what the new code is.
- Do not text, email, message or post anything to someone that you would not say out loud with their parents in the room.
- When you see something inappropriate, you will let me know what happened as soon as you can.
- You will not send or receive pictures or videos of your body without clothes or anyone else's body without clothes on.
- You will not text, email, message or post anything through this device you would not say in person. You will not involve yourself in conversations that are hurtful to others.
- You will not try to uninstall, or otherwise get around the parental controls on your device.
- You will only friend and communicate privately with people you know in real life.
- You will only friend and communicate privately with people you know in real life.
- You will never post any personal identifiable information in a place that is publicly accessible like an online chat or forum, or a public social media post.
- You will never post any personal identifiable information in a place that is publicly accessible like an online chat or forum, or a public social media post.

We agree to:

- Not dig deeper into your online content than is necessary to keep you safe.
- Not punish you or overreact when you let me know about something that happened before I find out.
- Inform you about anything that was flagged as concerning so we can discuss the situation, and not jump to conclusions.
- Approve apps and time extension requests in a timely manner, when it is reasonable to do so.

Signed:



DOPAMINE

MENU

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STARTERS

5 minutes or less, to get you going...

Eg. meditation, dance in your room, cuddle your pet

-
-
-

MAINS

30 minutes - 1 hour, to go deep into...

Eg. yoga class, workout, bake, read a book

-
-
-

SIDES

Something in the background...

Eg. a podcast, light a candle, fidget toy

-
-
-

DESSERT

Something to indulge in...

Eg. a sweet treat, binge watch TV, video games

-
-
-

SPECIALS

Something for a special occasion...

Eg. a holiday, concert ticket, random act of kindness

-
-
-



Your Screen Time

How long do you spend on your phone each year?
Use this formula to calculate your screen usage.

$$\text{Average daily screen time} \times 365 \text{ days} \div 24 \text{ hours} = \text{Number of days on your phone per year}$$

Step 1: Open Settings on your phone and find 'Screen Time' on Apple and 'Digital Wellbeing' on Android.

Step 2: Write down your average screen time in the last week.
My average screen time is: _____

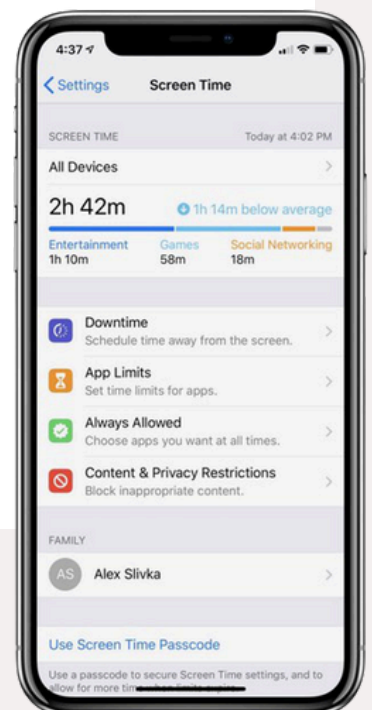
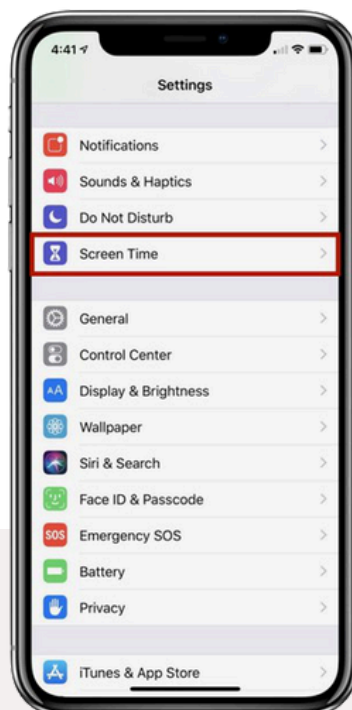
Step 3: Multiple your average screen time by 365. This is how many hours you spend on your phone per year.
My yearly screen time in hours is: _____

Step 4: Divide your yearly screen time by 24 hours to get the number of days you spend on your phone each year.

