

# Information for Parents of

**Primary School-Aged**

# Children (8 – 11 years old)

*This is a simple guide to assist parents to prepare and understand the pending changes to social media platforms for children under the age of 12 years old.*

# What's **Changing?**

From 10 December 2025 social media platforms identified as age-restricted must take reasonable steps to stop Australians under 16 from creating or keeping accounts. That means platforms (not parents) are required to prevent under-16s from having accounts.

eSafety Commission - [Social Media Age Restrictions](#).

# Why Does It **Matter For Primary School Students?**

Most kids under 12 shouldn't be using social media accounts. Age Assurance technology should make it harder for platforms to allow accounts. Some apps that facilitate social interaction will remain available, others are under review.

The regulation aims to help reduce exposure to content or features designed to keep kids glued to screens. Note: kids can still see some content on platforms without logging in (i.e., logged-out browsing) - so supervision still matters.

eSafety Commission - [Social Media Age Restrictions & Your Family](#).

# The New Regulation

## Conversation Starters to support:

“Some apps are made for older kids. They can make you feel worried or pressured. Let’s talk about what’s ok.”

“If you see something that upsets you, tell me and we’ll deal with it together.”

For more conversation starters, click [here](#)

## Metaphors to use:

Tobacco, Drivers License, Alcohol can be used as examples where the community has introduced regulation to protect health, safety and wellbeing. When tobacco first became popular, its risks weren’t well known. Over time, evidence showed it harmed health. Governments stepped in to protect the public through advertising restrictions, health warnings, and age limits. Social media is at a similar stage. It is widely used and addictive, with evidence of widespread negative effects on wellbeing.

# Key Steps

Australia's new minimum-age law for social media (16 +) gives families the chance to reset digital habits early. The Time to Refuse movement and our book 'Raising Anxiety: How our good intentions are backfiring on children (and how to fix it)' helps parents take this opportunity by showing how to build healthier routines for themselves and for children growing up in the digital world.

Here's how parents of younger kids can apply 10 *action steps*:

## **1. Face Reality – be honest about screen time**

Notice how often phones and ipads appear around your child. Imagine what your family could gain if that time was spent playing, reading, drawing or exploring outdoors.

## **2. Notice patterns**

Pay attention to when and why you or your child reach for a device – boredom, habit, comfort? Talk about these triggers together so kids learn self-awareness early. Realise that without the pull of the device your teen will engage in new activities, particularly if you don't fall into these patterns yourself. Remember, kids copy what we do – they don't listen to what we say.

## **3. Define your family values**

Write down what matters most – kindness, curiosity, health, listening. Ask, "Does time online help or hurt these values?" Let this guide your family tech habits.

## **4. Set limits**

Create simple phone-free zones: bedrooms, dinner table, and car trips that all family members observe. Explain that disconnecting is part of keeping minds calm and creative.

# Key Steps

## 5. Create sacred spaces

Encourage screen-free activities with purpose - cooking, helping the neighbours, crafts, getting outside. Replace digital tools with physical ones: books, art supplies, diary, real alarm clocks.

## 6. Replace & Reconnect

Swap scrolling and gaming for real experiences. Join local sports, craft or community groups so kids meet others connect and build their social skills in the real world.

**7. Model** Put your own phone away at certain times of day to remove 'technoference'. Move addictive media to one device only and use it in one location. See [The Dip video](#) to understand how addictive use sets in and cultivate intentional use for yourself.

**8. Support** your child to download any key photos or memories that they have on existing apps that they would like to hold onto.

**9. Use built-in controls:** Turn on parental controls on the device (iOS/Android) and any home router filtering.

**10. Talk, don't lecture:** Explain that the Australian government has recognised that social media undermines the way a person feels about themselves and you're keeping them safe until they're older.

To learn more about young adult self management visit: [timetorefuse.com/action](http://timetorefuse.com/action)

## If Your Child **Already** Has An Account

Platforms will be asked to take reasonable steps to remove or restrict accounts that belong to under-16s. Disabling the account prior to the 10th December 2025 could potentially preserve the account name and posts until your child reaches the minimum age requirement.

Transport & Infrastructure Department – Social Media Minimum Age Facts Sheet.

The regulation provides an opportunity to **open discussions** about:

- i) which friends they **have fun with**,
- ii) who they turn to for **close support**, and
- iii) who sometimes seems to be **unkind to them**.

Find out if there are **any contacts** that they have at the moment that they need to exchange details with.

## FAQS

### **Does the law stop kids viewing content entirely?**

No. Logged-out browsing (watching videos without an account) is still possible on many platforms, so supervision and content controls are still needed.

### **Can parents be fined if their child uses social media under 16?**

No, enforcement targets platforms, not families. The obligation and potential penalties are for the platforms.

### **Which platforms are covered?**

The law covers “age-restricted social media platforms.” The eSafety Commissioner and government lists (and guidance) specify which services are regulated and which may be excluded. Check eSafety’s pages for the up-to-date list.

eSafety Commissioner – Social Media Age Restrictions.

Transport & Infrastructure Department – Social Media Minimum Age.

## Extra Links & Resources For Parents

### **eSafety Commissioner – Parents and Carers Hub**

What you'll find: Official advice from Australia's eSafety Commissioner on keeping children safe online. Includes step-by-step guides for setting parental controls, managing screen time, and talking to kids about online risks. There is a short video about social media delay & how to talk about it with students.

### **Department of Infrastructure, Transport, Regional Development, Communications and the Arts – Social Media Age Laws**

What you'll find: Government fact sheets outlining the policy background, implementation timeline, and how the new rules aim to protect young Australians online.

### **The Social Media Ban: A guide for young people**

What you'll find: Headspace guide to how to negotiate the social media ban.

**To learn more about reasons for this regulation visit [here](#)**

# Guide for Backing up Content

## 1. Request a full data download

This is the most reliable method to preserve everything from your account. Most social media platforms provide a feature that allows you to export all your stored information—this can include images, videos, private messages, comments, profile details, and logs of your activity.

Where to locate this option:

Open the app or website and head to Settings.

Look for sections labeled “Your Activity,” “Privacy and Security,” or “Download Your Information/Data”.

You’ll usually be asked to re-enter your password.

After submitting the request, the platform will send you a download link via email. The file is commonly delivered as a ZIP archive that contains all your account data.

*Important note: Start this process before December 10. Depending on how much data your account holds, it can take several hours to a couple of days for the file to be generated.*

## 2. Save important photos and videos one-by-one

If you have specific media files you value highly, it’s a good idea to save them manually to your device, even if you are also downloading the full archive.

Steps:

For Photos/Videos: Open the image or video you want to save. Select the Options menu (often shown as three dots) or choose the Share button, then select “Save Photo/Video.”

*For Messages: If the platform doesn’t include chat logs in the main data export, you can take screenshots of conversations you want to keep. However, the full archive (Step 1) is usually the more complete method if available.*