

# 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**

**PERTH**  
Friday 1 June – 9.00am-5.00pm  
Winthrop Hall, UWA

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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



**Dr Sally Gainsbury**  
Clinical Psychologist  
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.

# 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
4 Steps to Emotional Intelligence	Dr Justin Coulson
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
Alcohol and Consent	Paul Dillon
AFTERNOON TEA & RESOURCES EXHIBITION	
Developing Positive Body Image	Prof Susan J Paxton
Music Therapy for Better Engagement and Wellbeing	Lene Jeffrey

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).

## PERTH 1 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

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### REGISTRATION INCLUDES

Program, lecture notes and satchel, morning tea, lunch, afternoon tea, attendance certificate, access to stakeholders' and resources exhibition.

### VENUE TRANSPORT & PARKING

Winthrop Hall, The University of Western Australia.  
Limited paid parking available on-site. Public transport is recommended. See [www.transperth.wa.gov.au](http://www.transperth.wa.gov.au) for timetables and other information.

- Swan Taxis 13 13 30 • Black & White Cabs 133 222

### 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](http://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.

## 4 Steps to Emotional Intelligence



**Dr Justin Coulson, Parenting, Wellbeing, and Positive Psychology Expert**

Research shows that people perform or learn better when they feel secure in their relationships with others. And leaders and teachers who are emotionally intelligent can provide that security. This presentation will provide participants with effective strategies for developing their emotional intelligence (or EQ), to get the best from themselves and others.

## 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 advertising within gaming 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.

## 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.

## 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.

## 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.

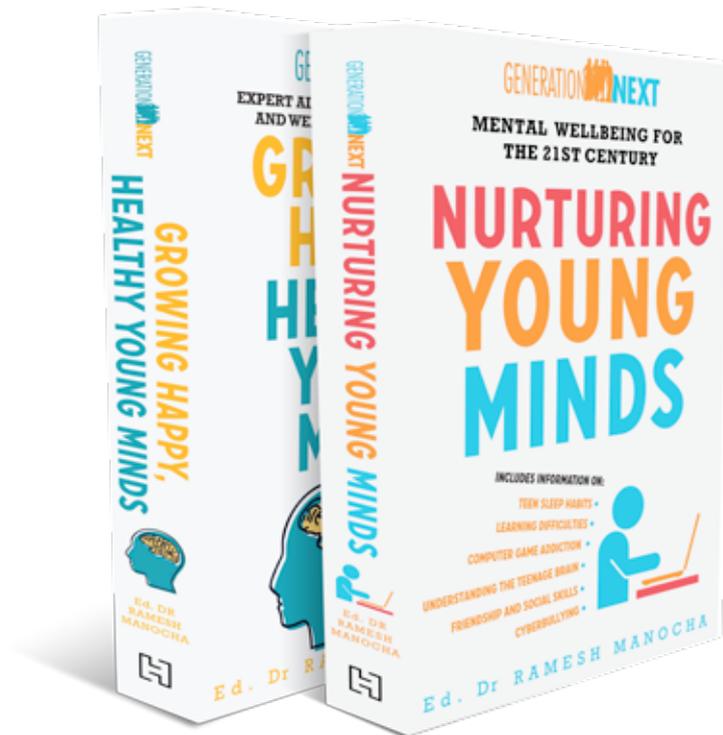
## Music Therapy for Better Engagement and Wellbeing



**Lene Jeffrey, Registered Music Therapist**

Music is a powerful, non-threatening and naturally supportive tool for generating engagement and wellbeing in young people. This talk outlines ways in which music works and is used as therapy to support engagement, motivation, learning, self-regulation, anxiety reduction and positive self expression. Practical strategies for using music to connect positively with young people are offered. Can a young person's healthy and unhealthy use of music be utilised as an indicator for wellbeing?

# 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.'*

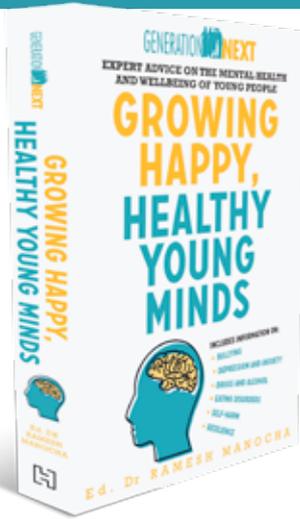
 **Jill Rivers** The Daily Review

*'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**

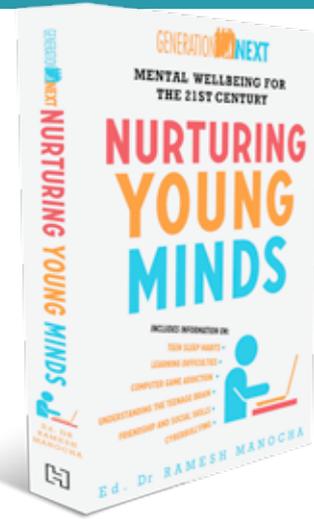
All proceeds from sales of these books will go directly back into supporting Generation Next's not-for-profit events and initiatives. Purchasing these books will not only help the young people you connect with but will also help us continue our important work!

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

# The Mental Health & Wellbeing of Young People 2018 Perth

## REGISTRATION & BOOK ORDER FORM

FRIDAY 1 JUNE

### PERTH

ONLINE ONLY

FAX, MAIL OR PHONE

SUPER EARLY BIRD (Until 23 March)	\$179	<input type="checkbox"/>	\$199
EARLY BIRD (Until 11 May)	\$199	<input type="checkbox"/>	\$229
STANDARD (After 11 May)	\$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](mailto: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](http://www.generationnext.com.au) Generation Next ABN: 54 141 575 037

