

# EXPLORINGTEENS

# Q&A PARENTS FORUM

## Exploring the question: Is this normal teenage behaviour?

Tuesday 5 April, 6 pm for 6.30 pm start – concluding 9 pm  
Performing Arts Centre  
Pacific Hills Christian School, Quarry Rd, Dural NSW

Seven expert panellists will assist in answering this question through the lens of:

- Psychology
- Sex education and pornography
- Body image and eating disorders
- Drugs and alcohol
- Problematic internet use
- Motivation/Goal setting
- Education support/Tutoring

Our MC for the evening will be NSW Young Australian of the Year and Top Blokes founder, Melissa Abu-Gazaleh. After all speakers have presented, Melissa will open the floor to your questions.

**Early Bird and subscriber tickets (close 26 Feb) \$16.50 per person**  
**Non-subscriber (post Early Bird) \$27.50 per person**  
A portion of the proceeds will be donated to a teen based charity.

Places are limited, so don't miss out!  
**BOOK NOW at [www.exploringteens.com.au](http://www.exploringteens.com.au)**

*Light refreshments included*



**Collett Smart** is a registered psychologist, lecturer at UWS, public speaker and author. She regularly consults with the media on mental health and youth cyber-behaviour. Collett's experience as both a school psychologist and a private practitioner, has brought her to an understanding of what may be considered, 'best practice'. Her experience of 20 years includes working with children and teens in Australia, the UK and Africa. Collett writes at [collettsmart.com](http://collettsmart.com)



**Paul Wade** has a unique life experience resulting from the combined challenges and triumphs he faced as the captain of the Socceroos, as well with his own personal struggles of dealing with epilepsy. As a result, Paul has developed a way of sharing his life experiences with young people in his Skills for Life programmes. His educational programmes challenge their thinking and inspire them to make positive life choices by promoting awareness of key life values that can be experienced through sport and activity.



**Liz Walker** is an accredited sexuality educator, professional speaker and founder of Youth Wellbeing Project. As the creator of the whole-person centred sexuality education model, and BODY IQ AND RELATIONSHIP IQ programs, Liz provides proactive strategies for healthy sexual development to students, parents, counsellors and educators. Liz is regularly featured in media and speaks to thousands of young people every year, bringing a strong focus on deconstructing the messages of porn culture



**Sarah McMahon** is a Psychologist and the Director of BodyMatters Australasia. She has worked in the field of eating disorders for over a decade and has successfully treated hundreds of people. Specifically, she works with individuals aged from 13 to 30. Sarah also holds a Masters of Public Health and has worked with schools, workplaces and charities to provide education and strategic direction to prevent the toxic cultural environments that perpetuate eating issues and body shame.



**Brad Marshall** is the Principal Psychologist at Northshore Kidspace and has been working with children, adolescents and families since 2006. Brad specialises in assessment, diagnosis and treatment of children, adolescents and young adults with a wide range of psychological, emotional and behavioural difficulties. This includes treatment of young people experiencing excessive internet use or 'internet addiction' and related disorders.



**Trent Southworth** is an ex NSW Police Youth Liaison Officer of 8 years with over 14 years of total policing experience. During this time, Trent worked closely with key bodies to identify youth-related initiatives such as underage drinking programs, truancy, road safety, drug programs and bullying. After leaving the Police, Trent established the Teen Strategies Group for providing seminars for students, teachers, parents and community groups Australia-wide.



**John George** is the founder of InFlow Education, and as a high school teacher and tutor for 15 years, John regularly helps young people transform their academic results by teaching them the underlying inner peace and confidence that sustains their success. John is also the author of Teenage Zen - a simple path to academic success and inner peace.