

the MENTAL HEALTH & N WELLBEING OF YOUNG PEOPLE

Leading experts deliver up to date, authoritative information. A practically oriented, multi-disciplinary approach to common issues impacting the wellbeing of young people.

MELBOURNE • FRIDAY 16 JUNE – 9.00am-5.00pm

MAIN PROGRAM
MELBOURNE CONVENTION CENTRE – PLENARY 3

KIDS IN CYBERSPACE
MELBOURNE CONVENTION CENTRE – ROOM 220

EXCITING SPEAKERS • IMPORTANT ISSUES • INTERACTIVE SESSIONS



Greg Gebhart
Office of the Children's
eSafety Commissioner
Cultivating Digital
Intelligence &
eSafety



Paul Dillon
Educator, DARTA
Supporting a Young
Person in Their
Decision Not to Use
Alcohol or Drugs



Prof Jennie Hudson
Psychologist
Anxiety Disorders
in Young People



Dr Claire Kelly
Mental Health First Aid
Conversations We
Should Be Having
with Teens about
Mental Health



Melissa Abu-Gazaleh
CEO, Top Blokes FNDN
Managing Anger
& Aggression: A
Practical Approach



Andrew Fuller
Psychologist
Preventing
Depression in
Young People

WHAT IS GENERATION NEXT?

A social enterprise providing education and information to protect and enhance the mental health of young people. Our objective is to raise community awareness of mental illness through increasing mental health literacy, reducing associated stigma and positively influencing individual and community behaviour to improve the mental health of young people.

“ The seminar was fantastic. My brain is still buzzing!
Full of ideas and options to incorporate. ”

EDUCATION POINTS

- **Teachers:** This seminar may contribute up to 6 hours towards your annual professional development.
- **Nurses:** 6 CPD hours, ACN Approved
- **Social Workers:** 8 CPD hours, AASW Approved

See generationnext.com.au for more information.

MAIN PROGRAM

REGISTRATION FROM 8.00am
SEMINAR: 9.00am – 5.00pm
EACH LECTURE 30 – 40min

TOPIC	SPEAKER
Managing Anger & Aggression: A Practical Approach	Melissa Abu-Gazaleh
The Dismantling of Girls' Wellbeing: Issues and Solutions	Maggie Hamilton
Gamblification in Gaming: Tricks Used to Financially Exploit Kids	James Driver
MORNING TEA & RESOURCES EXHIBITION	
Preventing Depression in Young People	Andrew Fuller
The Changing Environment of eSafety and the Importance of Digital Intelligence	Greg Gebhart
LUNCH & RESOURCES EXHIBITION	
Rhythm for Social-emotional Learning (Whole Audience)	Holyoake Drumbeat
Anxiety Disorders in Young People	Prof Jennie Hudson
Conversations We Should Be Having with Teens about Mental Health	Dr Claire Kelly
AFTERNOON TEA & RESOURCES EXHIBITION	
Supporting a Young Person in Their Decision Not to Use Alcohol or Drugs	Paul Dillon
Media Violence & Domestic Violence: Obvious and Not-so-obvious Impacts	Dr Wayne Warburton

Program subject to change without notice. For the most up to date program and a list of speakers, visit www.generationnext.com.au.

MELBOURNE 16 JUNE 2017

WHO SHOULD ATTEND

- Teachers, Principals, Student Welfare Officers, Leaders
- Psychologists, Counsellors, Doctors, Nurses, OT
- Social & Youth Workers, Pastoral Care, Parents, Police
- Schools, Youth Organisations, Clinics, Churches, Sporting Clubs

EDUCATION POINTS

- **Teachers:** This seminar may contribute up to 6 hours towards your annual professional development.
- **Nurses:** 6 CPD hours, ACN Approved
- **Social Workers:** 8 CPD hours, AASW Approved
See www.generationnext.com.au for more information.

REGISTRATION INCLUDES

Program, lecture notes and satchel, morning tea, lunch, afternoon tea, attendance certificate, access to stakeholders' and resources exhibition.

