

# the MENTAL HEALTH & N WELLBEING O of YOUNG PEOPLE 1 ∞

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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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:** 6 CPD hours, NESA Approved at the level of Proficient Teacher
- **Nurses:** 6 CPD hours, ACN Approved
- **Social Workers:** 8 CPD hours, AASW Approved

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

# PROGRAM

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

TOPIC	SPEAKER
Introduction	Chairman
Everything May NOT Be Awesome...Are Smartphones Hurting Our Children?	A/Prof Michael Nagel
Teen Sleep Problems and Solutions	Dr Chris Seton
MORNING TEA & RESOURCES EXHIBITION	
What's Shaping the World of eSafety in 2018?	Greg Gebhart
Choosing Not to Hate	Alpha Cheng and Matt X
LUNCH & RESOURCES EXHIBITION	
Alcohol and Consent	Paul Dillon
Sexting – Just Rude Pictures?	Brett Lee
AFTERNOON TEA & RESOURCES EXHIBITION	
Gambling and Young People	Dr Alex Blaszczynski
Rewiring Your Brain For Better Mental Health	Andrew Fuller

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).

## 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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  - **Social Workers:** 8 CPD hrs, AASW Approved
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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

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](http://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.**

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### FREE ONLINE RESOURCES

- [facebook.com/gennextcommunity](https://facebook.com/gennextcommunity)
- [@GenNextVoice](https://twitter.com/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 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.

## Teen Sleep Problems and Solutions



**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.





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

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Cheques are to be made payable to: 'Generation Next Australia Ltd' All Prices are in Australian Dollars (AUD) inclusive of GST.

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