
Social Media Delay Top Tips

Everything schools need
to know in the lead up
to the Social Media Delay.



Social media delay top tips.

The upcoming social media age restriction, often referred to as “the Ban” or “the Delay” will undoubtedly bring changes for young people and their families. This guide offers practical tips to help students, parents, and schools navigate this transition smoothly and turn potential challenges into opportunities for growth and connection.

Prepare for digital withdrawals

Just as adults adjust to new habits, young people will experience a period of adjustment as they reduce or stop social media use. Expect potential boredom, frustration, or moodiness. Some individuals may need a longer grace period to adapt than others. Patience and understanding are key during this time.

Co-create a new plan

Instead of simply removing social media, focus on replacing it with engaging alternatives. Encourage participation in extracurricular activities, new hobbies, and skill development. This could include sports, clubs, creative arts, or learning a new language. The goal is to fill the void left by social media with enriching and positive experiences.

Beware of scams

Some scammers are exploiting the social media ban by offering students “verified” or “special” accounts for money, gifts, or personal information. These offers are fake and unsafe — they’re designed to steal money, personal data, or account access. Students should be reminded that legitimate accounts can only be created and verified directly through the platform, never through other people or links.

Understand their “why”

To effectively support young people, it’s crucial to understand their motivations for using social media. Ask them what they love most about specific apps or platforms. Is it a group chat for friends? Creative expression? Gaming and strategy content? By identifying their “whys,” you can help them find healthy, offline alternatives that meet these same needs. For instance, if they enjoy group chats, help them set up an alternative messaging platform. If they love creative expression, explore art supplies or other creative outlets.

Focus on alternative communication

Ensure that young people still have viable ways to connect with friends. Help them get comfortable with phone calls, texting, or supervised messaging apps that are age-appropriate. This ensures they maintain their social connections even without traditional social media platforms.

Social media delay top tips.

Promote face to face connection

Encourage real-world hangouts and social interactions. Be prepared for more houseguests and actively support them in organising activities with their friends. This fosters genuine interpersonal development and strengthens friendships in a tangible way. Consider suggesting "old school" activities like thrift shopping, tech-free karaoke, card games, or simply spending quality time together.

Validate their feelings

It's important not to dismiss feelings of isolation or frustration that may arise. Losing a primary social connection can feel like a significant loss. Acknowledge and validate these emotions, understanding that this transition can be challenging. Comparing it to an adult losing access to email, texting, or calling can help put their feelings into perspective.

Celebrate the wins

Acknowledge and celebrate their progress throughout this transition. When you observe them enjoying a new hobby, thriving in a face-to-face friendship, or successfully managing their screen time, point it out. Positive reinforcement encourages continued effort and helps them recognise the benefits of these changes.

Frame it as an opportunity

Reframe this transition as a positive opportunity rather than a punishment or loss. Emphasise the chance to explore new interests, develop new skills, and strengthen real-world friendships. Highlight the gift of "hours" of reclaimed time that can be dedicated to personal growth and meaningful activities.

Model healthy tech habits

This period presents a perfect opportunity for adults to evaluate their own screen time and model healthy tech habits. Put phones away during dinner, establish tech-free hours for the entire family, and demonstrate what a balanced digital life looks like. Leading by example can significantly influence young people's adoption of healthier habits.

Take a step towards
helping your school
create safer online
experiences.

Get in touch with us
enquiries@ysafe.com.au