VENUE TRANSPORT & PARKING

Melbourne Convention & Exhibition Centre, Convention Place, South Wharf. The venue is accessible by public transport. Please visit www.ptv.vic.gov.au to plan your trip.

- Silvertop Taxi 131 008 • Taxi Australia 132 227

INTERACTIVE SESSIONS

RHYTHM FOR SOCIAL-EMOTIONAL LEARNING



Explore the power of rhythm and drumming as tools to promote wellbeing, build positive relationships and enhance social skills. There will be a session featuring Holyoake's DRUMBEAT and DRUMBEAT Quest, a rhythmic adventure game exploring themes such as peer pressure, bullying, mental health and more!

SPECIAL SESSIONS

Find out the most up to date information about youth wellbeing and mental health support services direct from the source, including featured presentations on evidence-based and effective social and emotional learning programs.

FREE ONLINE RESOURCES

- facebook.com/gennextcommunity
- @GenNextVoice
- youtube.com/c/GenerationNextCommunity

Preventing Depression in Young People



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

We know that prevention is always better than cure, but what does the science say when it comes to depression? This presentation considers evidence-based strategies to build resilience and equip young people with social and emotional skills that can help safeguard against the onset of depression.

Supporting a Young Person in Their Decision Not to Use Alcohol or Drugs



Paul Dillon, Educator, DARTA

We are seeing growing numbers of young Australians who decide not to drink alcohol, or delay their drinking until they are older. In a culture where alcohol consumption is not only socially accepted but socially expected, it is a resilient young person who can make a decision not to drink and 'stick to their guns'. This presentation examines how those around them can best support their decision.

Anxiety Disorders in Young People



Prof Jennie Hudson, Psychologist and Director, Centre for Emotional Health

If we want to raise healthy adults then we need to focus on raising emotionally healthy children. Anxiety disorders are the most common mental disorders and emerge the earliest. This presentation explores the development of anxiety, treatment options and how to best support young people.

The Changing Environment of eSafety and the Importance of Digital Intelligence



Greg Gebhart, Senior Education Trainer, Office of the eSafety Commissioner

With a rapidly changing online environment, it is vital that we equip young people with skills to make positive choices. This presentation demonstrates how to cultivate digital intelligence to help youth stay safe, positive and responsible online, as well as presents creative models for effective education around online issues such as cyberbullying.

Managing Anger & Aggression: A Practical Approach



Melissa Abu-Gazaleh, 2016 NSW Young Australian of the Year, Founder, Top Blokes Foundation

Young people are often stereotyped as angry and aggressive, but how true is this? This presentation explores the relationship between anger and the mind, provides practical tips to manage it and demonstrates how young people can channel anger for a purpose to make a difference in the community.

The Dismantling of Girls' Wellbeing: Issues and Solutions



Maggie Hamilton, Author and Researcher

It's a complex time to be a girl right now. Why the fear of missing out, the obsession with social media? Why are girls' lives focused on 'managing their brand' and what does this demand of them? This presentation explores the reasons behind girls' lack of self-esteem, their increasing sexualisation, and ways to help them reclaim their sense of choice, dignity and self-worth in a culture of self-hate.

Conversations We Should Be Having with Teens about Mental Health



Dr Claire Kelly, Manager, Youth Programs, Mental Health First Aid Australia

Adults are often wary of discussing mental health with teenagers. Many have internalised pervasive myths about risks associated with talking about mental health. Others just do not feel confident that they can communicate well with them when it comes to sensitive topics. This presentation highlights practical and simple tools which will help you to talk effectively about mental health to the young people in your life.

Gamblification in Gaming: Tricks Used to Financially Exploit Kids



James Driver, Psychotherapist and Founder, NetAddiction NZ

The world of videogames and gambling are increasingly overlapping, with game developers often using various tricks to financially exploit young people. Free-to-play games are often designed to 'train' young people to engage in various forms of gambling. This presentation provides a better understanding of the creeping gamblification of games, how we can intervene and strategies to help young people better manage this issue.

