

Wellbeing: November Newsletter

Preparing for the Social Media Delay

On the 10th of December, the social media delay (age restrictions) will come into effect.

Please start preparing as soon as possible!

INFORMATION AND PREPARATION

[Social Media Age Restrictions Hub](#)

Please check out the information on the hub and start preparing now.

[How will the social media age restrictions affect me?](#)

This webpage provides information and a video for young people – explaining why this is happening.

[Privacy Guidance on Part 4A \(Social Media Minimum Age\) of the Online Safety Act 2021](#)

Re. providing proof of age and the personal data being automatically collected, it's a good idea for parents/carers to go through the **Privacy Guidance** document before anyone shares information (do not share a government I.D., i.e. learner's permit!)

The **first** platforms to be affected include:

- Facebook
- Instagram
- Kick
- Reddit
- Snapchat
- Threads
- TikTok
- X
- YouTube

Please remember there are platforms that continue to be accessible and still require some monitoring (i.e. Discord and Roblox).

Young people should still have access to WhatsApp and Messenger, so they shouldn't be cut off from their friends and family entirely.

SOME CONCERNS FOR YOUNG PEOPLE

Hopefully, it won't take too long to see positives of the delay.

In the meantime, the delay will have an enormous impact on some young people. Some fears include losing contact with their support network; losing projects and businesses they've built.

Some young people may want or need to download and save their photos and other materials.

It's important to prepare sooner rather than later, because:

- Some young people will lose their coping mechanisms (adaptive and maladaptive).
 - Reactions may be extreme or difficult to predict.
 - For some, it may feel like suddenly being cut off from an 'addiction'.
- Some young people use social media to support healthy behaviours.
 - Prepare to access that elsewhere.
- Some young people have experienced blackmail online, and many have information or photos they're worried people might access. They may struggle with not having control or awareness.

<https://takeitdown.ncmec.org/>

<https://www.esafety.gov.au/young-people>

Of course, reactions won't be the same for everyone, and the severity of the impact will differ.

ONLINE WELLBEING SUPPORT AND INFORMATION FOR YOUNG PEOPLE

Young people may need to access supports if they're becoming overwhelmed or are feeling lonely:

- [REACHOUT](#)
- [ehheadsace](#)
- [Kids Helpline](#)
- [Beyond Blue Youth and Mental Health](#)
- [Lifeline](#)

Resources:

- [7 tips for dealing with change](#)
- [How to cope when things feel out of your control](#)

To young people,

It's not your parents/carers stopping you from using social media, it's the social media platforms.

Social media platforms:

- Must find and deactivate accounts of people under 16yrs
- Face big fines (up to \$50 million) if they don't follow rules.

Note: Parents and young people will not receive penalties – it falls on the platforms.

Being on social media too early can cause:

- Less sleep
- More stress
- More pressure
- Greater chance of viewing or participating in harmful content.

The delay gives young people time:

- To build digital literacy and critical thinking skills
- Strengthen resilience

- Learn to interrupt impulsive behaviour
- Learn how to stay safe online, **before** having full access.

Have a look at the [Get Ready Guide](#).

