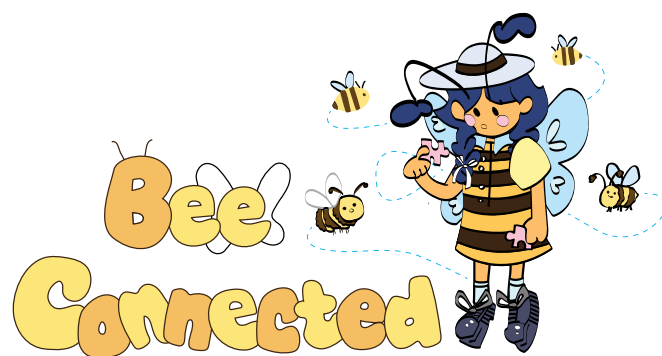


The Shuttle

Time flies faster than a weaver's shuttle.



Our girls 'Beeing Connected' beyond social media

Mrs Megan Krimmer
Headmistress

As you are aware, as from Wednesday 10 December this year, big changes are coming to social media access for our young people aged under 16. As parents, it is so important to be aware of the changes; it is equally important to develop strategies to assist our girls in preparing for the changes and adapting to them once they are implemented.

For some girls, this will not cause too many issues; for others, it may cause significant grief and loss. Your daughters may experience a gamut of emotions as a result of this very sensible and timely delay to social media access in Australia.

In this week's Senior School Assembly, our Deputy Headmistress and Head of Senior School, Mrs Victoria Rennie, addressed the changes to social media access laws. She also provided the girls with some ideas as to how they might deal with these changes, which will occur during the Christmas holiday break.

I warmly commend to you the excellent article that Mrs Rennie has written about the new access laws and how we might prepare and assist your daughters to navigate the changes they will experience.

Social media minimum age laws



Mrs Victoria Rennie
Deputy Headmistress and Head of Senior School

As many of you may be aware, from **10 December 2025**, new legislation will require social media platforms to take **'reasonable steps' to prevent users under the age of 16** from creating or maintaining accounts on platforms such as Instagram,

TikTok, Snapchat, Facebook, YouTube, X and possibly others.

This law, described as a **'delay'** rather than a **ban**, is designed to give young people more time to develop real-world connections and digital resilience before engaging with the complex world of social media. While the platforms are responsible for compliance, many

under-16s may find their accounts paused or removed as companies begin to implement age-verification systems.

During assembly, we explored **strategies to help the girls prepare** for this shift. These included:

- **Reflecting on your digital habits**
- **Exploring alternative ways to connect**
- **Using this as a reset opportunity**
- **Talking with your family**
- **Staying informed.**

We understand that this change may feel disruptive for some, but it also presents a valuable opportunity to rethink how we engage with the digital world. As always, our pastoral and wellbeing teams are here to support students and families through this transition.





I have included below the details of the changes and some ways you might support your daughters through this change.

What changes from 10 December

Social media platforms must take reasonable steps to prevent anyone under the age of 16 years from creating or maintaining an account.

- The law applies to platforms primarily designed for social interactions and content sharing (eg Instagram, TikTok, Snapchat, YouTube, Facebook, X, Reddit, Threads and Kick).
- Messaging and gaming platforms (eg WhatsApp, iMessage, Roblox, Minecraft) are currently excluded unless they begin operating as social networks, although Roblox* in particular, is under investigation and could be added in the future. Recent reports demonstrate that Roblox is a site that is potentially very dangerous for teenage girls.
- Platforms that fail to comply may face penalties of up to \$49.5 million.

The purpose of the social media minimum age

- Designed to introduce a developmental pause before full exposure to social media environments.
- Aims to support child and adolescent wellbeing by reducing exposure to algorithms, harmful content and online pressure.
- Recognises that social media can shape identity, self-esteem and mental health, often before young people are developmentally ready.
- Establishes clear accountability for platforms that profit from the attention and engagement of young users.

How children's age will be verified

- The Government is trialling privacy-protected Age Assurance technologies, including:
 - Facial age estimation (not recognition), which estimates age without storing images
 - Device-level behavioural analysis to detect likely age while maintaining anonymity

- Third-party verification systems that confirm age while maintaining anonymity.
- These systems are independently overseen and focused on privacy, safety and proportionality.
- The aim is not perfection but harm reduction scale, protecting children without compromising data security.

Supporting your child through the transition

- **Start Early:** Begin conversations now, well before the change, to build trust and understanding.
- **Listen with curiosity:** Ask what your child values about their apps and what they find difficult about change.
- **Plan collaboratively:** Develop a gradual transition plan together, eg save photos or print digital memories.
- **Phase use gradually:** sudden withdrawal can increase distress; tapering supports emotional stability.
- **Offer meaningful alternatives:** replace screen time with creative, physical and social activities that build connection and belonging.

Supporting emotions through change

- Recognise that reducing social media use can evoke real feelings of loss, disconnection and uncertainty.
- Acknowledge and validate your child's emotions: sadness, frustration or fear are normal responses to change.
- Focus on connection, not control. Maintain open dialogue and reassure them of your ongoing support.
- Model balanced digital habits by modelling your own healthy relationship with technology.
- Replace online activity with purposeful, offline family experiences that foster belonging, creativity and joy.

