

# Body Kind Youth Survey: Your Body Image, Your Voice

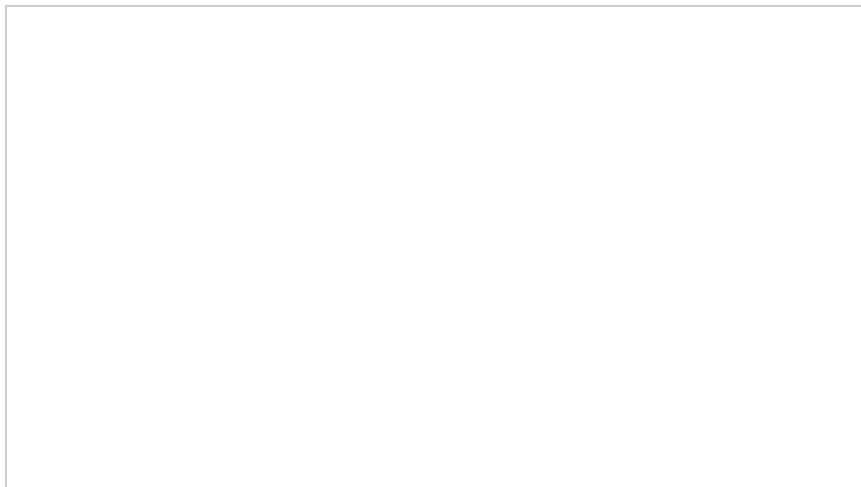
## *Before starting*

\* 1. How are old are you?

- 12
- 13
- 14
- 15
- 16
- 17
- 18

*Please watch the video below with your parent or guardian before continuing*

**It contains important information about the survey.**



You can also download a PDF version of the script [\*\*HERE\*\*](#)

### ***Getting parental consent***

**As you are aged between 12-14, you will need your parent or guardian to answer this question.**

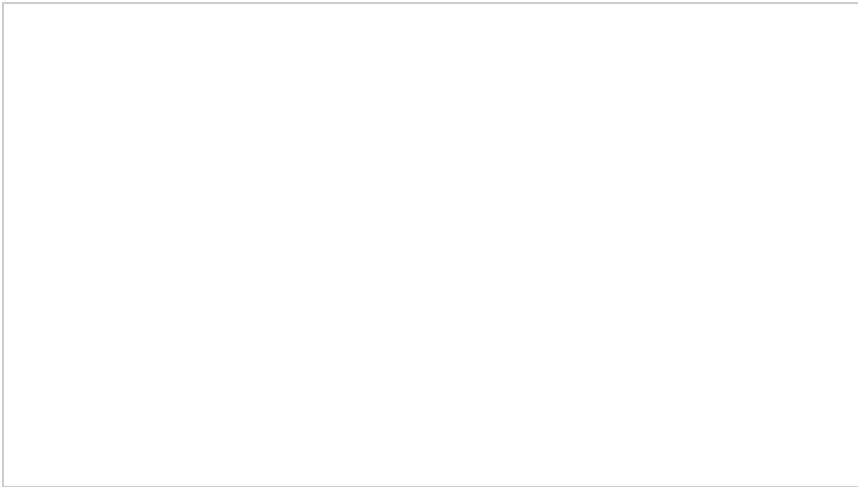
\* 2. As the parent/guardian of a young person aged 12-14 years, I have listened to/read the information about this survey and understand all the key information. By ticking this box I provide consent for my young person, aged 12-14 years old, to participate in this survey and provide my email address below to confirm my consent. (An email will be sent to confirm participation and provide an information sheet).

No, I do not consent.

Yes, I consent. This is my email address:

***Please watch the video below before continuing***

**It contains important information about the survey.**



**You can also download a PDF version of the script [HERE](#)**

## *Providing your consent*

\* 3. I have listened to the video and understand all the key information it includes. I agree to starting the survey.

Yes, I consent

No, I do not consent

*Let's start with some questions about you*

\* 4. Where do you live?

- ACT
- NSW
- NT
- QLD
- SA
- TAS
- VIC
- WA
- Outside Australia

\* 5. What is your postcode?

