

BodyKind

YOUTH SURVEY

Your Body Image, Your Voice.



LGBTQIA+ 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 LGBTQIA+ young people have to say?

Who are they?

391 (23.9%) of survey respondents identified their sexuality as LGBTQIA+, with 21.7% identifying as gay/lesbian, 49.6% as bisexual and 28.6% identifying by a different term than those listed.

The majority of LGBTQIA+ youth were aged 15-18 years.

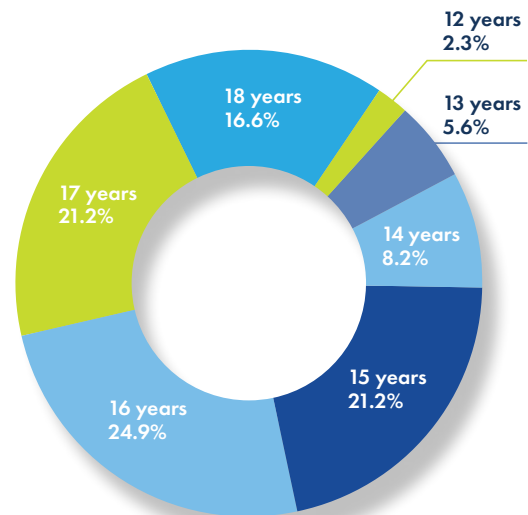


Figure 1. Age distribution of LGBTQIA+ respondents

Male

15.5%

Respondents most frequently identified as:

Female

56.7%

Non-binary

13.4%

Different term than those listed

15.5%


Non-Indigenous

96.2%




Their body image

60.1% 
reported some level of body dissatisfaction.

42.7% 
reported a high level of body dissatisfaction.

95.1% 
reported some level of concern about their body image.

43.7% 
reported a high level of concern about their body image.

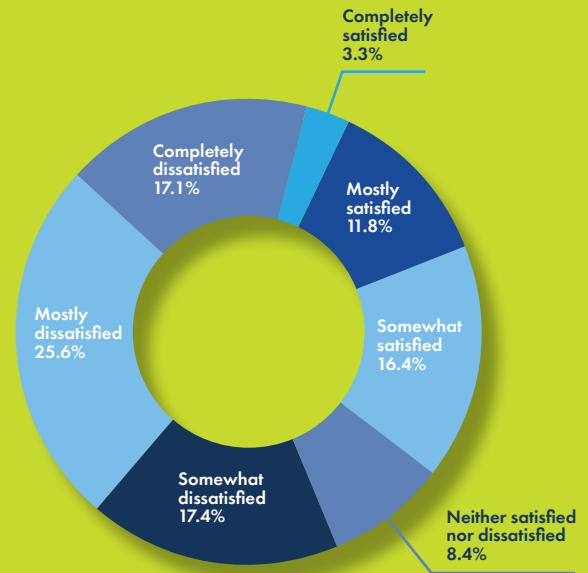



Figure 2. Body satisfaction of LGBTQIA+ respondents

66.2% 
desired to be more muscular and **50.4%** desired to be taller.

71.0% 
desired to be thinner.

How much do LGBTQIA+ youth appreciate their body?

33.5%
Never/rarely respect their body.

52.9%
Never/rarely are comfortable in their body.

47.3%
Never/rarely feel good about their body.

27.1%
Never/rarely feel their body has at least some good qualities.

Are they Body Kind?

58.8%

never or rarely speak positively about their body.

45.8%

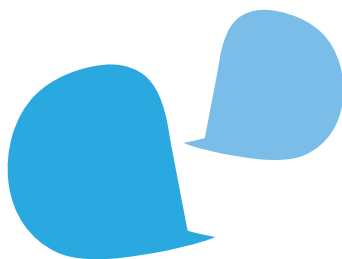
never or rarely feel grateful for what their body allows them to do.

42.2%

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

67.0%

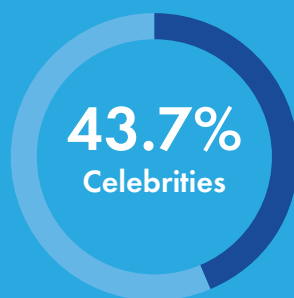
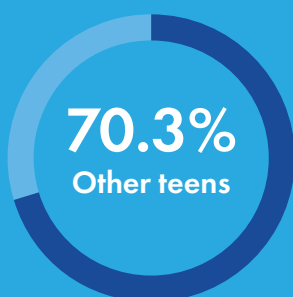
never or rarely talk to someone if they're not feeling good about their body or appearance.



yet **77.2%**

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

LGBTQIA+ young people most frequently compare their bodies (often/always) to:



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

13% ranked being good looking as the most important.

39.6% ranked being kind as the most important.

Has body image ever stopped LGBTQIA+ young people from doing certain activities?



56.8%

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



39.1%

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



48.6%

reported a high level of disengagement from going clothes shopping.



48.8%

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



43.2%

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



28.4%

reported a high level of disengagement from going to school,

34.3% reported body image affected their willingness to raise their hand in the classroom quite a bit or all the time,

34.8% reported their body image impacting their ability to focus on schoolwork, quite a bit or all the time.



Social media

Of the 368 who reported using social media, **67.7%** described using social media more than they would like.

56.0% reported that social media made them feel dissatisfied with their body.



In relation to social media literacy strategies:

47.8%

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

28.5%

never posted unfiltered images.

31.0%

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

69.6%

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

What is their experience of appearance-related teasing?

81.6%

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



School 73.4%



Social media 32.3%



Home 45.1%



Family events 33.2%