

How do you feel about your body image?

How do you think other people your age feel about their bodies?

Take the Butterfly Body Kind Youth Survey and have your say!

If you are under 15, you'll need your parent or guardian's permission to participate so please watch this video with one of them. Your parent will then be sent an email to confirm that they know you are filling out the survey, but they will **not** receive a copy of your responses or be given any information about your responses. If you're 15 and over, you might still like to watch this video with a parent or guardian if you want help deciding whether to be involved.

Also, if you prefer, you can read the information in the document linked below this video, within the survey. You can download and save this too.

Butterfly Foundation is Australia's largest charity for anyone affected by body image and eating concerns. We operate a National Helpline, work with young people and communities and run the Body Kind initiative, to help people find ways to be kind to their own body and to other people's bodies too; kind in how they move, nourish, nurture, and speak to their bodies. This survey is going to help inform our Body Kind initiative and the work we do around body image.

By the way, if you are not sure what body image is, it's the thoughts, feelings, attitudes, and beliefs we have about our bodies.

We want to better understand young people's body image experiences and the kinds of things that would be helpful to support them feel comfortable in their bodies.

So, if you are between the ages of 12 and 18 and live in Australia, we want to hear from you! The Butterfly Body Kind Youth Survey Your body image, Your voice has questions about:

- how you feel about your body image
- how you think other people your age feel about their body image
- the things that may influence your body image
- and what you may do to support your own body image

Completing this survey is entirely up to you. You don't have to get involved and if you start the survey, you can stop at any time or skip questions you don't feel comfortable answering or aren't sure how to answer. We expect it might take around 15 minutes to complete, but it will take everyone a different amount of time.

It's mostly ticking boxes with one or two questions that might ask you to type in what you think. We may use some of your answers as quotes, but if we do, we will make sure that any information we use will never reveal who you are. In fact, all the information you provide will be confidential and anonymous. Your answers will never be linked to your name.

Once you have submitted your survey you won't be able to withdraw your responses. However, the data contains no identifiers which means it will not be possible to identify you from them.

The findings will be a summary of everyone's answers combined and will reflect the opinions of the overall group.

Before you jump in and tell us what you think, there are a couple more things you should know. By agreeing to do this survey, we cannot guarantee you will benefit directly. But to thank you for your time, you have the option to include your email address at the end of the survey to win one of twenty \$50 gift cards. Your email address will be stored separately to your answers on the survey and will never be linked to your responses.

We hope to use the information to give us a really good understanding of young people's experience of body image so that we can provide better support and bring about change!

By the way, if at any time you feel uncomfortable or upset by any questions, there's a contact number on every page of the survey where you can get help. And, if you are ever struggling to feel good in your body, or if your thoughts about your body, eating and exercise feel overwhelming, please speak to someone: a trusted adult, or someone at your school, like a teacher or counsellor. You can also contact Butterfly's National Helpline – 1800 33 4673 or Kids Helpline – 1800 55 1800.

Have any questions about the survey? If so, please email education@butterfly.org.au.

We are really grateful to nib foundation who are also sponsoring this survey.

Now before you go make sure you hang on for these last few bits of information. We are using Survey Monkey to collect your responses. As Survey Monkey is not based in Australia some data from your participation in this study will be sent overseas. You should know that the rules about data access and use in other countries may not be the same as those in Australia. If you have any questions about this email the Principal Investigator: education@butterfly.org.au

The Bellberry Human Research Ethics Committee has reviewed and approved this study in accordance with the National Statement on Ethical Conduct in Human Research (2007) – updated 2018. This Statement has been developed to protect the interests of people who agree to participate in human research studies. Should you wish to discuss the study or view a copy of the Complaint procedure with someone not directly involved, particularly in relation to matters concerning policies, information or complaints about the conduct of the study or your rights as a participant, you may contact the Operations Manager, Bellberry Limited on 08 8361 3222.