The High Court is listening. Are we?

The under-16 social media ban challenge, explained for families

On 3 and 4 November 2026, the High Court heard the first major challenge to Australia's under-16 social media ban.

Ban still in place. Decision reserved.

What the case is about

Who brought it
The Digital Freedom Project, an advocacy group, and the online forum Reddit.

Their argument
The ban unfairly limits young people's ability to take part in public debate.

Reddit also says
It should not have been classed as an age-restricted platform.

The government says
The ban protects developing brains, and any burden on speech is modest.

What happens next

10 December 2025
Ban takes effect on 10 platforms

Now
Court considering its decision

The decision
No date set yet

Legislation can limit access. It can't build belonging.

Three conversations for the dinner table

- If you could tell our leaders one thing about growing up today, what would it be?
- Where do you feel most listened to?
- What do you wish we talked about more?

Written by **Amit Khaira**, CEO of **NXT Move Plus 8 Ltd**, an ACNC registered Health Promotion charity.
General information only, as at 11 November 2026. Takes no position on the case.