

# 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 8 JUNE – 9.00am-5.00pm

**MAIN PROGRAM**  
MELBOURNE CONVENTION CENTRE

**KIDS IN CYBERSPACE**  
MELBOURNE CONVENTION CENTRE

EXCITING SPEAKERS • IMPORTANT ISSUES • THE LATEST RESEARCH



**Greg Gebhart**  
Office of the Children's  
eSafety Commissioner  
What's shaping the  
world of eSafety in  
2018?



**Dr Kathryn Modecki**  
Senior Lecturer  
Helping Young  
People Make Positive  
Choices



**Alpha Cheng**  
Advocate for Social  
Cohesion  
Choosing Not to  
Hate



**A/Prof Michael Nagel**  
Researcher and Author  
Everything May NOT  
Be Awesome...Are  
Smartphones Hurting  
Our Children?



**Dr Sally Gainsbury**  
Senior Lecturer  
Gambling and  
Young People



**Andrew Fuller**  
Psychologist  
Rewiring Your  
Brain for Better  
Mental Health

## WHAT IS GENERATION NEXT?

A not-for-profit 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
Choosing Not to Hate	Alpha Cheng and Matt X
Practical Ways to Build Emotional Intelligence	James Driver
Rewiring Your Brain for Better Mental Health	Andrew Fuller
MORNING TEA & RESOURCES EXHIBITION	
Gambling and Young People	Dr Sally Gainsbury
What's Shaping the World of eSafety in 2018?	Greg Gebhart
LUNCH & RESOURCES EXHIBITION	
Sexting – Just Rude Pictures?	Brett Lee
Helping Young People Make Positive Choices	Dr Kathryn Modecki
AFTERNOON TEA & RESOURCES EXHIBITION	
Everything May NOT Be Awesome...Are Smartphones Hurting Our Children?	A/Prof Michael Nagel
Understanding Adolescent Sleep	Dr Chris Seton

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).

## MELBOURNE 8 JUNE 2018

### 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

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- **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

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

- Silvertop Taxi 131 008
- Taxi Australia 132 227

### THE GENERATION NEXT HANDBOOKS ESSENTIAL READING FOR ANYONE WORKING WITH YOUNG PEOPLE



- ✓ Addresses current, relevant and high priority issues
- ✓ Practical and easy to read with details on where to find unique additional resources, provided directly by the authors
- ✓ A comprehensive collection from some of Australia's most respected practitioners

**\$34.99ea plus P & H.**

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Use the registration form on page 7 to order your copies.

### FREE ONLINE RESOURCES

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

## Rewiring Your Brain for Better Mental Health



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

There are times when we need to take our minds into the pit stops of life for a refit. Advances in neuroplasticity offer exciting opportunities for all people to re-purpose their minds for better functioning. In this presentation we look at ways we can condition, de-condition and recondition our minds for enhanced learning and well-being.

## Practical Ways to Build Emotional Intelligence



James Driver, Psychotherapist and Founder of NetAddiction NZ

Many young people have not developed effective ways of identifying, experiencing and expressing their emotions. This presentation will look at how to help them experience the emotions that they feel, how to act on emotions, learn healthy and appropriate ways to express emotions and develop greater awareness about their own emotions.

## Gambling and Young People



Dr Sally Gainsbury, Senior Lecturer, School of Psychology; Deputy Director, Gambling Treatment and Research Clinic

This presentation will discuss the impact of increased access through internet gambling, the increased awareness through greater exposure to gaming advertising which leads to its normalisation and the positive attitudes that young people have towards gambling.

## What's Shaping the World of eSafety in 2018?



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

New research from the Office of the eSafety Commissioner provides an insight into young people's exposure to online hate, negative experiences, trust and confidence in online information sources, experiences and attitudes to the sharing of explicit material and experience of image based abuse.