The number of days I spend on my phone each year is:

_____ Days

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THINGS TO DO THAT AREN'T SOCIAL MEDIA

- Take a walk
- Bake something
- Read a book
- Write a book
- Throw a frisbee
- Colouring in
- Listen to music
- Listen to podcasts
- Listen to an audio book
- Gardening
- Walk the dog
- Play with your pets
- Wash the car
- Clean your room
- Clean out your wardrobe
- Play a computer game
- Play a musical instrument
- Play a sport
- Dance like nobody is watching
- Go for a run
- Meditate
- Play a board game
- Breathwork
- Yoga
- Play cards
- Play solitaire
- Learn a new card game
- Knit or crochet
- Watch a movie
- Go to the gym
- Have a fashion show
- Make a fort
- Climb a tree
- Propagate plants
- Hang out with friends
- Go iceskating
- Go rollerskating
- Do an escape room
- Lazer tag
- Mini golf
- Museum
- Art gallery
- Free workshops
- Draw
- Paint
- Call someone on the phone
- Take photos
- Make a vision board
- Go to the beach
- Go to Fremantle markets
- Go to the skate park
- Ride your bike
- Swim
- Picnic
- Kings Park
- Take a bath
- Journal
- Dream about the future
- Take a nap
- Watch the clouds
- Go to a restaurant
- Go bowling
- Go to an arcade
- Make milkshakes
- Call your Grandparents
- Write a postcard
- Call your friend
- Watch a TEDTalk
- Cook dinner
- Sew something
- Go star gazing
- Go camping
- Try a new recipe
- Go to the shops

Write your own suggestions:

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How will you stay in touch without social media?

MY CONTACT SHEET

Collect your friends' contact details

Name	Phone number	Email address
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.

Let's Catch Up!

Date	Time	Location	What will we do?
------	------	----------	------------------

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Let's Catch Up!

Date	Time	Location	What will we do?
------	------	----------	------------------

HOW TO Break Up WITH YOUR PHONE

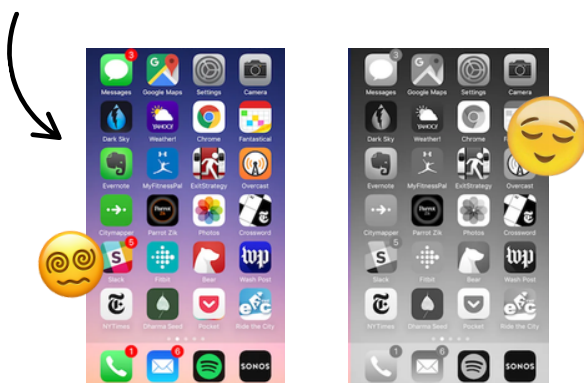
(And still be on good terms!)

Set Boundaries

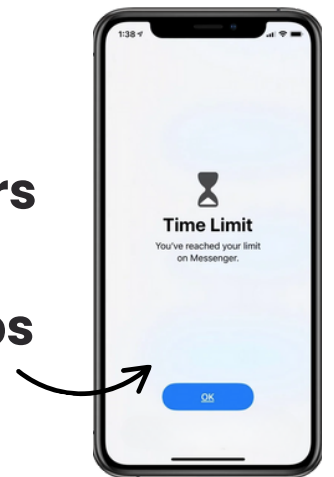
1. Turn notifications off.
.. or at least reduce them



2. Turn your phone to greyscale



3. Set app timers
for your most
distracting apps



4. Customise your
home screen so your
most distracting apps
are hidden away



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BINGO



Activities that don't need technology

Walk the dog	Baking	Read a book	Play a board game
Learn a magic trick	Cook dinner	Paint by numbers	Listen to a podcast
Go for a hike	Climb a tree	Practice an instrument	Learn a dance
Throw a frisbee	Write a story	Take photos	Have a picnic

