

ABORIGINAL AND/OR TORRES STRAIT ISLANDER SNAPSHOT 2024

Butterfly Foundation’s third *BodyKind* Youth Survey was conducted in 2024 to continue to understand the body image experience of young Australians aged 12 to 18 years. In total, 1,648 young people responded.

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

Who are they?

61 (3.8%) of survey respondents identified as Aboriginal and/or Torres Strait Islander, with 86.9% identifying as Aboriginal, 3.3% as Torres Strait Islander and 9.8% as both.*

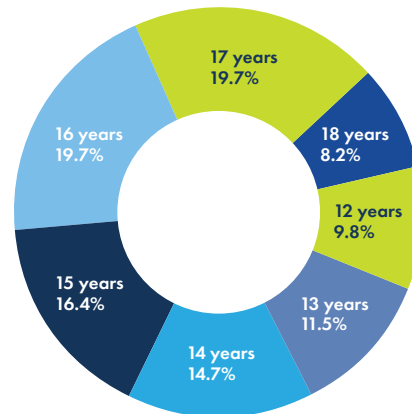


Figure 1. Age distribution of Aboriginal and/or Torres Strait Islander respondents

The majority (74.6%) were aged 15-18 years (M = 15.16 years).

*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
77.0%

Male
18.0%

Bisexual
13.1%

Heterosexual
72.1%

Their body image

59.7% reported some level of body dissatisfaction.

43.9% reported a high level of body dissatisfaction.

Their body image

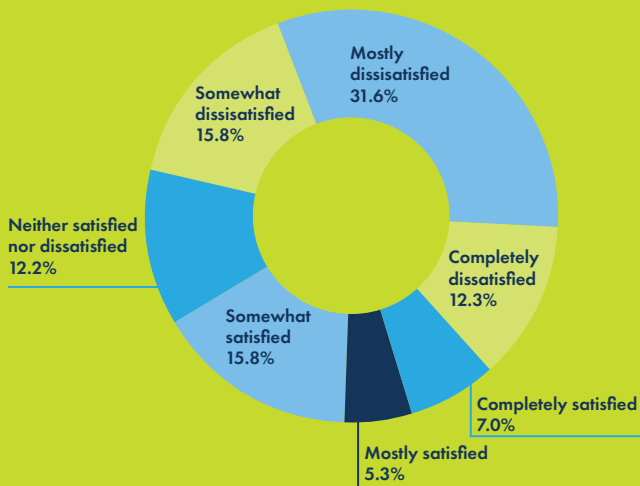


Figure 2. Body satisfaction of Aboriginal and/or Torres Strait Islander respondents

87.7%

reported some level of concern about their body image

47.4%

reported a high level of concern about their body image.

79.6%

desired to be **thinner/leaner**.

63.0%

desired to be **more muscular** and 55.6% desire to be **taller**.

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

18.0%

never or rarely respect their body.

52.0%

never or rarely are comfortable in their body.

46.0%

never or rarely feel good about their body.

26.0%

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

Are they BodyKind?

63.3% never or rarely speak positively about their body.

50.0% never or rarely feel grateful for what their body allows them to do.

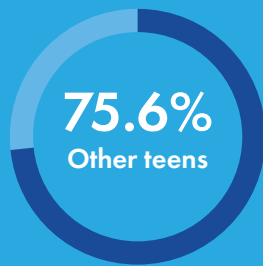
53.3% never or rarely talk to someone if they're not feeling good about their body or appearance.

40.0% never or rarely spend less time focusing on their appearance to have more time for other things they enjoy.

66.7% often or always try to value people for their personality and who they are rather than how they look.

*Note: based on responses from only 31 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,

17.0%
ranked being good looking as the most important

32.8%
reported being kind as most important

27.7%
ranked being healthy as most important

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



58.8%

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



44.1%

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



55.9%

reported a high level of disengagement from going clothes shopping.



50.0%

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



58.8%

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



Over half

reported a high level of disengagement from raising their hand in the classroom, and nearly 2 in 5 from focusing at school and going to school.

*Note: based on responses from only 34 young people

Social media

Of the 42 (68.9%) Aboriginal and/or Torres Strait Islander youth who reported using social media,

64.3% described using social media more than they would like.

59.5% reported that social media made them feel dissatisfied with their body.



In relation to social media literacy strategies:

53.8%

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

56.4%

never or rarely posted unfiltered images.

41.0%

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

71.1%

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

*Note: based on responses from only 39 young people

What is their experience of appearance-related teasing?

84.6%

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



School

81.8%



Social Media

66.7%



Family events

42.4%



Home

42.4%



Group chat

42.4%

*Note: based on responses from 39 young people

No significant differences were found between 2023 and 2024 data for young people identifying as Aboriginal and/or Torres Strait Islander.