Almost 1000 people responded to our Body Kind Online survey & these are the results:

- 34% reported they compare themselves to influencers.
- 42% reported using filters to improve the way they look on social media.
- 62% agreed they felt pressure to look a certain way on social media.
- 40% of respondents reported comparing their posts/photos to the posts of others/friends.
- 86% reported they had to unfollow or mute a person’s account as it was having a negative impact on their mental health.

Butterfly.org.au/bodykindonline