

Butterfly Body Kind Youth Survey 2023

How old are you?

- Younger than 12
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19 years or older

Let's start with some questions about you.

Where do you live?

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

What is your postcode?

Info_Consent – for young people aged 12-14

Please watch the video below with your parent/guardian before continuing. It contains important information about the survey.

You can also download a PDF version of the video transcript further below.

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

As the parent/guardian of a young person aged 12-14 years, I have watched the video/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:

Info_Consent – for young people aged 15-18

Please watch the video below or read the video transcript before continuing. It contains important information about this survey.

You can also download a PDF version of the video transcript below.

I have watched the video/read the transcript and understand all the key information it includes. I agree to starting the survey.

- No, I do not consent.
- Yes, I consent.

Demographics

Are you currently in primary or high school?

- Primary school
 - High/secondary school
 - Other (please specify) _____
-

How do you currently describe your gender?

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

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 _____

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) _____

Have you ever been diagnosed by a professional as having any of the following (please select all that apply)? If you have not been diagnosed with any of these conditions, please select the last option.

- Autism/Being Autistic
- Attention Deficit Hyperactivity Disorder (ADHD or ADD)
- Physical Disability
- Depressive Disorder
- Anxiety Disorder
- Eating Disorder
- No, I have not been diagnosed with any of these conditions

Body_ Questions

These are some questions about how you feel about your body. Please answer as honestly as you can.

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

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

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
-

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
-

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

Thinner/Leaner Just as I am Larger/Heavier



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

Less muscly Just as I am More muscly



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

Shorter Just as I am Taller



Please indicate whether the statement is true about you by selecting never, rarely, sometimes, often or always. If you don't know, please select 'not sure'.

	Never	Rarely	Sometimes	Often	Always	Not sure
I respect my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my body has at least some good qualities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take a positive attitude toward my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to what my body needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel love for my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I appreciate the different and unique things about of my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You can tell I feel good about my body by the way I behave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable with my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I am good looking even if I am different from media images of attractive people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

	Never	Rarely	Sometimes	Often	Always
Parents/guardians	<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"/>

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
-

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

Social_Media

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

- Yes
 - No
-

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

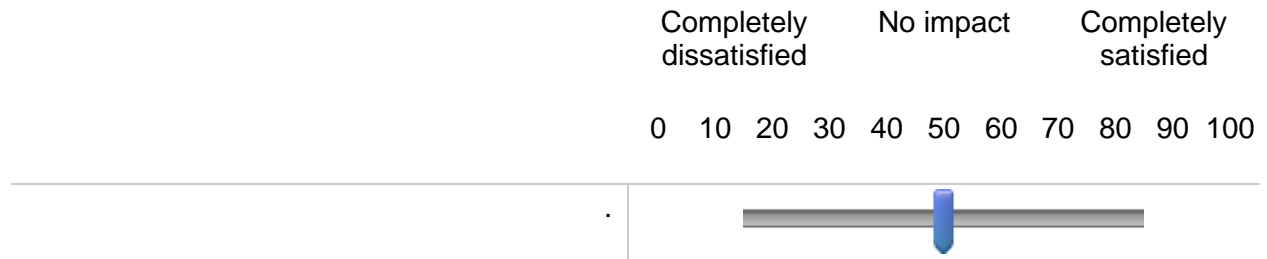
- Instagram
 - Snapchat
 - TikTok
 - YouTube
 - Twitter
 - Tumblr
 - Pinterest
 - Discord
 - Facebook
 - Messaging services such as WhatsApp, Messenger, or WeChat
 - Reddit
 - Other (please specify)
-

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
-

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?



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

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

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

- Yes
- No
- Unsure

What things can social media platforms do to help young people have a more positive body image?

Thinking about your online experiences, in the last 12 months how often have you done any of the following?

	Never	Rarely	Sometimes	Often	Always
Had a break from social media because it was affecting how I felt about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfollowed pages or people which made me feel bad about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Posted unfiltered or unedited photos of myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Commented kindly and honestly on a friend's post	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Followed pages and people which inspire me and have nothing to do with appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taken action against appearance teasing and bullying e.g. by reporting, blocking or commenting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Teasing

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

Please answer as honestly as you can.

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

- Yes
 - No
 - Unsure
-

When did this happen? (Select all that apply)

In the last month

In the last 6 months

In the last 12 months

Longer than a year ago

Not sure



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)
-

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

- Yes
 - No
 - Unsure
-

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)
-

Body_Things_Do

Here are some questions about how feelings about your body may affect the things you do. Please answer as honestly as you can.

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"/>

Body_Feel_Good

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.

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"/>

Strategies

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

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"/>

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)
-

Have you ever been given strategies for positive body image?

	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"/>

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)
-

Magic_Wand

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

Feedback

How did completing this survey make you feel?

- OK
 - Sad
 - In control/empowered
 - Bored
 - Happy
 - Embarrassed
-

END_SURVEY

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 **proceed all the way through to the end of the survey to exit and enter the prize draw!**

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.