

BodyKind

YOUTH SURVEY

Your Body Image, Your Voice.



LGB+ YOUNG PEOPLE 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 LGB+ young people have to say?

Who are they?

734 (24.9%) of survey respondents reported their sexuality as LGB+ with 63.9% identifying as bisexual, 20.6% as gay/lesbian, and 15.5% identifying by a different term than those listed.

The majority of LGB+ youth were aged 15-18 years ($M = 15.91$ years).

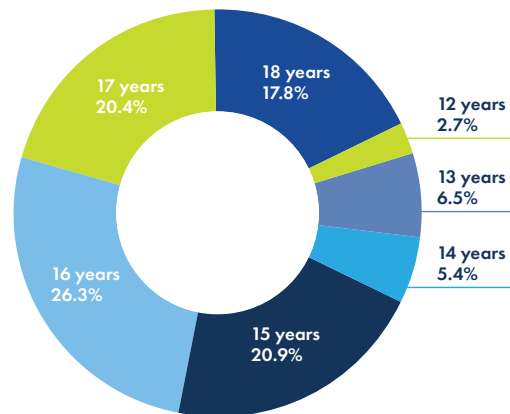


Figure 1. Age distribution of LGB+ respondents

Note: The acronym LGB+ is used to capture data provided by young people who identify as lesbian, gay, bisexual, or use a different term. In this survey, data was not collected to adequately report on trans young people or those born with innate variations of sex characteristics.

Respondents most frequently identified as:

Male
7.8%

Female
74.9%

Non-binary
9.4%

by a different gender term than those listed
5.9%

Non-Indigenous
95.6%

Their body image

65.4% reported some level of body dissatisfaction.

43.9% reported a high level of body dissatisfaction.

Their body image

97.0% 

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

48.8% 

reported a high level of concern about their body image.

71.4% 

desired to be more muscular and 45.9% desired to be taller. 78.6% desired to be thinner/leaner.

COMPARISON TO 2022 Whilst 2023 respondents statistically reported a greater desire for thinness/leanness than 2022 respondents, the effect size was small ($p < .001$, $d = 0.24$).

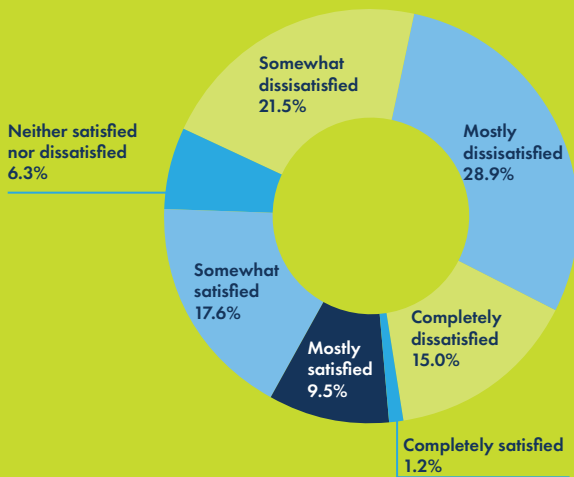


Figure 2. Body satisfaction of LGB+ respondents

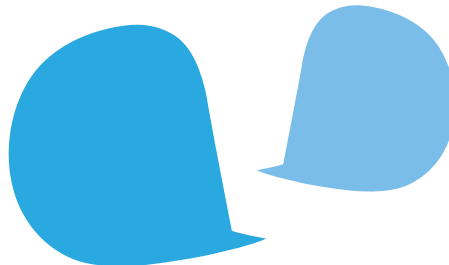
How much do LGB+ youth appreciate their body?

30.0%

never or rarely respect their body.

44.6%

never or rarely feel good about their body.



52.6%

never or rarely are comfortable in their body.

21.1%

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

*Note: based on responses from approximately 670 young people

Are they Body Kind?

57.4%

never or rarely speak positively about their body.

45.8%

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

70.0%

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

41.5%

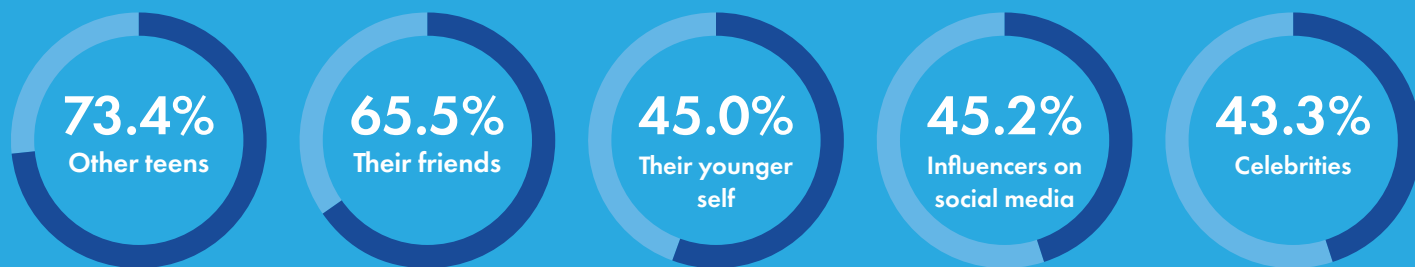
never or rarely spend less time focusing on their appearance to have more time for other things they enjoy.

84.7%

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

*Note: based on responses from 554 young people

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

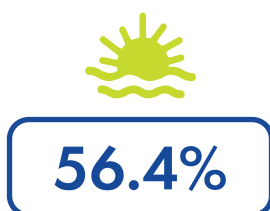


When asked what is most important to them from a list of being healthy, sporty, good looking, smart and kind,

44.6%
ranked being kind as
the most important

11.0%
ranked being good looking
as the most important

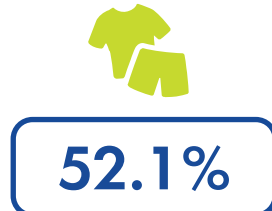
Has body image ever stopped LGB+ young people from doing certain activities?



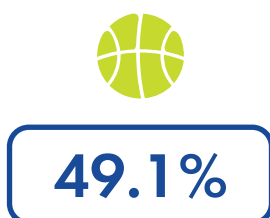
reported a high level of disengagement from going to the beach.



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



reported a high level of disengagement from going clothes shopping.



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



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



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

*Note: based on responses from 578 young people

Social media

Of the 636 who reported using social media,

72.2% described using social media more than they would like.

64.2% reported that social media made them feel dissatisfied with their body.



In relation to social media literacy strategies:

69.0%

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

39.2%

never or rarely posted unfiltered images.

46.1%

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

70.8%

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

What is their experience of appearance-related teasing?

68.5%

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



School

80.7%



Home

45.1%



Family events

38.2%



Social Media

35.4%

No significant differences were found between 2022 and 2023 data for LGBT+ youth, aside from desire for thinness/leanness.