## Sexting – Just Rude Pictures?



Brett Lee, Founder, iNESS; Former Police Officer

Sexting activity is viewed as a growing concern. This presentation will outline what constitutes sexting, what makes sexting illegal and the risks and the reasons why young people engage in this practice. Practical strategies in how to reduce the instances of teen sexting will be covered along with how to deal with the resulting illegal material.

## Choosing Not to Hate



Alpha Cheng, Advocate for Social Cohesion; 2017 ACT Young Australian of the Year Nominee

and Matt X  
Counter Violent Extremist Consultant

Alpha Cheng and Matt X are two people that should not be in the same room together. Alpha is the son of Curtis Cheng, who was tragically killed by a 15-year old extremist youth – Matt X is a former white supremacist who targeted Asians. Join Alpha and Matt X in their shared mission to break the cycles of hate and violence in our society. Both believe in the power of personal narratives to make a difference in people's lives and change perspectives. Be uplifted, inspired and up-skilled in addressing hate and hateful attitudes to help empower everyone to make positive choices.

## Everything May NOT Be Awesome...Are Smartphones Hurting Our Children?



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

Smartphones have been central to the lives of a generation of children now being intuitively labelled as 'iGen'. There is growing evidence that smart devices such as iPads are placing the members of iGen at the forefront of a range of developmental problems and mental health issues. This presentation provides a platform for engaging in important conversations about what constitutes smart usage of smartphones.

## Understanding Adolescent Sleep



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 and mental health problems. Teenagers place little value on sleep, and are generally poor sleep managers. Learn how to implement treatments that build resilient sleep, which in turn protects teenagers from stress induced mood disorders and optimises learning outcomes.

## Helping Young People Make Positive Choices



Dr Kathryn Modecki, Senior Lecturer, School of Applied Psychology, Griffith Uni

Adolescence is a time when cognitive skills, biological functioning, and social expectations are all undergoing rapid change. Although these years are a time of risk, they are also a time of potential for moving onto more promising pathways. Dr Modecki will highlight psychological research to help explain many of the characteristics we associate with the teenage years and will offer research-based suggestions for how we can better assist youth in making healthy long-term choices.

# Kids in CyberSpace

## KIDS IN CYBERSPACE PROGRAM

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

TOPIC	SPEAKER
Introduction	Chairman
Practical Strategies to Empower Positive Digital Citizenship	Jocelyn Brewer
The Rise of eSports	James Driver
<b>MORNING TEA</b>	
The Four 'R's of Online Safety	Greg Gebhart
Attention Management	Dr Kristy Goodwin
<b>LUNCH</b>	
What Can we Learn From The National Smart Phone Survey?	Dr Kathryn Modecki
Online Rights and Responsibilities – Not so Virtual	Brett Lee
<b>AFTERNOON TEA</b>	
The 3 P's – Policy, Practice & Photography	Susan McLean
Social Media and Mental Health	A/Prof Michael Nagel

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 2018 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

## The Rise of eSports



**James Driver, Psychotherapist and Founder of NetAddiction NZ**

This presentation looks at the incredibly rapid rise of eSports (professional computer gaming) and the impact this is having on young people, including issues around aspiration, addiction and the culture of eSports. More people last year watched the League of Legends world finals than the NBA world finals, and the number of Americans who consider themselves eSports fans nearly doubled in one year (up to 14% of those aged 13-30 in 2016). Current trends show that too few youth workers are aware of eSports or the enormous influence it is beginning to have on youth culture.

## Practical Strategies to Empower Positive Digital Citizenship



**Jocelyn Brewer, Psychologist, Researcher**

The impact of young people's technology use is a highly divisive topic which thrives on sensationalised headlines. Psychologist Jocelyn Brewer will guide participants through some of the nuances when it comes to understanding and interpreting the research on technology use and mental health. She will introduce a range of innovative strategies for fostering digital wellbeing and for helping young people maintain a happy, healthy relationship with their online world.

