AGE RESTRICTIONS
FOR SOCIAL MEDIA SITES AND APPS

Keep children safer online

These are the minimum ages set by the platforms. Children must be at least this age to create an account.

13 YEARS+
- Facebook
- Instagram
- TikTok
- X (previously Twitter)
- Snapchat
- Pinterest

16 YEARS+
- WhatsApp
- YouTube
- Discord
- Reddit
- Twitch
- Threads

17 YEARS+
- BeReal



18 YEARS+
- Tinder
- Kik
- Yubo
- Monkey

WHY ARE THERE AGE RESTRICTIONS?

Social media companies set minimum ages to help keep children safer online. These restrictions are in place because:

- Children may not have the maturity to deal with some of the content.
- There can be risks from strangers, grooming and online exploitation.
- Children may be exposed to harmful or inappropriate content.
- It can affect their mental health and wellbeing, including body image, self-esteem and anxiety.
- It helps protect their privacy and personal information.

TIPS FOR PARENTS AND CARERS

- Talk to your child about the apps they use and why age restrictions exist.
- Use parental controls and privacy settings.
- Check the age rating before downloading new apps.
- Encourage open conversations if they see something that upsets them.

TALK, LISTEN AND SUPPORT

Keep the conversation going. Show an interest in your child's online world and remind them they can talk to a trusted adult if they ever feel worried or uncomfortable.

Be kind
Be safe
Be aware
Online

FURTHER SUPPORT

- **UK Safer Internet Centre**
  www.saferinternet.org.uk
- **NSPCC**
  www.nspcc.org.uk/keeping-children-safe/online-safety
- **Childnet**
  www.childnet.com
- **Internet Matters**
  www.internetmatters.org