

# 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.

**SYDNEY TOWN HALL • FRIDAY 3 AUGUST – 9.00am-5.00pm**

**MAIN PROGRAM**  
CENTENNIAL HALL

**KIDS IN CYBERSPACE**  
LOWER TOWN HALL

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?



**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?



**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.

See [generationnext.com.au](http://generationnext.com.au)  
for more information.

Also at  
Canberra  
22nd June!  
(NSW teachers  
qualify for PD)

Discount registrations online [www.generationnext.com.au](http://www.generationnext.com.au)

# 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
Alcohol and Consent	Paul Dillon
Rewiring Your Brain for Better Mental Health	Andrew Fuller
MORNING TEA & RESOURCES EXHIBITION	
Gambling and Young People	Dr Alex Blaszczyński
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](http://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



- ✓ 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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### FREE ONLINE RESOURCES

- [facebook.com/gennextcommunity](https://facebook.com/gennextcommunity)
- @GenNextVoice
- [youtube.com/c/GenerationNextCommunity](https://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 Blaszczyński, 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.



# 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 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](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

## 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.

# GENERATION NEXT

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

**The Mental Health & Wellbeing of Young People**  
**SYDNEY FRIDAY 3 AUGUST 2018**

## REGISTRATION FORM

### SYDNEY

	MAIN PROGRAM		KIDS IN CYBERSPACE	
	ONLINE ONLY	FAX, MAIL OR PHONE	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 1 June)	\$179	<input type="checkbox"/> \$199	\$220	<input type="checkbox"/> \$249
EARLY BIRD (Until 29 June)	\$199	<input type="checkbox"/> \$229	\$249	<input type="checkbox"/> \$275
STANDARD (After 29 June)	\$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) — <b>EMAIL ONLY</b> <input type="checkbox"/> \$50pp Email completed form with copy of student ID to <a href="mailto:info@generationnext.com.au">info@generationnext.com.au</a>				

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I am a ☐ Teacher ☐ Psychologist ☐ Counsellor ☐ Nurse ☐ Social Worker ☐ Parent ☐ Youth Worker ☐ Student# ☐ Other \_\_\_\_\_  
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