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# The Mental Health & Wellbeing of Young People 2013 Auckland

## REGISTRATION FORM

FRIDAY 5 JULY

AUCKLAND		GROUP (3 or more)	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 31 May)	<input type="checkbox"/> \$130	<input type="checkbox"/> \$150	<input type="checkbox"/> \$160	
EARLY BIRD (Until 21 June)	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175	<input type="checkbox"/> \$185	
STANDARD (After 21 June)		<input type="checkbox"/> \$199	<input type="checkbox"/> \$220	

I am a  Teacher  Psychologist  Counsellor  Nurse  Social Worker  Parent  Youth Worker  Other \_\_\_\_\_

**Dietary Choice**  Gluten Free  Dairy Free  Vegetarian  Vegan

*\*denotes required information*

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

Title \* \_\_\_\_\_ Given Name \* \_\_\_\_\_ Surname \* \_\_\_\_\_

Organisation \_\_\_\_\_ Email \* \_\_\_\_\_

Home Address \* \_\_\_\_\_

Suburb \* \_\_\_\_\_ 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: "Healthed Pty Ltd" All Prices are in New Zealand Dollars (NZD)

For group bookings please  
call Generation Next on  
**09 357 5019**

Card Number \_\_\_\_\_ Expiry \_\_\_\_\_ / \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

RETURN YOUR REGISTRATION FORM & PAYMENT TO

**HEALTHED** Level 31 Vero Centre 48 Shortland Street Auckland 1010 New Zealand or FAX +64 9 357 5012

# the MENTAL HEALTH & N WELLBEING O of YOUNG PEOPLE W

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

All new  
**2013**  
program

**AUCKLAND**  
Friday 5 July – 9.00am-5.00pm  
Bruce Mason Centre, Takapuna Beach

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Drumming for Wellbeing – Hands-on • Meditation in Schools – Crash Course • Films by Young People



**Maggie Hamilton**  
Author and Researcher  
The Corporate  
Takeover of  
Childhood



**Diane Levy**  
Family Therapist  
and Author  
Getting our Kids  
from *I can't* to *I can*



**Nigel Latta**  
Clinical Psychologist  
The Three Things that  
Anyone Who Works  
with Young People  
Needs to Know



**Det Sgt Stuart Butler**  
Taskforce Argos,  
Queensland Police  
Protecting Children  
Against Online  
Predators



**Susan McLean**  
Cybersafety Expert  
Caring for Kids in  
an Online World



**Dr Wayne Warburton**  
Lecturer  
Violent Video  
Games and  
their Impact on  
Behaviour

## FEEDBACK FROM PREVIOUS SEMINARS

“A terrific seminar and every speaker was dynamic and to the point.”

“I will tell all my colleagues about what a great event it was and how they can get to the next one”

“It was wonderful to learn in such a funny and stimulating way. The power of humour!”

## WHAT IS GENERATION NEXT?

A Social Enterprise dedicated to protecting and enhancing the mental health and wellbeing of young people and their community. Our seminars empower participants with knowledge and skills to help our young people achieve and maintain emotional, social, mental and physical wellbeing.

## WHO SHOULD ATTEND

- Teachers, Educators, Psychologists, Doctors
- Nurses, Social & Youth Workers, Leaders, Counsellors

# PROGRAM

REGISTRATION FROM 8.00AM  
SEMINAR: 9.00AM – 5.00PM  
EACH LECTURE APPROX 40MIN

TOPIC	SPEAKER
Violent Video Games and their Impact on Behaviour	Dr Wayne Warburton
The Corporate Takeover of Childhood	Maggie Hamilton
MORNING TEA & RESOURCES EXHIBITION	
The Three Things that Anyone Who Works with Young People Needs to Know	Nigel Latta
Getting our Kids from <i>I can't</i> to <i>I can</i>	Diane Levy
LUNCH – OPTIONAL DRUMMING WORKSHOP [30MIN]	
<b>Drumming and Percussion for Wellbeing</b> (Whole Audience)	Tim Orgias and InRhythm
Caring for Kids in an Online World	Susan McLean
Meditation in Schools – Teaching Kids (& You) A Life Skill in 10 minutes	Chris Marshall
AFTERNOON TEA & RESOURCES EXHIBITION	
Protecting Children Against Online Predators	Det Sgt Stuart Butler
Child Beauty Pageants	Collett Smart

## AUCKLAND 05 JULY 2013

### WHO SHOULD ATTEND

- Teachers, Educators, Psychologists, Doctors
- Nurses, Social & Youth Workers, Leaders & Counsellors
- Schools, Youth Organisations, Sporting Clubs, Clinics, Churches

### EDUCATION HOURS

- 8 professional education hours provided.

