

# the MENTAL HEALTH & 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.

**SYDNEY TOWN HALL • FRIDAY 4 AUGUST – 9.00am-5.00pm**

**MAIN PROGRAM**  
MAIN HALL

**KIDS IN CYBERSPACE**  
LOWER TOWN HALL

EXCITING SPEAKERS • IMPORTANT ISSUES • INTERACTIVE SESSIONS



**A/Prof Michael Nagel**  
Researcher & Author  
Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing



**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

Also at  
Canberra  
9th June!  
(NSW teachers qualify for PD)

# MAIN PROGRAM

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

TOPIC	SPEAKER
Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing	A/Prof Michael Nagel
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	
<b>Rhythm for Social-emotional Learning (Whole Audience)</b>	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
Managing Anger & Aggression: A Practical Approach	Melissa Abu-Gazaleh

Program subject to change without notice. For the most up to date program and a list of speakers, visit [www.generationnext.com.au](http://www.generationnext.com.au).

## SYDNEY 4 AUGUST 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](http://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

Sydney Town Hall: 483 George St, Sydney NSW 2000. Limited street parking is available, public transport is recommended. Nearest Car Parks are QVB Parking (York St, 02 9267 1627) and St Andrews Parking (Kent St, 02 9267 6331).

## 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](https://facebook.com/gennextcommunity)
- @GenNextVoice
- [youtube.com/c/GenerationNextCommunity](https://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.

## Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing



A/Prof Michael Nagel, Researcher and Author, University of Sunshine Coast

Neuroscience has provided us with a radically new understanding of how the brain grows and develops. Worryingly, it has also been used to perpetuate a number of myths about building 'better brains'. This presentation focuses on debunking these by looking at contemporary research into how the brain matures and develops, how nurture impacts on nature, and the implications of this as we use common sense strategies for enhancing wellbeing and overall development.

# 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
The Impact of Technology on Education	A/Prof Michael Nagel
<b>MORNING TEA</b>	
Digital Transformation – Where Next in Education?	Greg Gebhart
Apps for Engagement: Going Beyond Drill and Practice	Dr Kate Highfield
<b>LUNCH</b>	
Dreaming, Streaming & Teening – Adolescent Sleep Problems & Solutions	Dr Chris Seton
Embracing an Online World – Understanding and Managing Risk	Brett Lee
<b>AFTERNOON TEA</b>	
Online Gaming: Managing Problematic Overuse	James Driver
Helping Young People Manage Their Time Online	Tena Davies

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

## 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.

## 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.

## Digital Transformation – Where Next in Education?



Greg Gebhart,  
Education & Technology Expert

With a growing focus on integrating new and emerging technologies in schools it is vital that we understand the changing nature of classrooms and how new technologies will transform and enhance the learning experience for young people. Greg will discuss how the national approach to improve STEM education in schools can be implemented given future technology trends, focusing in particular on concepts such as 'coding as literacy' and 'students as creators', and harnessing virtual and augmented reality, as well as artificial intelligence.

## Dreaming, Streaming & Teening – Adolescent Sleep Problems & Solutions



Dr Chris Seton, Paediatric and  
Adolescent Sleep Physician

This presentation details the multiple factors that cause teens to be chronically sleep deprived which results in multiple physical & mental health problems. Teenagers place little value on sleep, & generally are poor sleep managers. This presentation shows how to implement treatments that build resilient sleep, which in turn protects teenagers from stress-induced mood disorders and optimises learning outcomes.

## 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.

## The Impact of Technology on Education



A/Prof Michael Nagel, Researcher and  
Author, University of Sunshine Coast

Technology is often touted as a panacea for declining education standards and engagement in classrooms. But beyond the hype, what is the true impact of technology in schools? Drawing on neuroscience and what we know about child and adolescent brain development, Mike unpacks fact from fiction when it comes to technology, engagement and learning to provide a clear understanding of how technology can be effectively harnessed in schools and how to ensure that it is embedded in sound and impactful pedagogy for the benefit of students.

## 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.

# GENERATION NEXT

[www.generationnext.com.au](http://www.generationnext.com.au)

The Mental Health & Wellbeing of Young People  
SYDNEY FRIDAY 4 AUGUST 2017

## REGISTRATION FORM

SYDNEY	MAIN PROGRAM		KIDS IN CYBERSPACE	
	ONLINE ONLY	FAX, MAIL OR PHONE	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 2 June)	\$180	<input type="checkbox"/> \$199	\$220	<input type="checkbox"/> \$249
EARLY BIRD (Until 30 June)	\$199	<input type="checkbox"/> \$225	\$249	<input type="checkbox"/> \$275
STANDARD (After 30 June)	\$225	<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 <a href="mailto:info@generationnext.com.au">info@generationnext.com.au</a>				

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\* \_\_\_\_\_ 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

