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An unfair BAN for KIDS

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The Australian government has banned children under 16 from using social media, including platforms like TikTok, X, YouTube and Instagram.

The ban began on December 10, 2025. This made Australia the first country in the world to ban the use of social media for children under 16.

The Australian government thinks this move will keep children from becoming addicted to social media, reduce their screen time and protect their mental health.

From a parent's perspective, the ban might seem effective. It could reduce children's use of electronic devices and improve their eyesight.

Moreover, children will focus more on their studies rather than being glued to their phones, and their grades will be higher. They can also focus on more things in the real world.

Additionally, without social media, children might communicate more with their parents and bond with them. This could lead to stronger relationships.

You might think this ban is helpful, but there are negative impacts as well.

Children might feel overwhelmed when they lose access to social media. They will be disconnected and isolated from their peers, and this ban could be a barrier to sharing about their lives and frustrations.

In extreme cases, they may feel lonely since they are unable to connect with their friends and express themselves. This could lead to more emotional problems.

Without social media to help them handle stress, they might cope by throwing tantrums or arguing with their parents.

Most importantly, children wouldn't be able to connect with the wider community of people from all over the world. Without social media, they cannot learn about the outside world. This ban, which was supposed to protect children's mental health, could end up damaging their mental health.

This is not the ideal outcome.

In my opinion, the ban is not necessary because social media can be useful in life. Parents might think we are doomscrolling on social media, but different platforms can actually have benefits.

Video-sharing platforms like YouTube can teach children about different topics, such as cooking. They can educate children about life skills as well as academic knowledge, such as how to solve equations.

Other content-sharing platforms like TikTok and Instagram allow children to share their daily experiences and express themselves.

We just need to look at social media with a different perspective. As it turns out, social media can be both educational and beneficial to our mental health.

Alternatively, I suggest making restrictions that protect children without banning them from using social media. Parental controls and age verification are examples of how to do this properly.

What are your thoughts on this ban? Do you think it should be implemented in more countries around the world?