### REGISTRATION INCLUDES

Program, lecture notes and satchel; morning, afternoon teas and lunch; attendance certificate; access to stakeholders and resources trade exhibition.

### VENUE TRANSPORT & PARKING

Bruce Mason Centre, Corner Hurstmere Road & The Promenade, Takapuna Beach. A council car park is located behind the venue on Killarney Street. All day parking tickets are available for \$4 if you enter before 10am, otherwise it is free for the first 2 hours, charged \$1 per hour there after. For more information please see <http://www.bmcentre.co.nz/Facilities/Parking.html>



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## INTERACTIVE SESSIONS

### DRUMMING FOR WELLBEING



Explore the impact of drumming and percussion on mood and its potential applications with young people. There will be a session for the whole audience and an optional session during lunch involving large drums.



### MEDITATION CRASH COURSE

Learn a simple, enjoyable meditation technique with scientifically proven benefits. An essential life skill to build resilience and reduce stress – both for you and the young people you care for.

### FILMS BY YOUNG PEOPLE

Watch films made by young people about their experiences of mental health and wellbeing challenges and how they have coped with the assistance of programs, resources and professionals who care.



## The Corporate Takeover of Childhood



Maggie Hamilton, Author and Researcher

Corporations now use the same techniques as sexual predators to gain the hearts, minds and spending power of our kids. Discover the methods they're now using to get to our young people, to ensure they spend up big. What are the consequences for this new generation? And how can we turn this exploitation of our children around?

## Protecting Children Against Online Predators



Det Sgt Stuart Butler, Taskforce Argos, Queensland Police

Get a factual insight into the world of the online Child Sex Offender. Be prepared to be confronted by some shocking New Zealand case studies which show how online predators operate and target children on the internet. Stuart will help you understand how some simple security measures can be effective in reducing the risk to children when they are online.

## Getting our Kids from *I can't* to *I can*



Diane Levy, Family Therapist and Author

Diane will show us how to get children off a discouraging, downward spiral that starts with 'I can't' and has the potential to finish with 'What's the use?'. Instead, she will show us instantly useable, practical ways get our children from 'I can't' to 'I can', ultimately leading to 'I'm great and the world is mine for the taking!'

## Child Beauty Pageants



Collett Smart, Psychologist and Teacher, Collective Shout and Family Smart

Child beauty pageants are a new and concerning development in New Zealand. Pageant organisers use a number of arguments about the benefits to justify their events – but do they stack up? Many professionals and researchers are concerned about the effect these events have, not only the psychological and emotional development of children that participate but also on the wider community in which they occur and are promoted. It's time to get informed!

## The Three Things that Anyone Who Works with Young People Needs to Know



Nigel Latta, Clinical Psychologist, Goldfish Wisdom

In this session Nigel will tell you the three most important things we've learned about young people in the last one hundred years. Science has discovered all kinds of interesting things in the last century and sometimes it's hard to know what's important and what's not. In this session Nigel will clear up a debate which has raged for two thousand years, and show a picture of a very angry cat. (Includes language that may offend some people – but will nevertheless entertain and inform the rest.)

## Violent Video Games and Violent Behaviour



Dr Wayne Warburton, Lecturer in Developmental Psychology, Macquarie University

Children's brains wire up at a furious rate, and things they experience a lot can have a lasting impact on the way they think, feel and behave. In this talk we will examine some of the ways in which playing violent video games can impact children. Contrary to popular opinion, the jury is not out. Excessive exposure to violent video games is consistently linked with aggressive behaviour, desensitisation to violence, and a reduction in helpful and pro-social behaviours. This talk will conclude with some practical advice to professionals who work with children – things you can do on 'Monday morning' that will make a difference.

## Caring for Kids in an Online World



Susan McLean, Cybersafety Expert

Cyber-bullying and Sexting...words that put fear into those who work or care for young people. Things that were unknown 15 years ago are now highly problematic for the health and wellbeing of all young people. What are kids doing online? Where are they going? What are the 'facts' about the latest sites kids are using to bully and harass others? You will learn all this and more in this entertaining and educational session on the reality of cyber-bullying and sexting.

## Meditation in Schools



Chris Marshall, Teacher, Year 12 Dean, Henderson High School

There are many strategies aimed at improving and protecting mental wellbeing but few are as easy and effective as meditation. Separate the fact from fiction, the evidence for its effectiveness in young people followed by a practical session with an evidence-based mental silence skill.