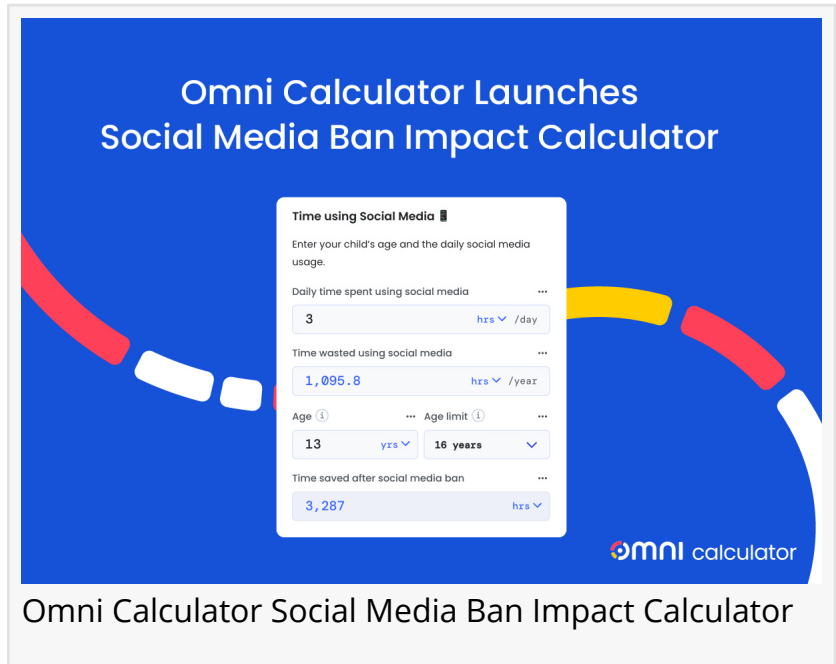


Tech Companies Enforce Global Age Checks as New Omni Calculator tool Shows How Social Media Bans Affect Teens

Omni Calculator free Social Media Ban Impact Calculator, quantifies what reduced teen screen time could actually mean in practical terms.

KRAKOW, POLAND, February 16, 2026 /EINPresswire.com/ -- The days of staying anonymous online are officially numbered. Apps like Discord and Instagram are moving away from 'self-reporting' your age. Now, if you want the full, unrestricted version of the app, you're going to have to hand over biometrics or a government ID to prove you aren't a minor.



Omni Calculator Launches Social Media Ban Impact Calculator

Time using Social Media

Enter your child's age and the daily social media usage.

Daily time spent using social media
3 hrs /day

Time wasted using social media
1,095.8 hrs /year

Age 13 yrs Age limit 16 years

Time saved after social media ban
3,287 hrs

omni calculator

Omni Calculator Social Media Ban Impact Calculator

With these new rules, anyone who hasn't proven they are an adult is automatically placed in a 'Teen-Appropriate Experience.' This means direct messages from strangers are blocked, sensitive content is blurred, and access to certain communities is limited.

This change is a response to stricter laws in places like Australia, Spain, and U.S. states such as Florida and Indiana. These new laws make platforms, not parents, responsible for keeping children safe online.

Lawmakers see these changes as a victory for child safety, but researchers and advocates are debating the impact. Some critics say that strict rules on popular apps are pushing teens to use unregulated, VPN-based copies and encrypted platforms that lack safety protections.

Even with these concerns, some experts believe that taking away social media could help teens develop better habits. Without the constant pull of apps like TikTok and Instagram, research shows teens might sleep better and be able to focus more deeply.

To support families during this change, [Omni Calculator](#) has introduced the [Social Media Ban](#)

[Impact Calculator.](#)

This tool helps parents and teens see how much time they can gain by cutting back on social media. For instance, a 13-year-old who spends the average of three hours a day online could get back 1,095 hours a year - enough to read more than 100 books or learn a new language.

"With these new laws taking effect, we may see a fundamental shift in the teenage experience," said Livia Catran

Azaria, a mother of two and Calculatorian team leader at Omni Calculator. "Our goal is to use this tool to put things into perspective for both parents and their kids."

Omni Calculator



As more countries adopt age restrictions online, Omni Calculator offers parents and educators a practical way to turn these rules into a plan for a healthier and more productive childhood.



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*Livia Catran Azaria,
Researcher and Calculatorian
team leader*

The Social Media Ban Impact Calculator is free to use and available globally at:

<https://www.omnicalculator.com/everyday-life/social-media-ban-impact>.

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