Media Violence and Domestic Violence: Obvious and Not-so-obvious Impacts



Dr Wayne Warburton, Deputy Director, Children and Families Research Centre

This presentation examines the impact of media with misogynistic and gendered violence approving messages – including video games, music and pornography – as well as the more subtle media influences on young people's attitudes. It provides strategies for resisting these influences and highlights how media in turn can be used to combat, rather than enable, domestic violence.

Kids in CyberSpace



CYBERSPACE PROGRAM

REGISTRATION FROM 8.00am
SEMINAR: 9.00am – 5.00pm
EACH LECTURE APPROX 45min

TOPIC	SPEAKER
Introduction	Chairman
Healthy Digital Habits	Dr Kristy Goodwin
Helping Young People Manage Their Time Online	Tena Davies
MORNING TEA	
Taking a Proactive Approach to Online Issues	Greg Gebhart
Apps for Engagement: Going Beyond Drill and Practice	Dr Kate Highfield
LUNCH	
Protecting Young People from Online Grooming and Predators	Detective Sergeant Stuart Butler
Embracing an Online World – Understanding and Managing Risk	Brett Lee
AFTERNOON TEA	
Online Gaming: Managing Problematic Overuse	James Driver
The 3 P's – Policy, Practice & Photography	Susan McLean

Program subject to change without notice. For the most up to date program and a list of speakers, visit www.generationnext.com.au.

KIDS IN CYBERSPACE PROGRAM

Responding to the challenges posed by a rapidly changing online environment, in 2017 we're hosting a unique parallel event dedicated to promoting a healthy digital diet, harnessing the benefits of technology for education and supporting professionals help young people stay safe, positive and responsible online:

- ☰ Sessions will be longer and more detailed
- ☰ The audience size will be limited to encourage a more intimate and interactive learning environment
- ☰ Speakers will be selected for their specific expertise and experience in the digital space and with cybersafety
- ☰ Delegates will receive a separate handbook and other learning materials specific to the Kids in Cyberspace Program.

HOW IT WILL WORK

The event will run from 9am to 5pm on the **same day**. Those who have registered for the **Kids in Cyberspace Program** will have access to the Main Program however delegates registered for the Main Program will NOT have access to the Kids in Cyberspace Program.

REGISTRATION INCLUDES

Access to both programs, lecture notes and satchel, attendance certificate, morning tea, lunch, and afternoon tea.

WHO SHOULD ATTEND

- ☰ Principals, Assistant Principals, Year Co-ordinators, Deans, Heads of Departments
- ☰ Teachers, Educators, Counsellors, Social & Youth Workers

Taking a Proactive Approach to Online Issues



Greg Gebhart,
Senior Education Trainer, Office of the
Children's eSafety Commissioner

Teens and tweens are well connected in this digital age. The online experience can be positive or negative or a combination of both. Empowering young people to deal with online issues is important to create change. Greg will discuss a range of strategies and resources that can assist with a focus on proactive education and proactive parenting.

Embracing an Online World – Understanding and Managing Risk



Brett Lee, Founder, Internet Safe Education

Positive online behaviour and experiences can confirm and create qualities such as self-esteem, respect for self and others, as well as empower. Brett will explore how our youth uses technology for different reasons, are treated differently by others online and the compounded negative consequences they experience as a result. Building on this, he will also provide practical tools that can be implemented by professionals, parents and carers to reduce risk online, promote positive behaviour and empower young people to be leaders online.

Online Gaming: Managing Problematic Overuse



James Driver, Psychotherapist and Founder, NetAddiction NZ

To more effectively deal with this increasingly common issue it is important to understand the psychological factors that lead young people to play games excessively or addictively. James will identify some of the signs and symptoms of gaming addiction as well as the risk factors that are particularly significant with regard to young people, and hence provide ways to better prevent and manage it.

Helping Young People Manage Their Time Online



Tena Davies, Psychologist

This presentation will help professionals and parents support young people better manage their time online. Tena will explore a young person's digital world, its significance to their developmental goals, as well as provide practical information on how to set realistic boundaries, including which boundaries should be flexible and which are best held firm.

