

GENDER DIVERSE 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 gender diverse people have to say?

Who are they?

101 (6.3%) of survey respondents identified as trans and gender diverse, with 38.6% transgender, 40.6% non-binary and 20.8% who use a different term than those listed.

The majority (84.2%) of trans and gender diverse youth were aged 15-18 years (M = 16.01 years).

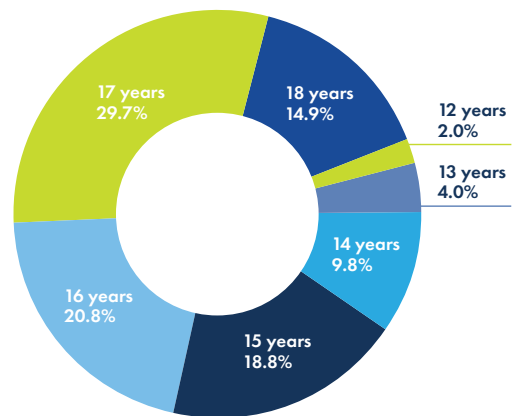
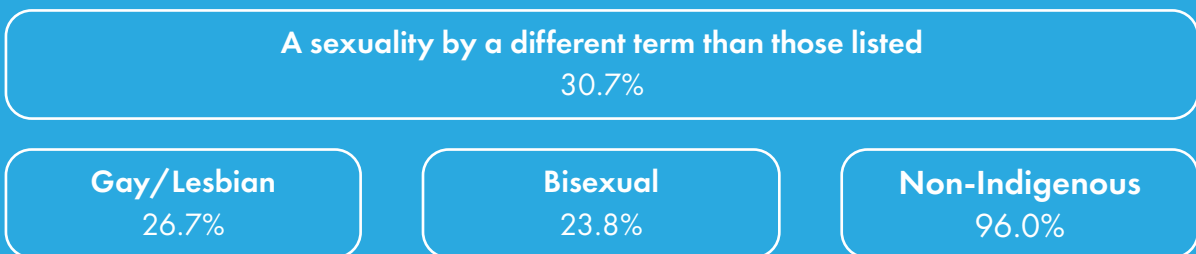


Figure 1. Age distribution of trans and gender diverse respondents

Respondents most frequently identified as:



Their body image

66.0% reported some level of body dissatisfaction.

48.5% reported a high level of body dissatisfaction.

Their body image

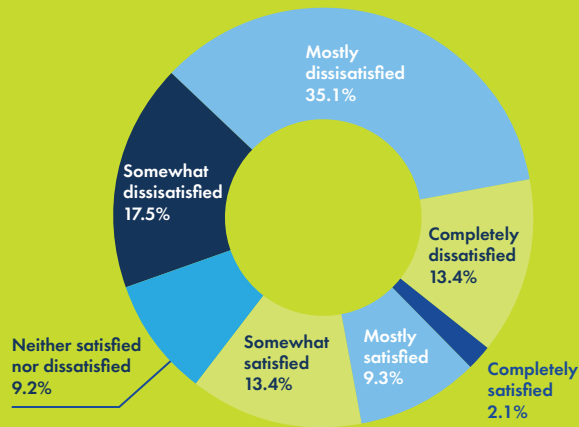


Figure 2. Body satisfaction of gender diverse respondents

94.8%

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

40.2%

reported a high level of concern about their body image.

70.2%

desired to be **more muscular** and **66.0%** desired to be **taller**. **82.8%** desired to be **thinner/leaner**.

How much do trans and gender diverse youth appreciate their body?

25.9%

never or rarely respect their body.

57.6%

never or rarely are comfortable in their body.

45.2%

never or rarely feel good about their body.

21.6%

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

*Note: based on responses from 93 young people

Are they BodyKind?

58.1%

never or rarely speak positively about their body.

46.5%

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

67.1%

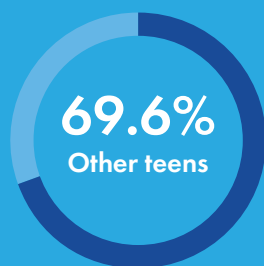
never or rarely talk to someone if they're not feeling good about their body or appearance.

38.8%

never or rarely spend less time focusing on their appearance to have more time for other things they enjoy, yet **88.3%** often or always try to value people for their personality and who they are rather than how they look.

*Note: based on responses from 85 young people

Trans and 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,

3.3% ranked being good looking as the most important

49.5% ranked being kind as the most important

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



65.5%

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



34.4%

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



47.1%

reported a high level of disengagement from going clothes shopping.



64.4%

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



33.3%

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



Nearly a third

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

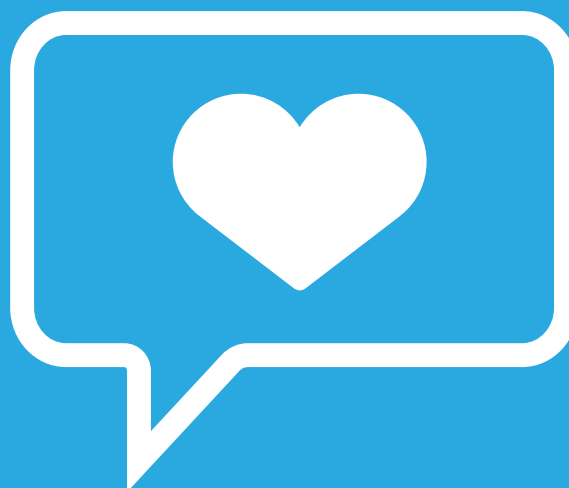
*Note: based on responses from 87 young people

Social media

Of the 111 who reported using social media,

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

47.8% of trans and gender diverse youth reported that social media made them feel dissatisfied with their body.



In relation to social media literacy strategies:

76.7%

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

47.2%

never or rarely posted unfiltered images.

54.4%

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

75.3%

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

What is their experience of appearance-related teasing?

92.2%

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



School

86.7%



Home

47.0%



Social Media

30.1%

*Note: based on responses from 90 young people

No comparisons were made to 2023 survey data as 2024 was the first year the experiences of transgender young people were captured.