## The Four 'R's of Online Safety



**Greg Gebhart, Education & Technology Expert**

Young Australians need digital literacy skills and core values to help navigate the online world safely. This session will explore the four 'R's of online safety – respect, resilience, responsibility and reasoning in relation to online content, cyberbullying, explicit content, and making informed online decisions.

## What Can we Learn From The National Smart Phone Survey?



**Dr Kathryn Modecki, Senior Lecturer, School of Applied Psychology, Griffith Uni**

Scholars from Griffith and Murdoch Universities recently partnered with the Australian Broadcasting Corporation to conduct the National Science Week Smartphone Survey. More than 14,000 Australians participated and shared their experiences with Smartphones and how these affect their health and relationships. Dr Modecki will discuss recent findings from these data, and next steps for considering technology's spillover (both good and bad) within modern life.

## 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.

## Online Rights and Responsibilities – Not so Virtual



**Brett Lee, Founder, Internet Safe Education**

Although it feels like technology has been a part of our lives forever, we are yet to go through one generation (from birth to death) being a part of an online world. This can create misconceptions, grey areas and a less than full understanding of where we stand and what is acceptable when making choices behind a screen. This presentation will address the law as it relates to the online world covering cyberbullying and related activity. Child related offences including grooming activity and illegal images will also be addressed along with aspects relating to the Dark/Deep Web.

## Social Media and Mental Health



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

In 1997 the first recognisable social media site, 'Six Degrees' was created, but the widespread global use of social media arguably exploded between 2004 and 2007 when YouTube and Facebook changed the face of the Internet and how people connect. A little over a decade later we are beginning to see the toxic impact of social media on the mental health and development of young people. This presentation looks at the downside of social media on young people and what can, and should, be done to nurture healthy minds.

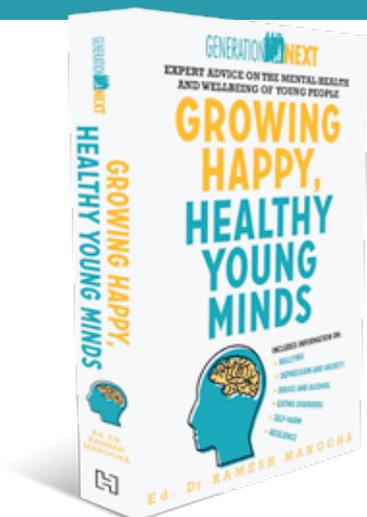
## Attention Management



**Dr Kristy Goodwin, Digital Wellness Expert**

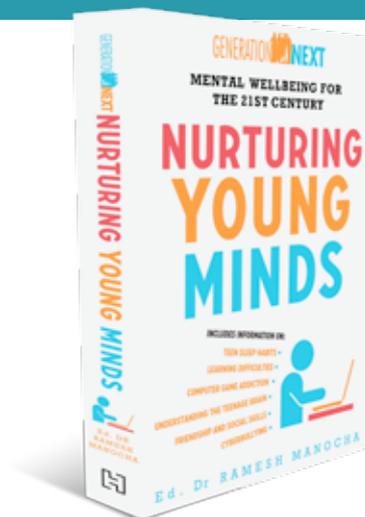
Banning technology isn't the solution. Instead, we need to teach our kids how to manage technology in healthy and helpful ways. In this practical session Dr Kristy will equip classroom teachers and health professionals working with kids with research-based practical strategies to help kids manage their attention (without telling them they need to give up their smartphone, or stop using the iPad).

