



Sunday 18<sup>th</sup> January 2026

Dear Prime Minister,

**We are writing to request urgent action to raise the minimum age for access to social media platforms to 16 years old.**

Across our constituencies, we hear the same message: children are anxious, unhappy, and unable to focus on learning. They are not building the social skills needed to thrive, nor having the experiences that will prepare them for adulthood.

At home, the average 12-year-old now spends 29 hours a week on a smartphone, much of it on social media platforms rife with harmful content, designed to be addictive.

The consequences of this are clear. More than 500 children a day are being referred for anxiety alone in England. For teenage boys, going from zero to five hours of daily social media use is associated with a doubling of depression rates. For girls, rates triple.

Around the world, Governments are recognising the severity of this crisis and taking action. Australia has banned tech companies from providing social media accounts to under 16s. Denmark, France, Norway, New Zealand and Greece are expected to follow suit. Britain risks being left behind.

We believe the onus must be placed on technology platforms, not parents, to prevent underage access. We would support a model similar to Australia's that requires companies to take meaningful steps to enforce age limits.

Public support for this approach is strong. Many of our constituents have recently got in touch sharing their concerns about the impact of social media on children and asking us to support a social media minimum age of 16. Most strikingly, young people themselves recognise the harm: 78% of Gen Z say they would try to delay their child using social media as long as possible.

We are all strong supporters of technology, and of this Labour Government's ambition to use tech to improve lives. But successive Governments have done far too little to protect young people from the consequences of unregulated, addictive social media platforms.

**We urge the Government to show leadership on this issue by introducing a minimum age for social media access of 16 years old.**

Yours sincerely,

House of Commons, London, SW1A 0AA

**Fred Thomas MP**

Helen Hayes MP  
Catherine McKinnell MP  
Tonia Antoniazzi MP  
Yuan Yang MP  
Bayo Alaba MP  
Alex Ballinger MP  
Dan Carden MP  
Graham Stringer MP  
Sharon Hodgson MP  
Dr Scott Arthur MP  
Calvin Bailey MBE MP  
David Baines MP  
Lorraine Beavers MP  
Matt Bishop MP  
Jonathan Brash MP  
Dr Julia Buckley MP  
Richard Burgon MP  
Irene Campbell MP  
Bambos Charalambous MP  
Ben Coleman MP  
Jonathan Davies MP  
Cat Eccles MP  
Josh Fenton-Glynn MP  
Patricia Ferguson MP  
Paul Foster MP  
Daniel Francis MP  
Sadik Al-Hassan MP  
Chris Hinchliff MP  
Sean Woodcock MP  
Mohammad Yasin MP

**Florence Eshalomi MP**

Derek Twigg MP  
Michael Wheeler MP  
Vicky Foxcroft MP  
Cat Smith MP  
Natasha Irons MP  
Jonathan Hinder MP  
Ian Byrne MP  
Henry Tufnell MP  
Paula Barker MP  
Patrick Hurley MP  
Ruth Jones MP  
Sojan Joseph MP  
Noah Law MP  
Dr Simon Opher MBE MP  
Dr Darren Paffey MP  
Jo Platt MP  
Andrew Ranger MP  
Joani Reid MP  
Bell Ribeiro-Addy MP  
Tim Roca MP  
Dr Sam Rushworth MP  
Sarah Russell MP  
David Smith MP  
Euan Stainbank MP  
Will Stone MP  
Kirsteen Sullivan MP  
John Whitby MP  
Steve Witherden MP  
Connor Naismith MP