Healthy Digital Habits



Dr Kristy Goodwin,
Digital Wellness Expert

Today's parents are worried and unsure about raising kids in a tsunami of screens. They are often given confusing and conflicting advice about young kids and technology. The kids will be inheriting a digital world, so digital abstinence is not the solution, however there is real concern around how technology is being used. Kristy will de-bunk the myths and misinformation about raising kids in a digital world and provide practical strategies to encourage healthy digital habits in children and young people.

Apps for Engagement: Going Beyond Drill and Practice



Dr Kate Highfield,
Researcher and Educator

With over three million apps available for download it is easy to be overwhelmed by choice. Choosing the right educational apps is particularly challenging, as they need to engage the child and also link to specific educational content and curricula. Kate will discuss how to move beyond 'drill and practice' apps to effectively evaluate and integrate apps to encourage higher order thinking in classrooms.

Protecting Young People from Online Grooming and Predators



Detective Sergeant Stuart Butler,
Task Force Argos Internet Unit,
Queensland Police

This session is a factual insight into the world of the online Child Sex Offender, but also portrays just how vulnerable and sometimes naïve our children are to the methods used to victimise them. Stuart will discuss the tactics used by offenders to successfully target children and explore simple security measures that can assist in the protection of children online.

The 3 P's – Policy, Practice & Photography



Susan McLean, Cybersafety Expert

Organisations working with young people need to have a robust Cybersafety Policy in place which covers a broad range of potential issues including photography. Understanding relevant legislation and its application is vital in ensuring that duty of care obligations are met. In this session, Susan will highlight what to include in a policy and issues of concern around the photography of students, patients or clients. A sample policy and photography permission form will also be provided.

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People
MELBOURNE FRIDAY 16 JUNE 2017

REGISTRATION FORM

MELBOURNE	MAIN PROGRAM		KIDS IN CYBERSPACE	
	ONLINE ONLY	FAX, MAIL OR PHONE	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 31 March)	\$175	<input type="checkbox"/> \$199	\$220	<input type="checkbox"/> \$249
EARLY BIRD (Until 19 May)	\$199	<input type="checkbox"/> \$220	\$249	<input type="checkbox"/> \$275
STANDARD	\$220	<input type="checkbox"/> \$250	\$275	<input type="checkbox"/> \$300
GROUP (3+) Discount — 3 or more, must be made in a single transaction.	\$150pp	<input type="checkbox"/> \$150pp	\$199pp	<input type="checkbox"/> \$199pp
STUDENT LEADERS (YR 11-12) — EMAIL ONLY <input type="checkbox"/> \$50pp Email completed form with copy of student ID to info@generationnext.com.au				

I am a Teacher Psychologist Counsellor Nurse Social Worker Parent Youth Worker Student# Other _____
 Dietary Choice Gluten Free Vegetarian Vegan # PLEASE ATTACH COPY OF STUDENT ID

TO ENSURE YOU RECEIVE YOUR DELEGATE ENTRY TICKET, PLEASE PROVIDE YOUR HOME ADDRESS BELOW

*denotes required information

Title* _____ Given Name* _____ Surname* _____

Organisation _____ Email* _____

Home Address* _____

Suburb _____ State* _____ Postcode* _____

Work Ph* _____ Work Fax _____ Mobile _____

ALL CORRESPONDENCE (e.g. TAX INVOICE, CONFIRMATION OF REGISTRATION, SUPPLEMENTARY EDUCATIONAL MATERIALS) WILL BE SENT BY EMAIL
 REGISTRATION WILL ONLY BE CONFIRMED ONCE PAYMENT HAS BEEN RECEIVED

Payment (tick box) Visa Mastercard Cheque \$ _____ Total _____

Cheques are to be made payable to: "Generation Next Australia Ltd" All Prices are in Australian Dollars (AUD) inclusive of GST.

Card Number _____ Expiry ____ / ____ CCV _____

Name on Card _____ Signature _____

RETURN YOUR REGISTRATION FORM & PAYMENT TO **GENERATION NEXT** PO BOX 500 BURWOOD NSW 1805 or FAX 1300 797 792