CONTENTS BOOK 1



- Understanding Self-harm *Dr Claire Kelly*
- Suicide and Attempted Suicide *Dr Claire Kelly*
- Helping Young People Get Help for Mental Health Problems *Debra Rickwood*
- What to do in a Mental Health Crisis *Dr Claire Kelly*
- Bullying Basics *Sandra Craig*
- Anxiety in Young People  
*Prof Jennie Hudson & Dr Anna McKinnon*
- Depression in Young People  
*Dr Bridianne O’Dea & Dr Aliza Werner-Seidler*
- Towards Prevention: Understanding Child Sexual Assault  
*Carol Ronken*
- Talking About Alcohol and Drugs *Siobhan Lawler, Nicola Newton, Katrina Champion & Lexine Stapinski*
- Supporting a Young Person in their Decision Not to Use Alcohol or Other Drugs *Paul Dillon*
- Teens, Parties and Alcohol: A Practical Guide to Keeping Them Safe *Paul Dillon*
- What is Resilience and How to do it *Andrew Fuller*
- Online Time Management *Tena Davies*
- Harnessing the Minecraft Mindset for Success  
*Dan Haesler*
- Using Positive Psychology *Dr Justin Coulson*
- Food, Mood and Mental Health *Felice Jacka*
- Understanding the Teenage Brain *Dr Michael Nagel*
- Understanding Eating Disorders in Young People *Dr Tina Peckmezian, Dr Michelle Blanchard & Danielle Cuthbert*
- Excessive Dieting and Exercise *Amy Burton, Andreea Heriseanu, Brooke Donnelly & Phillip Aouad*
- Anorexia Nervosa *Brooke Donnelly, Phillip Aouad, Amy Burton & Andreea Heriseanu*
- Bulimia and Binge Eating *Andreea Heriseanu, Brooke Donnelly, Amy Burton & Phillip Aouad*
- Bigorexia – Muscle Dysmorphia in Young People  
*Dr Scott Griffiths*
- Fostering a Positive Body Image  
*Prof Susan Paxton & Dr Siân McLean*

CONTENTS BOOK 2



- Understanding Teen Sleep and Drowsy Kids  
*Dr Chris Seton*
- Emotions and Relationships Shape the Brains of Children  
*Dr Michael Nagel*
- Understanding the Teenage Brain *Dr Michael Nagel*
- Online Grooming and Cyber Predators *Brett Lee*
- Healthy Habits for a Digital Life *Dr Kristy Goodwin*
- Online Time Management *Tena Davies*
- Problematic Internet Use and How to Manage It  
*Dr Philip Tam*
- Computer Game Addiction and Mental Wellbeing  
*Dr Huu Kim Le*
- Sexting – Realities and Risks  
*Jeremy Blackman & Lesley Podesta*
- Cyberbullying, Cyber-harassment and Revenge Porn  
*Susan McLean*
- The ‘Gamblification’ of Computer Games *James Driver*
- Violent Video Games and Violent Behaviour  
*Dr Wayne Warburton*
- Talking to Young People about Online Porn and Sexual Images *Collett Smart*
- Advice for Parents: Be a Mentor, Not a Friend  
*Tena Davies*
- E-mental Health Programs and Interventions  
*Dr Jan Orman*
- Could it be Asperger’s? *Professor Tony Attwood*
- Dyslexia and Learning Difficulties *Mark Le Messurier*
- Friendship and Social Skills *Madhavi Nawana Parker*
- The Commercialisation of Childhood *Christopher Zinn*
- Sexualisation: Why Should we be Concerned?  
*Maggie Hamilton*
- Porn as a Public Health Crisis *Liz Walker*
- How Boys are Travelling and What They Most Need  
*Maggie Hamilton*
- Understanding and Managing Anger and Aggression  
*Melissa Abu-Gazaleh*
- Understanding Boys’ Health Needs *Melissa Abu-Gazaleh*

# GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People  
MELBOURNE FRIDAY 8 JUNE 2018

## REGISTRATION FORM

MELBOURNE	MAIN PROGRAM		KIDS IN CYBERSPACE	
	ONLINE ONLY	FAX, MAIL OR PHONE	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 23 March)	\$179	<input type="checkbox"/> \$199	\$220	<input type="checkbox"/> \$249
EARLY BIRD (Until 11 May)	\$199	<input type="checkbox"/> \$229	\$249	<input type="checkbox"/> \$275
STANDARD (After 11 May)	\$230	<input type="checkbox"/> \$250	\$275	<input type="checkbox"/> \$295
GROUP (3+) Discount — 3 or more, must be made in a single transaction.	\$155pp	<input type="checkbox"/> \$155pp	\$199pp	<input type="checkbox"/> \$199pp

