





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 3 AUGUST – 9.00am-5.00pm

MAIN PROGRAM CENTENNIAL HALL



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THE LATEST RESEARCH

EXCITING SPEAKERS

IMPORTANT ISSUES



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



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Paul Dillon Educator, DARTA Alcohol and Consent



Alpha Cheng Advocate for Social Cohesion Choosing Not to Hate

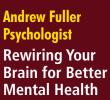


Prof Susan J Paxton Psychologist Developing Positive Body Image



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





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.

See generationnext.com.au for more information.



Discount registrations online www.generationnext.com.au

MAIN PROGRAM

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

ΤΟΡΙϹ	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 AwesomeAre 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.

SYDNEY 3 AUGUST 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

• **Teachers**: This seminar may contribute up to 6 hours towards your annual professional development.

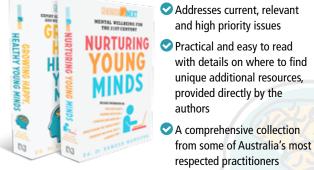
REGISTRATION INCLUDES

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).

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



\$34.99ea plus P & H.

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The above program is an indication of topics and speakers only and is not the final schedule. Program was correct at time of printing and is subject to change without notice. See www.generationnext.com.au for updates. Generation Next is a registered charitable institution. ABN 54 141 575 037.

MAIN PROGRAM

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.

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.

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.

Discount registrations online www.generationnext.com.au

THIS PROGRAM WILL RUN PARALLEL TO THE GENERATION NEXT EVENT

KIDS IN CYBERSPACE PROGRAM

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

ΤΟΡΙϹ	SPEAKER
Introduction	Chairman
Practical Strategies to Empower Positive Digital Citizenship	Jocelyn Brewer
The Four 'R's of Online Safety	Greg Gebhart
MORNING TEA	
Attention Management	Dr Kristy Goodwin
Internet Connected Toys and Play: What You Need to Know	Dr Kate Highfield
LUNCH	
A Detective Steps into the Predator's Lair Disguised as a Child	Brett Lee
The 3 P's – Policy, Practice & Photography	Susan McLean
AFTERNOON TEA	
Social Media and Mental Health	A/Prof Michael Nagel
Violent Video Games and Aggression	Dr Wayne Warburton

Program subject to change without notice. For the most up to date program and a list of speakers, visit 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

Discount registrations online www.generationnext.com.au

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).

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.

Violent Video Games and Aggression



Dr Wayne Warburton, Psychologist; The Children and Families Research Centre, Macquarie University

The effects of video games, and especially violent ones, has been the subject of significant debate. Recently, major institutions such as

the WHO have recognised the addictive potential of computer games. Other organisations have recognised the connection between violent video games and violent behaviour. Wayne will walk us through the evidence and help us to understand the science, de-mystify the 'debate' and develop a better understanding of the various stakeholders that are driving it.

Internet Connected Toys and Play: What You Need to Know



Dr Kate Highfield, Researcher and Educator

Children's toys are increasingly becoming 'high tech', with traditional toys replaced with 'tech toys' that integrate technology and respond to children in some way. Kate

will discuss the research and implications surrounding internet connected toys, and beyond the hype consider potential benefits, concerns and opportunities for learning.

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.

A Detective Steps into the Predator's Lair Disguised as a Child



Brett Lee, Founder, Internet Safe Education

An online child sex offender goes through 5 steps to commit an offence against a child. This presentation will address methodology as it relates to these steps and the roles

carers, educators and other professionals can play to disrupt the grooming process at any stage. As a former undercover internet detective Brett Lee communicated online with child predators under the guise of a child for thousands of hours. From initial contact, information sharing, the creation and abuse of trust and resulting arrest and trial, this presentation is a journey through the online world as children see it.

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.

BOOK EARLY WHILE PRICES ARE LOW!

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