

BodyKind

YOUTH SURVEY

Your Body Image, Your Voice.



ABORIGINAL AND/OR TORRES STRAIT ISLANDER SNAPSHOT 2022

Butterfly Foundation's first BodyKind Youth Survey was conducted in 2022 to better understand the body image experience of young Australians aged 12 to 18 years. In total, 1635 young people responded.

What do Aboriginal and/or Torres Strait Islander youth have to say?

Who are they?

61 (3.7%) of survey respondents identified as Aboriginal and/or Torres Strait Islander, with 63.9% identifying as Aboriginal, 9.8% as Torres Strait Islander and 26.3% as both.*

The majority (86.9%) were aged 15-18 years.

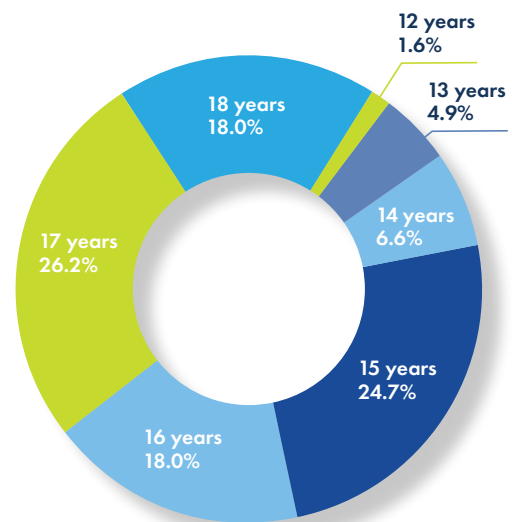
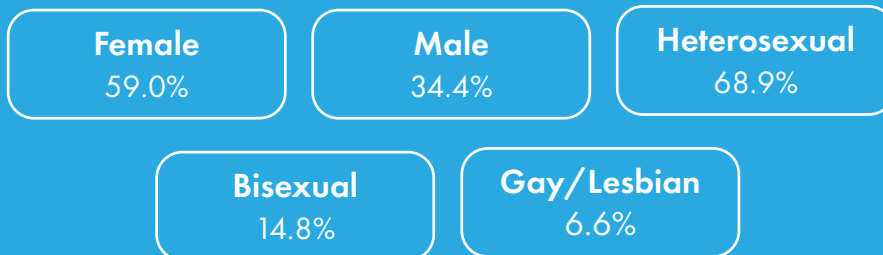


Figure 1. Age distribution of Aboriginal and/or Torres Strait Islander respondents

Respondents most frequently identified as:



*NOTE: Sample size of Aboriginal and/or Torres Strait Islander youth was small, so results may not be generalisable to all Aboriginal and/or Torres Strait Islander youth living in Australia.



Their body image

32.8%

reported some level of body dissatisfaction.

18.0%

reported a high level of body dissatisfaction.

89.8%

reported some level of concern about their body image.

13.6%

reported a high level of concern about their body image.

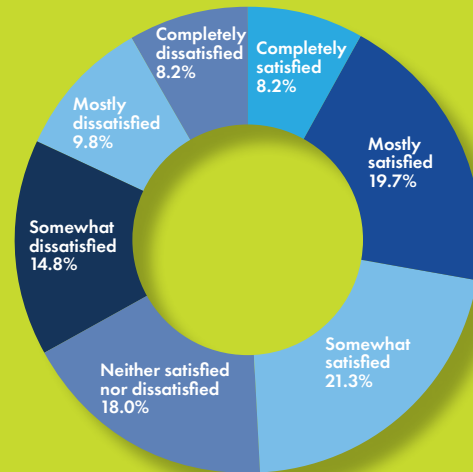


Figure 2. Body satisfaction of Aboriginal and/or Torres Strait Islander respondents

45.9%

desired to be thinner, while 23.0% desired to be heavier.

50.8%

desired to be more muscular and 59.0% desired to be taller.

How much do Aboriginal and/or Torres Strait Islander youth appreciate their body?

21.3%

Never/rarely respect their body.

26.2%

Never/rarely are comfortable in their body.

29.5%

Never/rarely feel good about their body.

23.0%

Never/rarely feel their body has at least some good qualities.

Are they Body *Kind*?

40.9%

never or rarely speak positively about their body.

31.2%

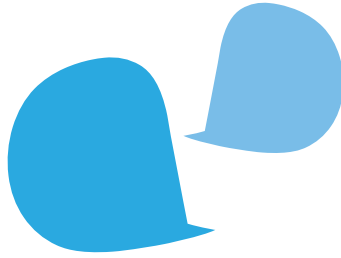
never or rarely feel grateful for what their body allows them to do.

31.2%

never or rarely spend less time focusing on their appearance to have more time for other things they enjoy.

49.2%

never or rarely talk to someone if they're not feeling good about their body or appearance.



41.0%

often or always try to value people for their personality and who they are rather than how they look.

Aboriginal and/or Torres Strait Islander youth most frequently compare their bodies (often/always) to :

45.9%

Other teens

34.4%

Their friends

32.8%

Their young self

31.2%

Celebrities

When asked what is most important to them from a list of being healthy, sporty, good looking, smart and kind,

14.8%

ranked being good looking as the most important.

45.9%

ranked being healthy as the most important.

Has body image ever stopped Aboriginal and/or Torres Strait Islander youth from doing certain activities?



55.7%

reported a high level of disengagement from going to the beach or pool.



45.9%

reported a high level of disengagement from going to a social event, party or gathering.



44.3%

reported a high level of disengagement from going clothes shopping.



37.7%

reported a high level of disengagement from doing a physical activity/sport.



55.7%

reported a high level of disengagement from giving an opinion or standing up for themselves.



34.4%

reported a high level of disengagement from going to school,

44.3% reported body image affected their willingness to raise their hand in the classroom quite a bit or all the time,

29.5% reported their body image impacting their ability to focus on schoolwork, quite a bit or all the time.

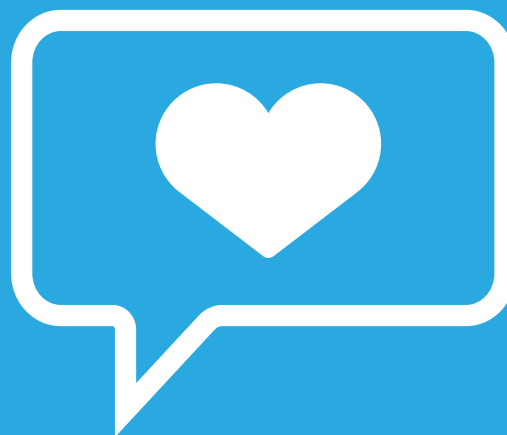


Social media

Of the 59 who reported using social media,

47.5% described using social media more than they would like.

20.3% reported that social media made them feel dissatisfied with their body.



In relation to social media literacy strategies:

23.7%

never took a break because it was affecting how they felt about their body.

13.6%

never posted unfiltered images.

18.6%

never unfollowed pages that made them feel bad about their body.

52.5%

often or always comment kindly and honestly on a friend's post.

What is their experience of appearance-related teasing?

65.6%

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



School 57.5%



Social Media 32.5%