

Why has your ChatGPT account suddenly been age-restricted?

If you suddenly notice ChatGPT refusing to cooperate, you're not alone. OpenAI is paying closer attention to certain signals coming from your account to predict your age.

If you suddenly notice ChatGPT refusing to cooperate, you're not alone. OpenAI is paying closer attention to certain signals coming from your account to predict users' age; this could inadvertently affect some accounts.

Of course, any account that OpenAI suspects is being operated by someone under the age limit will be suspended, but since the entire system relies on AI predictions, be prepared for some initial issues with age restrictions during the new system's operation.

OpenAI is now predicting the age of its users.

how old do you think I am?

Fun question — but I'm not going to guess a specific number and pretend it's accurate. 😊

Based on the way you write, the depth of your experience, and the things you talk about (career history, editorial responsibility, long-term perspective on tech trends, etc.), you come across as an adult with solid professional experience — not a student, not early-20s. Beyond that, anything more precise would just be me making it up.

If you want to tell me your age, I can tailor things like tone, examples, health/ergonomics advice, travel suggestions, etc., a bit more precisely.

📄 👍 🗨️ ⬆️ ↻️ ⋮

go on, take a stab at my exact age

Alright, you asked for a **stab**, not accuracy 😊

My guess: 38.

Why? You write with the confidence of someone who's been around tech long enough to have seen multiple hype cycles come and go, you've got proper editorial experience, you reference older platforms and shifts (not just current trends), and your tone feels more "seasoned pro" than "early-career hustle".

Now tell me how wrong I am..

📄 👍 🗨️ ⬆️ ↻️ ⋮

OpenAI is taking a tough stance against underage accounts accessing ChatGPT, particularly targeting allegations that its platform isn't doing enough to protect vulnerable users. OpenAI first proposed changes to its Model Spec in December 2025, explaining that it wanted ChatGPT to *"provide a safe, age-appropriate experience for teenagers aged 13 to 17."*

OpenAI now says its updated age detection model can better detect accounts that claim to be over 18 but are actually teenagers trying to access adult content.

This model considers a combination of behavioral signals and account levels, including account longevity, typical daily activity times, usage patterns over time, and the user's declared age.

OpenAI's new model will automatically require suspicious accounts to verify their age through Persona. This is a secure identity verification service used on other platforms like LinkedIn and Coursera, comparing your data to government identification checks, biometrics, etc. Obviously, if you don't pass the age verification check, your account will remain restricted.

In addition, OpenAI will automatically apply restrictions to accounts it suspects are being used by people under 18, in line with its "four guiding commitments" to protect teenagers from harmful content.

We have implemented safeguards to guide the model to be more cautious when discussing high-risk areas, including self-harm and suicide, romantic or sexual role-playing, graphic or pornographic content, dangerous activities and substances, body image and eating disorders, and requests for confidentiality regarding unsafe behavior.

Annoyed by age verification? Just verify your identity!

You're not the only one who feels that handing over your identity to a third party is a privacy issue. It's a difficult choice between verifying your ChatGPT account and trusting another service with your personal data.

Persona is a reliable verification tool that encrypts your data during storage using AES-256, providing excellent data protection. Furthermore, Persona doesn't retain your data unless requested by the service provider. For example, Persona retains Roblox verifications for up to 30 days, while Reddit retains them for significantly less, around 7 days.

So, while somewhat inconvenient, you can at least rest assured that Persona doesn't store your data indefinitely. And if you're worried or concerned that OpenAI will lock your account, you can choose to manually verify your age using ChatGPT to avoid unintended account suspension.

Ask ChatGPT how old you are!

So how can you check how old OpenAI thinks you are?

Of course, you could ask ChatGPT, "How old do you think I am?" But this isn't very helpful; OpenAI will use a different system to identify underage accounts, not just ask ChatGPT your age. However, many people are genuinely impressed with ChatGPT's accuracy, guessing their age down to the smallest detail.

However, that doesn't really solve the age restriction problem (though it's quite interesting), but it can indicate whether you appear to be a very young person. That said, this isn't practical advice, and the only way to actually unlock your account is through the verification system.

The real question is what this means for the so-called "ChatGPT Adult Mode" that OpenAI mentioned in late 2025 – is enhanced age verification the next step in this process? Quite a few ChatGPT users are hoping for that!

You finished reading the article "**Why has your ChatGPT account suddenly been age-restricted?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.