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TECHNOLOGY

CONVERSATION STARTERS

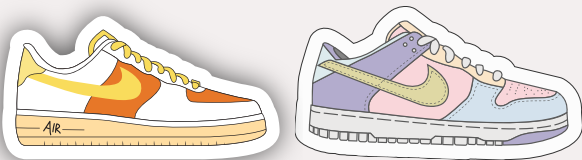
- What will you miss about social media? 
- Which platform is your favourite and why? 
- How does social media affect your mood? 
- How will you stay in touch with your friends? 
- What are your favourite offline hobbies? 
- What's something new you'd like to try? 
- How can you build real-life friendships? 
- How can boredom be a good thing? 
- What do you notice when you're not on socials? 
- What are the benefits of less screentime? 
- How do you recharge without your phone? 
- What does a healthy tech balance look like? 
- Who do you want to spend more time with? 
- What can you do instead of scrolling? 
- What won't you miss about social media? 
- How do you feel when you're not on your phone? 

TALK N WALK APP



Talk N Walk is about swapping catch ups over social media while getting outside to realise the health and wellbeing benefits that come with talking and walking with friends and/or family.

Walk around your neighbourhood, at the park, to or from school, in local bushland, or at the beach.



Even a 10 minute walk changes brain chemistry to boost happiness.



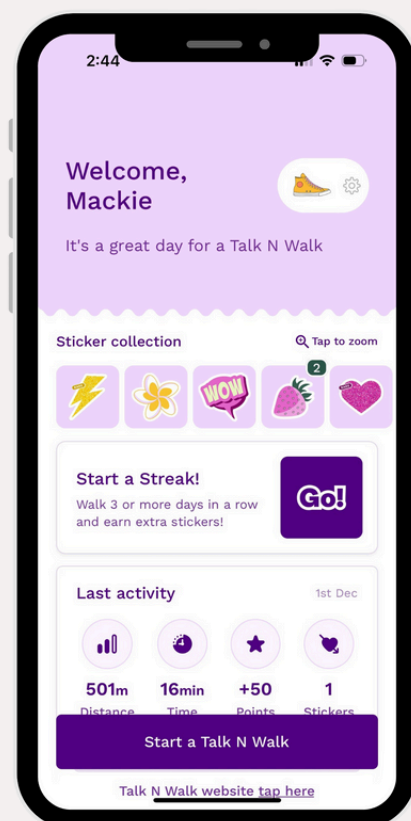
Walking decreases the stress hormone cortisol and helps clear the mind.



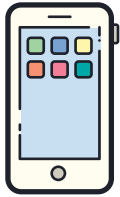
A brisk walk can be an effective way to reduce anxiety in the moment.



Creative thinking, problem solving and conversation comes easier when walking.



WHAT CAN YOU DO IF YOU SEE CYBERBULLYING?



Reach out to the person being bullied.
Check in to see if they are OK.
This can make a real difference for them.



Call out bad behaviour online.
It can be as simple as posting a GIF that says “That’s not cool.” Don’t be a bystander.



Say something to the person being nasty.
Especially if they are your mate, talk to them and tell them that their behaviour wasn’t ok.



Call in other support.
You don’t have to deal with this alone.
Tell a parent, teacher or trusted adult.
Sometimes the police will also get involved.



Block & report the person doing the bullying.
Block and report on the platform. Also ask your friends to block and report the person/posts.



Collect evidence of the bullying.
Take screenshots, make sure to record the username and details of the cyberbullying. You can report posts to eSafety who can help to get posts taken down.

HOW TO STAY SAFE WHILE ONLINE GAMING



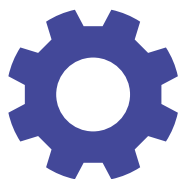
Choose a safe username and use an avatar

Avoid your name, birthday or location and pictures of yourself.