## *Thank you*

**You have reached this page because:**

- **You do not fit the participant profile that we are looking for, OR**
- **Either you or your parent/guardian have chosen for you not to complete this survey**

### **Before you go!**

If you, or someone you know, is struggling to feel good in your body, or if your thoughts about your body, eating or exercise feel overwhelming, please speak to someone; a trusted adult, teacher or friend. Not sure where to start or what to say? Our trained counsellors on Butterfly's free and confidential National Helpline can support you by webchat, phone or email. For more information visit [www.butterflynationalhelpline.org.au](http://www.butterflynationalhelpline.org.au). You can also talk to Kids Helpline on 1800 55 1800.

### **Looking for some tips on being Body Kind?**

Please remember, it is not always easy to like, love, accept or feel comfortable in your body, but there are things you can do to be more Body Kind; to your own body and to others. You can find tips on being Body Kind [HERE](#). Why not start today, by focusing on one thing you can do to be kinder to your body and completing the [Body Kind Pledge Card](#).

*These are some questions about how you feel about your body*

Please answer as honestly as you can.

6. How satisfied (e.g. happy, confident, comfortable) are you with how your body looks?

- Completely satisfied
- Mostly satisfied
- Somewhat satisfied
- Neither satisfied or dissatisfied
- Somewhat dissatisfied
- Mostly dissatisfied
- Completely dissatisfied

7. How concerned are you about your body image? (Body image is how you think and feel about your body).

- Not at all concerned
- Slightly concerned
- Somewhat concerned
- Very concerned
- Extremely concerned

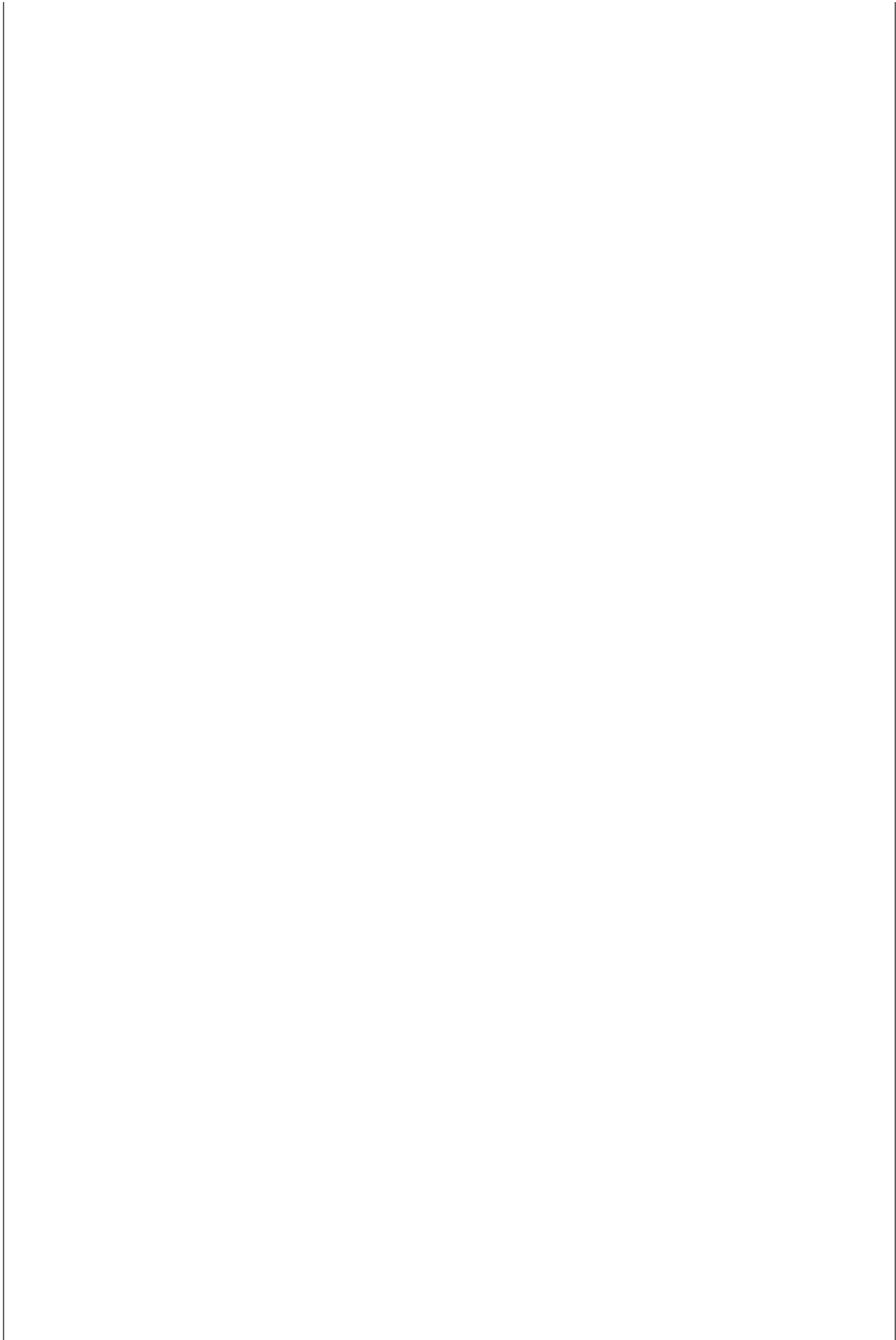
8. In general, how satisfied do you think other young people are with how their bodies look?

