

# BodyKind

## YOUTH SURVEY

Your Body Image, Your Voice.



### ABORIGINAL AND/OR TORRES STRAIT ISLANDER SNAPSHOT 2023

Butterfly Foundation's second BodyKind Youth Survey was conducted in 2023 to continue to understand the body image experience of young Australians aged 12 to 18 years. In total, 2,942 young people responded.

## What do Aboriginal and/or Torres Strait Islander young people have to say?

### Who are they?

63 (2.1%) of survey respondents identified as Aboriginal and/or Torres Strait Islander, with 88.9% identifying as Aboriginal, 3.2% as Torres Strait Islander and 7.9% as both.\*

The majority (74.6%) were aged 15-18 years ( $M = 15.54$  years).

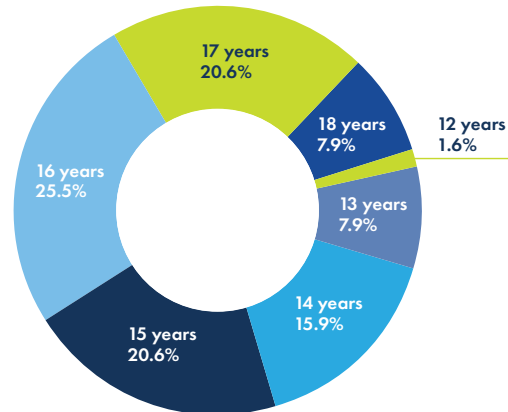


Figure 1. Age distribution of Aboriginal and/or Torres Strait Islander respondents

\* 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.

### Respondents most frequently identified as:

Female  
85.7%

Male  
7.9%

Heterosexual  
47.6%

Bisexual  
28.6%

Don't know their sexuality  
12.7%

### Their body image

53.9%

reported some level of body dissatisfaction.

41.2%

reported a high level of body dissatisfaction.

**COMPARISON TO 2022** While this was double the proportion reporting a high level of body dissatisfaction in 2022, mean sample comparisons show no statistical difference in body satisfaction.

## Their body image

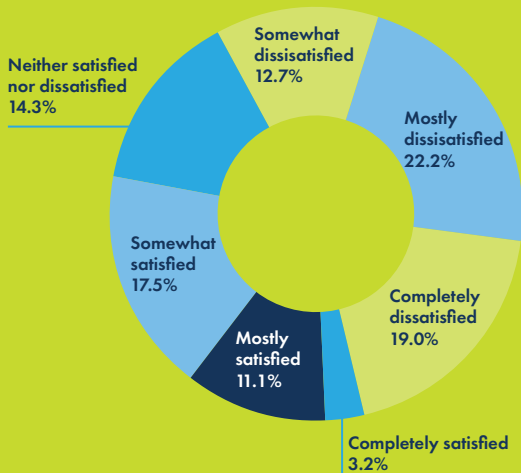


Figure 2. Body satisfaction of Aboriginal and/or Torres Strait Islander respondents

**44.5%**

reported a high level of concern about their body image.

**COMPARISON TO 2022** While this was three times the proportion reporting a high level of concern in 2022, mean sample comparisons show no statistical difference.

**76.2%**

desired to be **thinner/leaner**.

This was statistically a greater desire for thinness/leanness than 2022 respondents (45.9%), with a large effect size ( $p < .001$ ,  $d = 0.76$ ).

**90.5%**

reported some level of concern about their body image

**66.7%**

desired to be **more muscular** and 46.0% desire to be **taller**.

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

**31.8%**

**never or rarely respect their body.**

**52.4%**

**never or rarely are comfortable in their body.**

**47.6%**

**never or rarely feel good about their body.**

**33.3%**

**never or rarely feel their body has at least some good qualities.**

## Are they Body *Kind*?

**61.2%**

**never or rarely** speak positively about their body.

**41.7%**

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

**77.8%**

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

**50.0%**

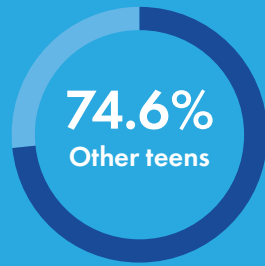
**never or rarely** spend less time focusing on their appearance to have more time for other things they enjoy.

**83.3%**

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

\*Note: based on responses from only 36 young people

## Aboriginal and/or Torres Strait Islander youth most frequently compare their bodies to:



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

33.3%  
reported  
being healthy

33.3%  
reported being kind  
as most important

15.9%  
ranked being good looking  
as the most important

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



57.9%

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



31.4%

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



55.3%

reported a high level of disengagement from going clothes shopping.



47.4%

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



40.5%

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



Nearly half

reported a high level of disengagement from raising their hand in the classroom, focusing at school and going to school.

\*Note: based on responses from only 37 young people

## Social media

Of the 54 (85.7%) Aboriginal and/or Torres Strait Islander youth who reported using social media,

**55.6%** described using social media more than they would like.

**66.7%** reported that social media made them feel dissatisfied with their body.



**COMPARISON TO 2022** This was statistically more dissatisfied than 2022 respondents (20.3%), with a large effect size ( $p < .001$ ,  $d = 0.73$ ).

### In relation to social media literacy strategies:

**51.9%**

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

**42.6%**

never or rarely posted unfiltered images.

**42.6%**

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

**59.3%**

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

## What is their experience of appearance-related teasing?

**57.1%**

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



**School**

**83.3%**



**Social Media**

**58.3%**



**Family events**

**50.0%**



**Home**

**47.2%**

No significant differences were found between 2022 and 2023 data for young people identifying as Aboriginal and/or Torres Strait Islander, aside from desire to be thinner and body dissatisfaction relating to social media use.