Stranger danger

Don't share information with someone you haven't met in person.



Review privacy settings

Only share information with people you know in person.



Put your recently played history on private.

Avoid criticism and keep your information secure.



Use the 'mute' button.

Take a break from people who are being annoying or abusive.



Collect evidence, record user info & report in-app.

Block and report bullying online.

RESOURCES FOR PARENTS

Phone numbers:

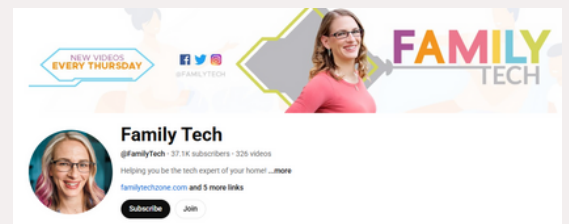
- WA ParentLine - 1800 654 432
- Ngala Parenting Line - 08 9368 9368



Phone advice and support to parents and carers of children up to 18 years old.

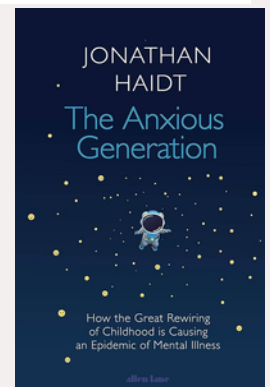
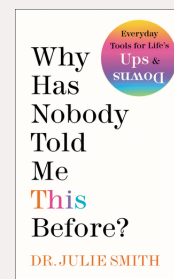
Videos to watch:

- Family Tech YouTube Channel
- Parental Guidance TV Show on 9 Now
- Platform specific videos
- “What is [x platform]” or “[X game] walkthrough for parents”



Books:

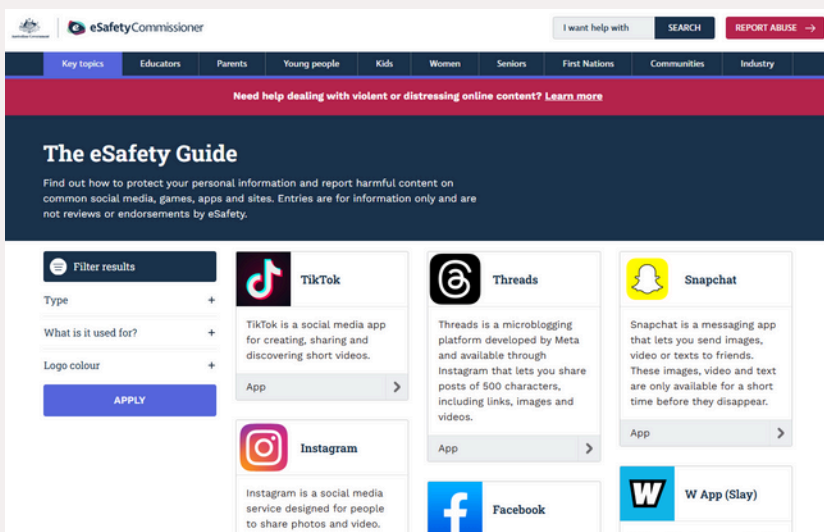
- Anxious Generation by Jonathan Haidt
- Indistractable: How to Control Your Attention and Choose Your Life by Nir Eyal
- Why Has No Body Told Me This Before by Julie Smith



Online help:

The eSafety Commissioner's website is a treasure trove of information for parents and children about the platforms they use, safety features, and more.

- [eSafety website](https://www.esafety.gov.au/) - <https://www.esafety.gov.au/>
- [eSafety Guide](https://www.esafety.gov.au/key-topics/esafety-guide) for platform specific information
 - <https://www.esafety.gov.au/key-topics/esafety-guide>
- eSafety Parent Webinars - held regularly on various topics.



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For updates and more
information about the
social media ban, visit

WWW.PARISMONEIL.COM