- Completely satisfied
- Mostly satisfied
- Somewhat satisfied
- Neither satisfied or dissatisfied
- Somewhat dissatisfied
- Mostly dissatisfied
- Completely dissatisfied

9. In general, how concerned do you think other young people are about their body image? (Body image is how you think and feel about your body).

- Not at all concerned
- Slightly concerned
- Somewhat concerned
- Very concerned
- Extremely concerned





*Please click on the dot and then move it along the line in response to this statement*

**You will need to click on the dots below for your answer to be recorded.**

10. Thinking about my body right now I wish I was....

Thinner / Leaner                      Just as I am                      Larger / Heavier

\_\_\_\_\_

11. Thinking about my body right now I wish I was...

Less muscly                      Just as I am                      More muscly

\_\_\_\_\_

12. Thinking about my body right now I wish I was

Shorter                      Just as I am                      Taller

\_\_\_\_\_



**Please continue to answer the following questions**

14. Please put these in order of what is most important to you as a person. (1 being 'most important', 5 being 'least important').

- Being healthy
- Being sporty
- Being good looking
- Being smart
- Being kind

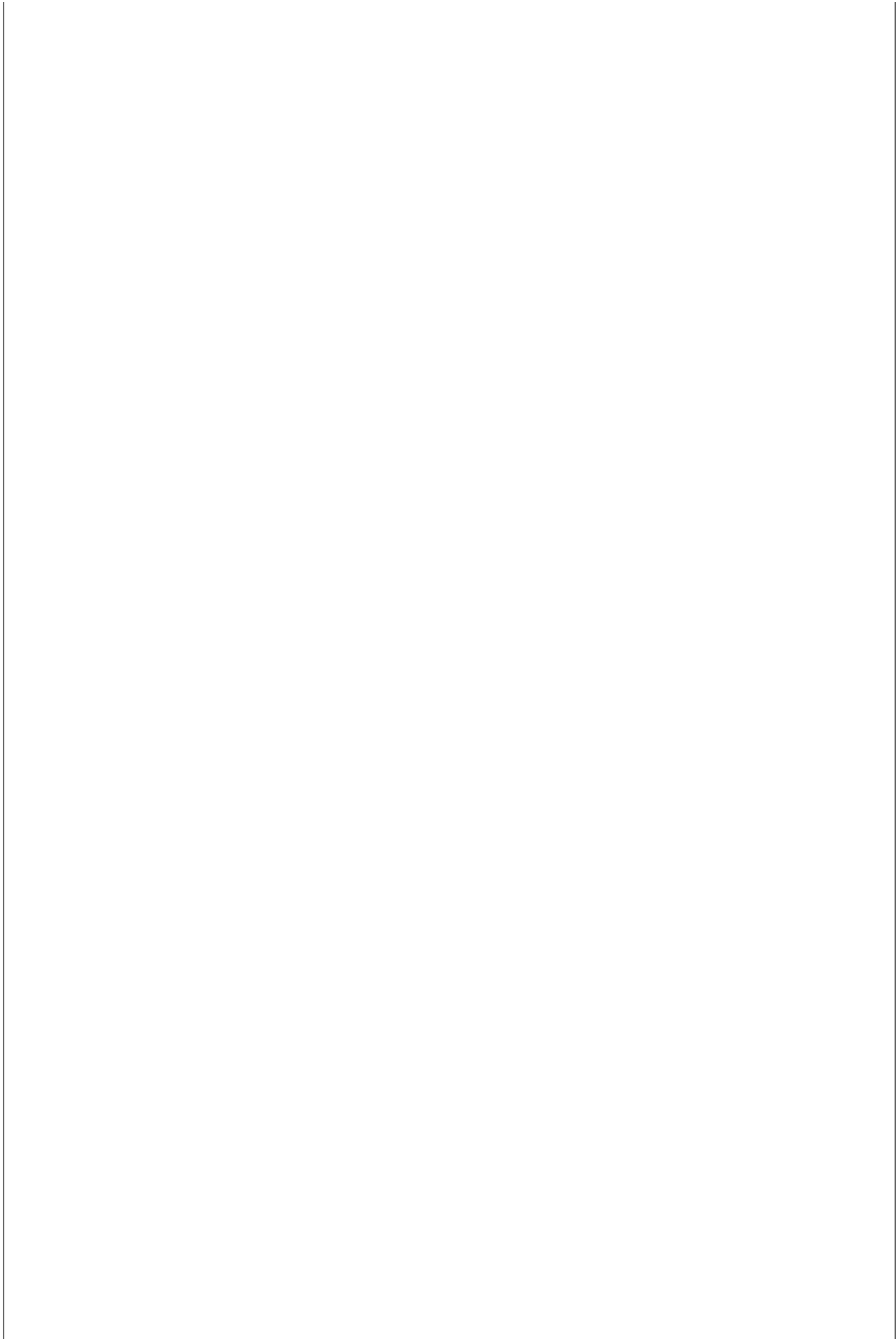
15. List a famous person, sports person or influencer who inspires you e.g. someone you look up to? If you don't know anyone you can leave blank.

16. In general, how often, do you compare your body or appearance to any of these people?

	Never	Rarely	Sometimes	Often	Always
Parents/carers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Siblings/cousins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other teenagers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Influencers on social media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Models in advertisements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Professional athletes and sports people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Myself at a younger age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Do you think the people who make commercials and ads need to do more to help young people have a more positive body image?

- Yes
- No
- Unsure



***Getting your feedback on commercials and ads***

18. What things can the people who make commercials and ads do to help young people have a more positive body image?

*Getting to know about your social media use*

19. Do you currently use social media e.g., Instagram, YouTube, Snapchat, TikTok?

Yes

No

## Getting to know about your social media use

20. Which of the following social media do you use most of the time? (Please tick your top 4).

- Instagram
- Snapchat
- TikTok
- YouTube
- Twitter
- Tumblr
- Pinterest
- Discord
- Facebook
- Messaging services such as WhatsApp, Messenger or WeChat
- Reddit
- Other (please specify)

21. How would you describe the amount of time you spend on social media?

- More than I would like
- About right
- Less than I would like

22. Please click on the button and then move it along the line in response to this question.  
How satisfied does social media make you feel about how your body looks?

You will need to click on the dot for your answer to be recorded.

