

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.

ALL NEW
2018
PROGRAM

ADELAIDE
Friday 27 July – 9.00am-5.00pm
Adelaide Town Hall

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facebook.com/gennextcommunity

EXCITING SPEAKERS • IMPORTANT ISSUES • THE LATEST RESEARCH



Paul Dillon
Educator, DARTA
Alcohol and Consent



Greg Gebhart
Office of the Children's eSafety Commissioner
What's Shaping the World of eSafety in 2018?



Prof Susan J Paxton
Psychologist
Developing Positive Body Image



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?



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.

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
Alcohol and Consent	Paul Dillon
Rewiring Your Brain for Better Mental Health	Andrew Fuller
MORNING TEA & RESOURCES EXHIBITION	
Gambling and Young People	Dr Alex Blaszczynski
What's Shaping the World of eSafety in 2018?	Greg Gebhart
LUNCH & RESOURCES EXHIBITION	
Sexting – Just Rude Pictures?	Brett Lee
Everything May NOT Be Awesome...Are Smartphones Hurting Our Children?	A/Prof Michael Nagel
AFTERNOON TEA & RESOURCES EXHIBITION	
Developing Positive Body Image	Prof Susan J Paxton
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.

ADELAIDE 27 JULY 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

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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

Adelaide Town Hall – 128 King William St, Adelaide 5000.
Paid parking is available. The closest car park is Topham Mall UPark on 52-54 Waymouth Street.
Adelaide Town Hall is easily accessible by public transport.
Please visit www.adelaidemetro.com.au to plan your trip.

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.

ORDER ONLINE NOW

www.generationnext.com.au

Use the registration form 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.

Alcohol and Consent



Paul Dillon, Educator, DARTA

Recent estimates suggest around 1 in 5 Australian women and 1 in 20 men have experienced sexual violence. Approximately half of all sexual assaults are associated with alcohol consumption. This presentation will examine the cognitive effects of alcohol, situational factors that contribute to alcohol-involved sexual assault, as well as the issue of consent. Strategies to support young people and promote cultural change in this area will also be provided.

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.

Gambling and Young People



Dr Alex Blaszczynski, Professorial Research Fellow & 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.

Developing Positive Body Image



Prof Susan J Paxton, Psychologist Board, The Butterfly Foundation

Body image problems in young people are major sources of distress, predict a range of negative psychological and physical health outcomes. This talk will draw on research to describe social and individual factors that increase vulnerability to body dissatisfaction including new pressures from social media. Importantly, it will explore strategies that reduce risk of negative outcomes and build positive body image.

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.

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.

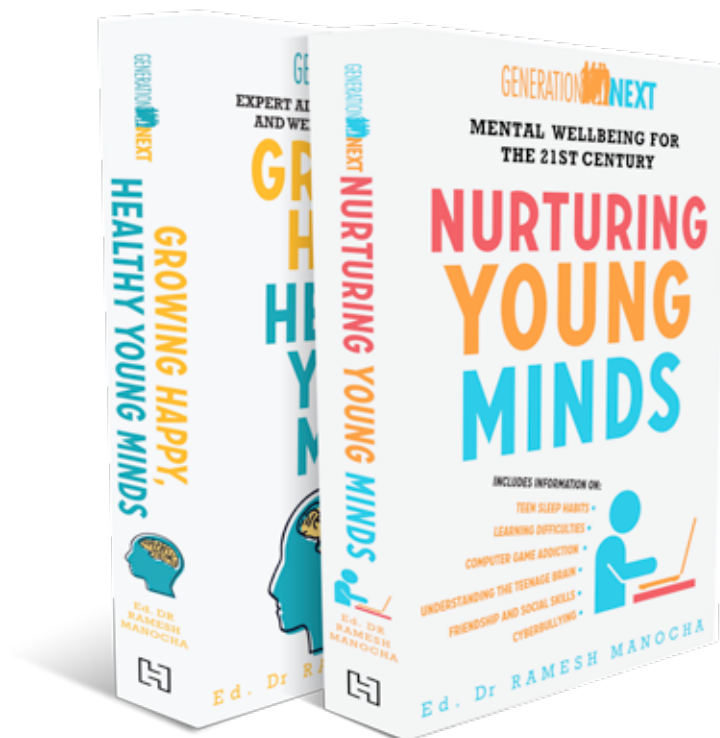
Everything May NOT Be Awesome...Are Smartphones Hurting Our Children?



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.

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.

ORDER NOW! – SEE REGISTRATION PAGE FOR DETAILS

'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

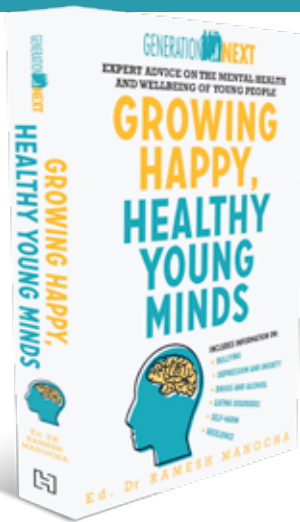
'This book will be important to anyone who is the parent of a young person or has an interest in working with people aged under twenty-five... Every chapter of this book deals with an issue that, if tackled properly, can change a young person's life for the better. In some cases those chapters will not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

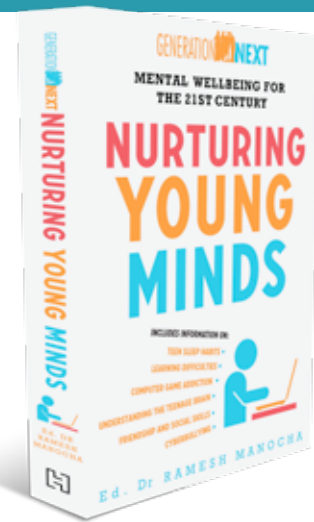
PURCHASE ONLINE GENERATIONNEXT.COM.AU OR USE THE ORDER FORM HERE

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*



www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2018 Adelaide

REGISTRATION & BOOK ORDER FORM

FRIDAY 27 JULY

ADELAIDE

	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 1 June)	\$179	<input type="checkbox"/> \$199
EARLY BIRD (Until 29 June)	\$199	<input type="checkbox"/> \$229
STANDARD (After 29 June)	\$230	<input type="checkbox"/> \$250
GROUP (3+) Discount — For bookings of 3 or more, must be made in a single transaction.	\$155pp	<input type="checkbox"/> \$155pp

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 _____

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