The eSafety Commission has created an outstanding hub that contains a plethora of information and really good alternative activities that will help us all navigate this change. There are also links to webinars for parents. I encourage you to explore this excellent resource: [Social media age restrictions hub | eSafety Commissioner](#).

References for Mrs Rennie's Article include: Australian Government (2025); DCITA (2024); OAIC (2024); eSafety Commissioner (2025); Pendergast (2025); Cross et al. (2021); Vaillancourt et al. (2023); CESE (2021).



Chaplain

Wisdom from Above

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

It's often difficult to take on board the advice given to us by those who have gone before us. At times, we feel we know better or that we should oversee our own decisions. A great example of this is found in the Bluey episode 'Tina', where Bluey and Bingo decide they no longer need to follow their parents' instructions. Their rebellion leads to chaos and unhygienic behaviour when they realise that the boundaries and guidance are actually for their good. In Year 7 Christian Studies, we have been exploring the book of Proverbs, which often presents wisdom from a father instructing his son. We also see King Agur acknowledging the wisdom he received from his mother (Proverbs 31). These examples remind us that wise counsel is meant to protect and nurture us, not to punish or restrict without reason.

As we navigate both our physical and digital worlds, wisdom is needed more than ever. With the approaching social media delay, we're invited to reflect on its purpose. Just as Proverbs encourages us to heed

instruction for our good, these changes create space to contemplate how we develop deep connections and our sense of self. In all things, we look to Jesus, who in Colossians 2:3 says we find all the treasures of wisdom and knowledge and who guides us in truth and love.

Proverbs 4

Listen, my sons, to a father's instruction; pay attention and gain understanding.

² *I give you sound learning, so do not forsake my teaching.*

³ *For I too was a son to my father, still tender, and cherished by my mother.*

⁴ *Then he taught me, and he said to me, 'Take hold of my words with all your heart; keep my commands, and you will live.*

⁵ *Get wisdom, get understanding; do not forget my words or turn away from them.*

Upcoming events

WHOLE SCHOOL

To Approach the Unknowable exhibition	Saturday 1 November to Saturday 6 December	Grace Cossington Smith Gallery
SchoolTV program – student wellbeing resources	Available to all parents on the Parent Portal	Click here to watch
AbbSchool Dance Showcase	Friday 7 and Saturday 8 November 7-9 pm	Wenkart Theatre, Knox Grammar School

JUNIOR SCHOOL

Year 1 Royal Botanic Gardens excursion	Monday 10 November	Royal Botanic Gardens
Year 5 Surf Education	Wednesday 12 November	Manly Beach
Year 6 Surf Education	Thursday 13 November	Manly Beach
Transition Cinderella Kindness Day	Thursday 13 November	Transition classrooms
Year 4 Kindness Day and French breakfast	Thursday 13 November	Library Plaza and annex rooms
Infants Swimming Carnival	Friday 14 November	Senior School Aquatic Centre
Year 6 Farewell Chapel Service	Tuesday 18 November 8.30-9.30 am	Senior School Chapel
Transition Christmas Celebration	Wednesday 19 November 2-2.45 pm	Transition classrooms
Year 1 Celebration of Learning	Thursday 20 November 2-2.45 pm	
Connect-a-thon Fundraiser	Friday 21 November Times vary by year group	
Year 6 Mother Daughter Gingerbread House making	Friday 21 November 3.45-5.15 pm	Everett Hall

SENIOR SCHOOL

Saturday sport	Saturday 25 October and Saturday 1 November	Click here for times and venues
Middle School Ethics Olympiad	Monday 10 November	Library Seminar rooms
Years 7-11 swimming heats	Monday 10 November	Aquatic Centre
Boarder Leadership 2026 induction service	Monday 10 November 5.30-7 pm	Chapel and Dining Room
Years 9-11 Elective Drama Showcase	Tuesday 11 November 6-8 pm	Drama Studio
Year 10 First Aid Course	Wednesday 12 November	
Year 9 Unserious Careers	Wednesday 12 November 12.15-1.15 pm	PDCH
Year 8 Luna Park excursion	Thursday 13 November	Luna Park
Year 9 Mandatory Geography field trip	Thursday 13 November	Barangaroo
Year 7 Geography field trip	Friday 14 November	Bondi
Year 7 History excursion	Friday 14 November	Chau Chak Wing Museum
Senior School Sports Awards	Friday 14 November 5-7.30 pm	PDCH
Year 10 Red Earth immersion	Friday 14 to Friday 21 November	



Year 10 Immersion Week	Monday 17 to Friday 21 November	Various locations
Year 11 Assessment Week	Monday 17 to Friday 21 November	
Year 8 Wellbeing Day	Wednesday 19 November	
Year 7 Wellbeing Day	Thursday 20 November	
Abbotsleigh/Knox Grammar Middle School collaboration final event	Friday 21 November 3-5.30 pm	Knox