

# Liz Walker

**Managing Director at Youth Wellbeing Project**

Brisbane Area, Australia, Queensland, AU

Sexuality educator, young people's advocate, author and professional speaker

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## Description

As an accredited sexologist and Managing Director of Youth Wellbeing Project, I bring timely insight to instil young people with a positive attitude towards their bodies and peers, and offer strategic tips for healthy sexual development.

My latest publication is Not for Kids! children's book, teaching kids how to stay safe online and seek help when they see upsetting images. This has been favourably reviewed by Australia's children eSafety Commissioner, Alastair MacGibbon - learn more at <http://www.notforkids.info/>

I regularly contribute to media and self-help outlets, and have been featured on Australian and New Zealand media including The Morning Show, Today Tonight, The Daily Edition and a recent documentary in New Zealand by TV3 current affairs program 3D: Is free pornography destroying our brains?

The reality is that it's virtually impossible to raise kids without them absorbing messages that are underpinned by a pornified culture. Unfortunately, the signs indicate that many are not faring well under the pressure.

If you are looking for a presentation that's both passionate and compassionate – engaging and confronting – motivational and introspective, I will provide just that. Delivering everything from Keynote presentations through to workshops and small groups, hosting me at your conference, public or private school, church or community group will be a decision you won't regret. Enquire today to have me speak about on these vitally important yet sensitive topics!

Liz Walker

~...Accredited Sex Educator ~...Professional Speaker ~...Author ~...Specialist support for youth sexuality education

Specialties: Public Speaking | Youth | Children | Sexual Development | Sexual Health | Wellbeing | Leadership | Coaching | Education | Curriculum | Teaching | Blogging | Mentoring | Advocate | Sexuality | Sexual Health | Relationships | Internet | Sexting | Pornography |

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## Availability

Keynote, Panelist, Workshop

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## Industry Expertise

Health and Wellness, Training and Development, Education/Learning

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## Topics

Sexual Health, Youth Wellbeing, Relationships and Sexuality Education, Pornography

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## Affiliations

Youth Wellbeing Project - Managing Director, ASSERT NSW - Professional Member, eChildhood - Chair, Culture Reframed - Director of Health Education

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## Sample Talks

### What can parents do about porn?

On Tuesday April 5 2016, Exploring Teens asked the question: Is this normal teenage behaviour? At their very first Q & A parents forum, 7 experts in their field ranging from psychologists to youth motivational speakers, informed and empowered parents. It was a brilliant night and the organisers are to be commended on hosting such a great event. If you haven't heard about subscribed Exploring Teens and subscribed to their magazine, please do!! It's a brilliant resource of support and encouragement to parents who often feel isolated and alone whilst navigating what can be tumultuous years.

<https://soundcloud.com/liz-walker-presents/what-can-parents-do-about-porn>

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## Past Talks

### Porn Harms Kids

Pornography & Harms to Children and Young People Symposium

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## Education

### University of Sydney

Master of Health Science Sexual Health

### Inspire Education

TAE40110 Cert IV Training and Assessment

### Ignition Training College

Diploma of Community Welfare Work Community Welfare

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## Accomplishments

## **BODY IQ Programs**

BODY IQ programs equip primary school students with skills for life by enhancing protective behaviours and emotional intelligence. Based on best practice sexuality education and curriculum standards, these programs support children to enhance their health, relationships and safety both online and offline.

BODY IQ programs achieve the Personal, Social and Community Health Content Descriptions as set down in the Australian National Curriculum for Health and Physical Education.

## **RELATIONSHIP IQ Programs**

Based on best practice sexuality education and curriculum standards, the RELATIONSHIP IQ programs for High Schools are grounded in a whole-person centred approach.

RELATIONSHIP IQ programs achieve the Personal, Social and Community Health Content Descriptions as set down in the Australian National Curriculum for Health and Physical Education.

## **Not for Kids! children's book**

This exceptional children's book offers gentle and insightful guidance and is a must have for parents and professionals to prepare kids under the age of 10 for the inevitable occasion of when they will see explicit imagery.

Available from <http://www.notforkids.info/>

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## **Testimonials**

### **Brian Barker**

"Liz is a lady of integrity and is passionate about all she does. She is a capable and personable communicator with audiences of all ages. I have no doubt that the quality of her presentations delivered at Genesis will be duplicated elsewhere."

Parent comment from similar event:

"My kids seem to be growing up so fast. Liz, thanks for shedding light on what they could be seeing and having to deal with. I'm feeling much more confident about how to guide my kids through this stuff."

### **Alison Richardson**

Liz Walker spoke at the recent Australasian Institute of Sexual Health Medicine 2015 conference in Sydney where she presented a talk on the effects of the porn culture on young people called 'Implications of porn use for Teen Mental Wellbeing'.

Liz is an exceptionally passionate and articulate speaker who has thoroughly researched her topic and presents in an accessible and interesting manner. Her message is strong and uncompromising, backed by clinical experience and research. An expert in this controversial area I expect to see Liz on the world stage in the near future warning of the effects of the porn culture on future generations.

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