

Young women's health & wellbeing

At a glance

Over 50% of girls feel they are seldom or never valued for brains over looks



Young women report worrying about being judged, humiliated & harassed while exercising



At home, girls spend more time on housework, but receive less pocket money



Young women experience higher rates of violence than women of any other age group



Rates of depression and anxiety in young women are rising



Polycystic Ovarian Syndrome affects 1 in 5 Australian women



Endometriosis affects 1 in 10



These conditions emerge in puberty & are often poorly understood by health professionals leading to delayed diagnosis



Young women with disabilities subject to dual discrimination & stereotyping of gender and disability



Body image concerns are considerably higher for young women compared to young men