STUDENT LEADERS (YR 11-12) — EMAIL ONLY  \$50pp Email completed form with copy of student ID to info@generationnext.com.au

BOOK ORDER: VOL 1. GROWING HAPPY, HEALTHY YOUNG MINDS QTY [ ] X \$34.99 + \$7.99 P&H VOL 2. NURTURING YOUNG MINDS QTY [ ] X \$34.99 + \$7.99 P&H

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  
 \*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.

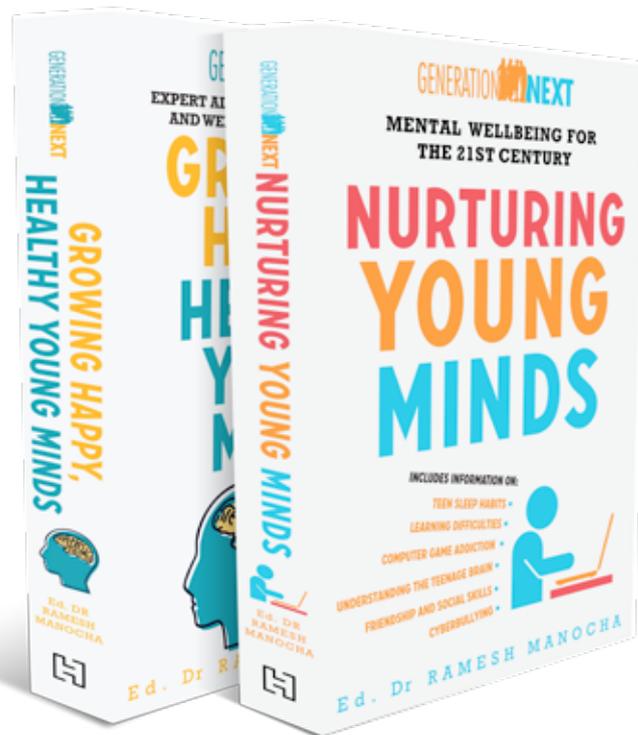
Card Number \_\_\_\_\_ Expiry \_\_\_\_/\_\_\_\_ CCV \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_  
 RETURN YOUR REGISTRATION FORM & PAYMENT TO GENERATION NEXT PO BOX 500 BURWOOD NSW 1805 or FAX 1300 797 792

Program is subject to change without notice. Events will proceed subject to demand. CANCELLATION: See www.generationnext.com.au Generation Next ABN: 54 141 575 037



# ESSENTIAL READING FOR ANYONE WORKING WITH YOUNG PEOPLE



**GROWING HAPPY, HEALTHY YOUNG MINDS** and **NURTURING YOUNG MINDS** are essential reading for teachers, parents, health professionals and anyone interested in working with young people.

Each self-contained chapter can be read in separate bites with additional resources available at the end of each chapter for more in-depth information. Order your copy today, see registration form.

**PURCHASE ONLINE [GENERATIONNEXT.COM.AU](http://GENERATIONNEXT.COM.AU) OR USE THE ORDER FORM ON P7**

*'Nurturing Young Minds is a wake up call in understanding young people, the issues they are facing and how to deal with them...(it) should be on the bookshelf of every parent and every person charged with the responsibility of guiding and educating children.'*

 **Jill Rivers** The Daily Review

*'This book will be important to anyone who is the parent of a young person or has an interest in working with people aged under twenty-five... Every chapter of this book deals with an issue that, if tackled properly, can change a young person's life for the better. In some cases those chapters will not only be life-changing but quite possibly lifesaving...'*

 **Andrew Fuller**

All proceeds from sales of these books will go directly back into supporting Generation Next's not-for-profit events and initiatives. Purchasing these books will not only help the young people you connect with but will also help us continue our important work!