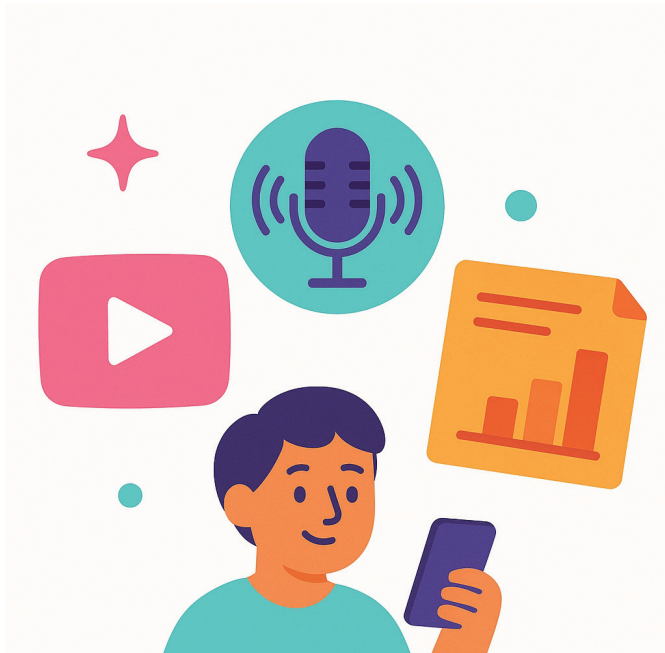


Social Media Ban Fact Sheet



A message from QLife on the Social Media ban for under 16s

Social media has been a lifeline for many young people, offering connection, creativity, entertainment, and mental health support. This is especially true for those in regional and rural areas, where isolation and limited access to services make online spaces vital.

With the upcoming changes, we know this shift will feel huge. QLife is here to stand alongside our LGBTIQ+SB young people, explore alternatives, and make sure they continue to feel connected, supported, and empowered.

Check what's staying and what's going

Use the table below and the eSafety Get-ready Guide for Under-16s to see which apps you'll still have.

| ⊗ Going | ✓ Staying |
|----------------------|----------------------|
| Facebook | Discord |
| Instagram | GitHub |
| Kick | Google Classroom |
| Reddit | LEGO Play |
| Snapchat | Messenger |
| Threads | Pinterest |
| TikTok | Roblox |
| Twitch | Steam and Steam Chat |
| X (formerly Twitter) | WhatsApp |
| YouTube | YouTube Kids |

esafety.gov.au/young-people/social-media-age-restrictions/get-ready-guide

Tips and tricks

Find your fave queer creators in new spaces:

Podcasts, YouTube Kids, and other platforms aren't part of the ban, see if your go to voices and stories are there.

Look after your mental health:

There are awesome apps designed for young people, look at the ReachOut tools and apps library if you're feeling isolated, reach out to QLife or other Support Services.

reachout.com/tools-and-apps

Save your memories:

Download your photos, videos, and posts before the ban kicks in so you don't lose those special moments.

Stay connected with your community:

Explore online and in person options like LGBTQIA+ Youth Groups in Australia. These spaces are safe, affirming, and full of people who get you.

minus18.org.au



We know that many young people, particularly trans and gender diverse folks, or young people without the privilege of supportive family or local community, use social media to access affirming content and to participate as their authentic selves. It's important to be alert to risks of harm that can be present without a supportive, safe, and affirming home, school or community.

What kind of small things might you be able to do to affirm your gender or sexual orientation in a way that's safe for you and keeps you in control?

Get creative beyond social media

Teen Breathe Australia

An online magazine inspiring readers to be mindful in everything that they do – from movement, friendship, healthy eating, crafting, positive thinking, caring for the environment, and everything in between.

teenbreathe.com.au

Yoothz

Providing teens with opportunities to connect with activities and events that support their mental well-being.

yoothz.com.au

Local queer-friendly creative spaces and events (museums, galleries, co-ops).

Speak up and share your voice

Tell the world what this change means for you through Pass the Mic: UNICEF Australia.

unicef.org.au/pass-the-mic

Stay Safe & Smart Online

- Choose safer spaces: Look for platforms with good privacy settings and moderation.
- Think before you click: Unmoderated spaces can carry risks like predatory behaviour. Trust your instincts and block/report if something feels off.
- AI isn't a therapist: AI tools can give ideas, but they're not a replacement for real human support. If you're struggling, reach out to QLife or other Support Services.

