

GENDER DIVERSE 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 gender diverse people have to say?

Who are they?

122 (4.2%) of survey respondents identified as gender diverse, with **62.3%** identifying as non-binary and **37.7%** identifying by a different term than those listed.

The majority of gender diverse youth were aged **15-18 years** ($M = 15.83$ years).

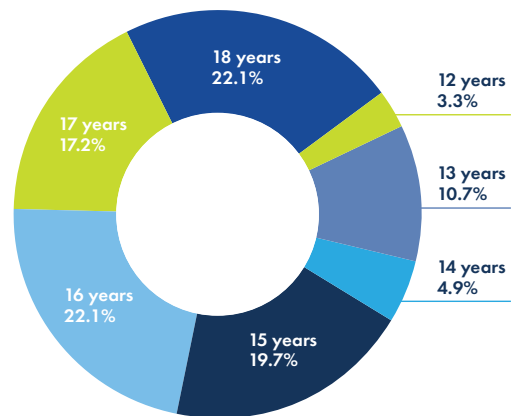


Figure 1. Age distribution of gender diverse respondents

Respondents most frequently identified as:

A sexuality by a different term than those listed

35.2%

Bisexual

28.7%

Gay/Lesbian

28.7%

Non-Indigenous

95.1%

Their body image

65.5%

reported some level of body dissatisfaction.

47.5%

reported a high level of body dissatisfaction.

Their body image

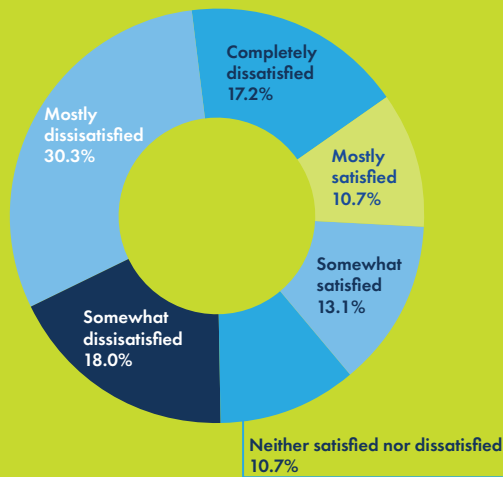


Figure 2. Body satisfaction of gender diverse respondents

95.9%

an overwhelming majority reported some level of concern about their body image.

45.1%

reported a high level of concern about their body image.

76.2%

desired to be **more muscular** and **61.5%** desired to be **taller**. **74.6%** desired to be **thinner/leaner**.

How much do gender diverse youth appreciate their body?

27.0%

never or rarely respect their body.

50.0%

never or rarely are comfortable in their body.

42.6%

never or rarely feel good about their body.

29.5%

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

Are they Body *Kind*?

64.1% **never or rarely** speak positively about their body.

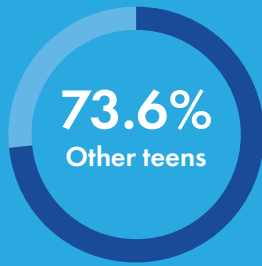
50.5% **never or rarely** feel grateful for what their body allows them to do.

67.0% **never or rarely** talk to someone if they're not feeling good about their body or appearance.

37.9% **never or rarely** spend less time focusing on their appearance to have more time for other things they enjoy, yet **91.3%** **often or always** try to value people for their personality and who they are rather than how they look.

*Note: based on responses from 103 young people

Gender diverse 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,

50.0% ranked being kind as the most important

10.7% ranked being good looking as the most important

Has body image ever stopped gender diverse young people from doing certain activities?



62.5%

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



39.4%

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



52.9%

reported a high level of disengagement from going clothes shopping.



55.8%

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



42.3%

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



A third

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

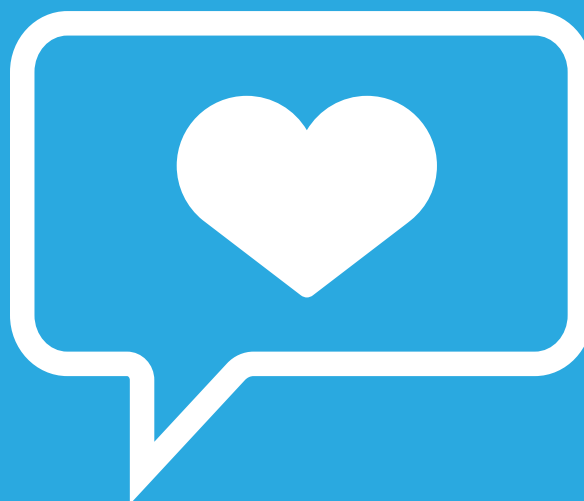
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Social media

Of the 111 who reported using social media,

72.1% described using social media more than they would like.

57.7% of gender diverse youth reported that social media made them feel dissatisfied with their body.



In relation to social media literacy strategies:

74.8%

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

49.5%

never or rarely posted unfiltered images.

46.8%

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

66.7%

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

What is their experience of appearance-related teasing?

76.2%

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



School

75.3%



Family events

40.9%



Home

38.7%



Social Media

30.1%

No significant differences were found between 2022 and 2023 data for young people who identified as gender diverse.