Completely dissatisfied

No impact

Completely satisfied



23. How often do you see your body/shape/size on social media?

- Never
- Rarely
- Sometimes
- Often
- Always
- Not sure



24. Do you think social media platforms need to do more to help young people have a more positive body image?

- Yes
- No
- Unsure



*Here are some questions about negative comments and teasing about appearance.*

**Please answer as honestly as you can.**

27. Have you ever received negative comments or been teased about your appearance?

- Yes
- No
- Unsure

*Here are some questions about negative comments and teasing about appearance.*

**Please answer as honestly as you can.**

28. When did this happen?

- In the last month
- In the last 6 months
- In the last 12 months
- Longer than a year ago
- Not sure

29. Where were you, when you were teased or received negative comments about your appearance?

(Select all that apply)

- At school
- On the way to or from school
- On social media
- During an online game
- Via text/group chat
- At home
- Friends' houses
- At family events
- Sporting event/s by a player/spectator
- Sporting event/s by a coach
- Prefer not to say

Other (please specify)

*Here are some more questions about negative comments and teasing about appearance*

**Please answer as honestly as you can.**

30. Have you ever teased or made negative comments to someone else about their appearance?

- Yes
- No
- Unsure

***Hear are some additional questions about negative comments and teasing about appearance***

**Please answer as honestly as you can.**

31. When you teased or made negative comments to someone about their appearance, where did this happen? (Please select all that apply)

- At school
- On the way to or from school
- On social media
- During an online game
- Via text/group chat
- At home
- Friends' houses
- At family events
- Sporting events
- Prefer not to say
- Other (please specify)

***Here are some questions about how feelings about your body may affect the things you do***

**Please answer as honestly as you can.**

32. Have feelings about the way you looked ever stopped you from doing any of the following things?

	Hasn't stopped me	Stopped me a little bit	Stopped me quite a bit	Stopped me all the time	Not sure
Going to the beach or pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going to a social event, party or gathering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going shopping for clothes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing a physical activity/sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Giving an opinion or standing up for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going to the doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going to school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raising my hand in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focussing on school work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spending time with friends and family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Now for a question about some of the things you might do to feel good in your body**

**Please try to answer as honestly as you can.**

33. How often do you do the following?

	Never	Rarely	Sometimes	Often	Always
Speak positively about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Encourage my friends to talk less about appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talk to someone if I am not feeling good about my body / appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be grateful that my body allows me to do activities that I enjoy or find important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spend less time focusing on my appearance so I have more time for other things I enjoy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Remind myself that the bodies I see on social media do not reflect the different bodies in real life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to value people for their personality and who they are rather than how they look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid saying unkind things about other people's body or appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Surround myself with people who like me for who I am, rather than how I look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Move my body in ways which make me feel good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**Now for your thoughts on strategies to help young people with body image**

34. Thinking about schools, to what extent do you agree with the following?

	Strongly disagree	Disagree	Unsure	Agree	Strongly Agree
Primary schools should do more to help children develop a positive body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High/secondary schools should do more to help young people develop a positive body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anyone working with young people should be trained in how to support positive body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There should be more resources at school for anyone who is struggling with their body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schools need to do more to stop bullying / teasing about appearance/body size	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

35. What do you think are the best ways for young people to get information about body image?

Please select all that apply.

- Apps
- Social media e.g. TikTok / Instagram
- Podcasts
- Online education programs
- YouTube
- Other young people
- Parents/guardians
- Siblings
- Teachers
- Programs or talks in school
- School Counsellor / Student Wellbeing Team
- Other people who have overcome serious body image concerns
- Youth groups / services
- Telephone/ Email/ Webchat/ Messaging services
- Other (please specify)

36. Have you ever been given strategies for positive body image? Please select all that apply

	Yes	No	Don't know
In primary school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In high/secondary school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
By your parents/ carers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

37. If you could choose, how would you like **skills to improve your body image** to be delivered in your school? Please tick all that apply.

I would like...

- It to be included in normal school lessons as part of the curriculum (e.g., PDHPE)
- It to be delivered by young people who are trained to deliver the skills
- Empowerment groups offered during lunchtimes (e.g., like social justice groups etc.)
- It to be delivered by a speaker from outside of the school
- It to be delivered by a person who had overcome their own body image concerns
- It to be an online program which you could do at your own pace and seek support when needed
- Other (please specify)

38. If you had a magic wand and could change the world, what would you do to help young people feel good in their bodies?

