

STUDENT WELLBEING & LEADERSHIP PROGRAMS

Leading Experts – Exciting Program – Interactive Polling & Student Voice

QUICK FACTS:

- The programs are interactive, stimulating and include time for discussion
- You can choose between **two programs with different content:**
 1. 9th March, 2018: Sydney
 2. 16th March, 2018: Sydney
- **Each Program is available both as a face-to-face event** for student leaders to attend in person **and as an interactive live-stream** available to schools unable to attend in person
- Students should bring their own digital device to participate in polling & Q&A!



"The online survey system was super effective and really got me, as a student, engaged more because I got the chance to voice my opinion." (Year 12 Student)

CHOOSE FROM TWO DIFFERENT EVENTS:

EVENT 1 9 MARCH 2018

Topics:

- Rewire Your Brain for Better Mental Health
- Choosing Not to Hate
- Who's in Charge? You or Your Phone?
- Healthy Sleep

Participate in One of Two Ways:

1. Face-to-Face: Sydney

Cost: \$10 per student

2. Interactive Livestream: NATIONAL

Cost: **Free** in your school

OR

EVENT 2 16 MARCH 2018

Topics:

- Practical Stress Management Strategies
- Sexting
- Relationships and Consent
- Is Social Media Good for You?

Participate in One of Two Ways:

1. Face-to-Face: Sydney

Cost: \$10 per student

2. Interactive Livestream: NATIONAL

Cost: **Free** in your school

HOW THE STUDENT PROGRAMS WORK

- The programs equip students with skills and understanding to help maintain mental and emotional wellbeing
- Sessions will be interactive, stimulating and include time for discussion
- Students should bring their own internet-enabled digital device to participate fully in polling and Q&A (wifi will not be provided on the day)
- **You can choose between two different options with different content:**
 1. 9th March: Sydney
 2. 16th March: Sydney

The content for the two dates are different—please see the next page for topics and speakers in each location
- **Each option is available both as a face-to-face event** for student leaders to attend in person **and as an interactive livestream** available to schools who are located interstate, in regional, rural or remote areas, or are unable to attend in person

FACE-TO-FACE EVENT	INTERACTIVE LIVESTREAM
<ul style="list-style-type: none"> • Ideal for Student Leaders in Years 11 & 12 (SRC) 	<ul style="list-style-type: none"> • All Year 11 & 12 students, with some sessions suitable for lower years
<ul style="list-style-type: none"> • Attend program in person 	<ul style="list-style-type: none"> • Receive livestream in your school
<ul style="list-style-type: none"> • Resources provided on the day 	<ul style="list-style-type: none"> • Electronic resources provided beforehand
<ul style="list-style-type: none"> • Accessible to local students 	<ul style="list-style-type: none"> • Accessible to schools regardless of location! You just need: <ul style="list-style-type: none"> • An Internet connection (ADSL 2 or better) • A projector & screen • An audio system • A room to accommodate the students!
<ul style="list-style-type: none"> • Cost: \$10/student 	<ul style="list-style-type: none"> • Cost: FREE!

SIGN UP TODAY!

WHY PARTICIPATE?

- 90% of students feel the program has a positive impact on how to look after their wellbeing
- 90% of students and teachers feel the livestream is worthwhile and useful
- 96% satisfaction rating from teachers and students!

"Please keep running it as it can really help!"
(Year 11 Student)

EVENT 1 — 9 March 2018, 9am – 2pm AEDT

OPTION 1
FACE-TO-FACE EVENT
SYDNEY
CBD
Cost: \$10 per student

OPTION 2
INTERACTIVE LIVESTREAM
NATION-WIDE
In your school
Cost: Free

PROGRAM

TOPIC	FACILITATOR	SUITABLE FOR
Choosing Not to Hate	Alpha Cheng/Matt X	Yr 9—12
Rewire Your Brain for Better Mental Health	Andrew Fuller	Yr 7—12
MORNING TEA (BYO)		
Why Do I Need to Sleep?	Dr. Chris Seton	Yr 7—12
Relaxation Workshop	Andrew Fuller	Yr 7—12
LUNCH (BYO)		
Who's in Charge? You or your Smart Phone?	A/Prof Michael Nagel	Yr 7—12

EVENT 2 — 16 March 2018, 9am – 2pm AEDT

OPTION 1
FACE-TO-FACE EVENT
SYDNEY
CBD
Cost: \$10 per student

OPTION 2
INTERACTIVE LIVESTREAM
NATION-WIDE
In your school
Cost: Free

PROGRAM

TOPIC	FACILITATOR	SUITABLE FOR
Sexting	Brett Lee	Yr 7—12
Relationships and Consent	Jessica Dean	Yr 7—12
MORNING TEA (BYO)		
Is Social Media Good for You?	A/Prof Michael Nagel	Yr 7—12
Relaxation Workshop	Andrew Fuller	Yr 7—12
LUNCH (BYO)		
Energiser Session	TBA	Yr 7—12
Practical Stress Management Strategies	Andrew Fuller	Yr 7—12

Programs are subject to change. For the most up to date programs visit generationnext.com.au

REGISTER TODAY!

Online at www.generationnext.com.au/empower
or complete the form below & return it to:

info@generationnext.com.au

YES! PLEASE REGISTER MY SCHOOL!

Title:	First Name:	Surname:	Profession:
School/ Organisation Name:			
No. of Students (Please state grade level as well):			
Address:		State:	Postcode:
Email Address: (IMPORTANT)		Mobile:	
I would like to register for:			
THE INTERACTIVE LIVESTREAM:			
(You will receive the FREE livestream <u>in your school</u>)			
<input type="checkbox"/> 9 March 2018 9am—2pm AEDT (Available Nationally)			
<input type="checkbox"/> 16 March 2018 9am—2pm AEDT (Available Nationally)			
FACE-TO-FACE EVENT*:			
(Students are charged \$10/person & attend the event <u>in person</u>)			
<input type="checkbox"/> 9 March 2018 9am—2pm AEDT			
<input type="checkbox"/> 16 March 2018 9am—2pm AEDT			
<i>If you wish to register for multiple Face-to-Face Events and/or Interactive Livestreams, please tick all that apply. You will be charged based on your selection. Only Face-to-Face Events incur a registration fee.</i>			

*Free cancellation up to 2 weeks before the Face-to-Face Event.

Cancellations received less than 2 weeks before the Face-to-Face Event will not be refunded.