**And finally some more questions about you:**

39. How do you currently describe your gender?

- Man or male
- Woman or female
- Non-binary
- Prefer not to answer
- I/They use a different term - please specify

40. How do you currently describe your sexuality?

- I don't know
- Straight (heterosexual)
- Gay or lesbian
- Bisexual
- Prefer not to answer
- I use a different term - please specify

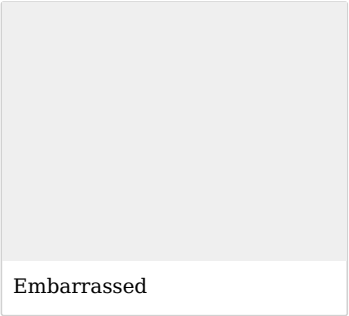
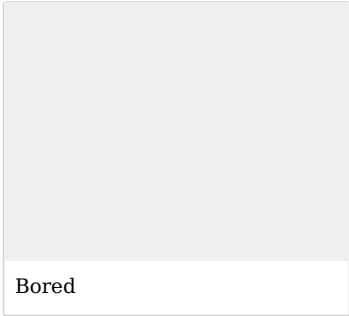
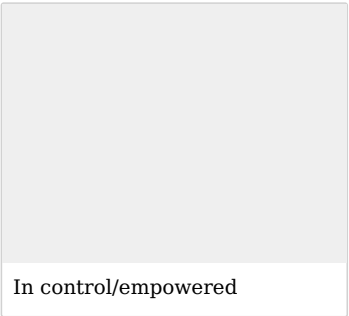
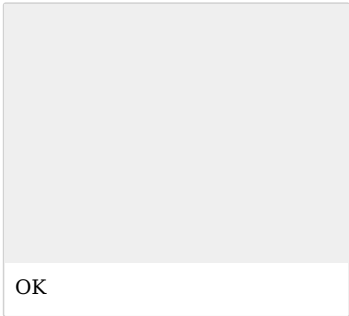
41. Which cultural background do you most strongly identify with?

- Australian
- Aboriginal
- Torres Strait Islander
- Both Aboriginal and Torres Strait Islander
- New Zealander
- Asian
- Indian
- Middle Eastern
- European
- North American
- South American
- Prefer not to say
- Other (please specify)

42. Have you ever been diagnosed by a professional as having any of the following?

- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder (ADHD or ADD)
- Intellectual Disability
- Physical Disability
- Communication Disorder (e.g speech or language disorder)
- Motor Disorder (i.e., coordination disorder or tic disorder)
- Depressive Disorder
- Anxiety Disorder
- Eating Disorder
- Prefer not to say
- No, I have not been diagnosed with any of these disorders

43. How did completing this survey make you feel? Click on the image.



## Thank you!

**Thank you for completing this survey and helping Butterfly to create a more Body Kind Australia, where all bodies are treated with kindness and respect. We really appreciate you sharing your thoughts and ideas. After reading the information below don't forget to press DONE to exit the survey!**

44. If you would like to be included in the draw to win 1 of 20, \$50 gift cards, please enter your email address in the box below. Please note, your email address will be stored separately to your answers on the survey and will never be linked to your answers.

**Email Address**

**It's OK to say if you are not feeling OK**

### **Reach out for help!**

If you, or someone you know, is struggling to feel good in your body, or if your thoughts about your body, eating or exercise feel overwhelming, please speak to someone; a trusted adult, teacher or friend. Not sure where to start or what to say? Our trained counsellors on Butterfly's free and confidential National Helpline **(1800 33 4673)** can support you by webchat, phone or email.

For more information visit: <https://butterfly.org.au/get-support/helpline/>.

You can also talk to Kids Helpline on 1800 55 1800.

### **Looking for some tips on being Body Kind?**

Please remember, it is not always easy to like, love, accept or feel comfortable in your body, but there are things you can do to be more Body Kind; to your own body and to others. You can find tips on being Body Kind [HERE](#). Why not start today, by focusing on one thing you can do to be kinder to your body and complete the [Body Kind Pledge](#).