

the **MENTAL HEALTH**  
& **WELLBEING** of **2020**  
**YOUNG PEOPLE**  
NOT-FOR-PROFIT EDUCATIONAL SEMINARS



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**CANBERRA**

Friday 5 June | 9:00am - 5:00pm  
Llewellyn Hall, ANU

NATIONAL CIRCUIT  
ALSO IN SYDNEY  
AUGUST 14

EXCITING SPEAKERS • IMPORTANT ISSUES • THE LATEST RESEARCH • PRACTICAL STRATEGIES



**Andrew Fuller**  
Child & Adolescent  
Clinical Psychologist,  
Inyahead  
Tricky Kids and Anxiety



**Dr Justin Coulson**  
Parenting Expert  
The Impact of  
Pornography – What's  
the Science?



**Mark Le Messurier**  
Counsellor & Educator  
Teaching Values of  
Being Human – An  
Education of the Mind  
and the Heart



**Jordan Foster**  
Clinical Psychologist  
Cyber Safety Expert  
The Current State of  
Play – Gaming and  
Young People



**Paul Dillon**  
Educator DARTA  
'Nanging', 'Jungle  
Juice' and 'Rexing':  
Trends in Inhalant Use  
Amongst Youth



**Dr Rachael Sharman,**  
Senior Lecturer in  
Psychology, USC  
Green Space and  
Nature Play for the  
Developing Brain

**WHAT IS GENERATION NEXT?**

A not-for-profit social enterprise 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:** This seminar may contribute up to 6 hours towards your CPD
- **AASW:** Points applied for



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# MAIN PROGRAM

REGISTRATION FROM: 8:00am  
SEMINAR FROM: 9:00am - 5:00pm  
LECTURE LENGTH: 30-40mins

TOPIC	SPEAKER
Tricky Kids and Anxiety	Andrew Fuller
Green Space and the Power of Nature Play for Shaping the Developing Brain	Dr Rachael Sharman
The Current State of Play – Gaming and Young People	Jordan Foster
MORNING TEA & RESOURCES EXHIBITION	
The Impact of Pornography – What’s the Science?	Dr Justin Coulson
‘Nanging’, ‘Jungle Juice’ and ‘Rexing’: Trends in Inhalant Use Amongst Young People	Paul Dillon
LUNCH & RESOURCES EXHIBITION	
Teaching Values of Being Human – An Education of the Mind and the Heart	Mark Le Messurier
TBA	see generationnext.com.au for updates
AFTERNOON TEA & RESOURCES EXHIBITION	
TBA	see generationnext.com.au for updates
TBA	see generationnext.com.au for updates

Program may be subject to change without notice. For the most up to date program, visit [www.generationnext.com.au](http://www.generationnext.com.au).

## CANBERRA 5 JUNE 2020

### WHO SHOULD ATTEND

- Teachers, Principals, Student Welfare Officers, Leaders
- Psychologists, Counselors, 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.
- **Nurses:** This seminar may contribute up to 6 CPD hours
- **Social Workers:** AASW points pending

### REGISTRATION INCLUDES

Access to 9 educational lectures, stakeholder and resources exhibition, PDF program and notes, delegate satchel, morning tea, lunch, afternoon tea, attendance certificate.


### VENUE TRANSPORT & PARKING

Llewellyn Hall, ANU School of Music Building, 100 William Herbert Place, Canberra, ACT, 2600. Limited paid parking available onsite. Please see [www.action.act.gov.au](http://www.action.act.gov.au) for information and timetables to plan your trip.

- Canberra Elite 13 22 27 • Cabxpress 1300 222 977

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

**\$35ea plus P & H.**

**ORDER ONLINE NOW**  
[www.generationnext.com.au](http://www.generationnext.com.au)

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-  [@GenNextVoice](https://twitter.com/GenNextVoice)
-  [youtube.com/GenerationNextCommunity](https://youtube.com/GenerationNextCommunity)
-  [generationnext.podbean.com](https://generationnext.podbean.com)
-  [generationnext.com.au/resources/blog](https://generationnext.com.au/resources/blog)

### Tricky Kids and Anxiety



**Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead**

Often tricky kids become the movers and shakers of the future. How do we help them get there? This presentation will provide practical strategies for communicating with young people who are seen as 'difficult' as well as explore what might be underlying these behaviours and how a resilience mindset model may contribute to helping these kids thrive.

### The Impact of Pornography — What's the Science?



**Dr Justin Coulson, Parenting Expert**

How do we protect children from harmful content? How do we help them to make safe, healthy decisions when it comes to explicit content online – whether it is in the form of pornography, or sexts that they produce themselves? Is it ever ok? This presentation will provide an insight into what teens are doing online in relation to pornography, what the research says about its effects and offer tips and guidance for those who work with young people to help them to make safe, healthy decisions around pornography consumption.

### 'Nanging', 'Jungle Juice' and 'Rexing': Trends in Inhalant Use Amongst Young People



**Paul Dillon, Educator, DARTA**

Inhalants or volatile substances are products/substances that produce vapours or fumes that when sniffed or inhaled produce a 'high'. Around one in five (18%) of 12-17-year-old Australian secondary school students have intentionally used an inhalant, with few using them regularly. Due to their relatively low cost and accessibility, however, experimental use of readily available products (e.g. glue, correction fluid) by very young teens can occur. Some inhalants are linked to the party/nightlife scene, with more problematic use more likely to be seen amongst the socially disadvantaged or those living in remote areas. This presentation will examine current trends in inhalant use, with a focus on nitrous oxide, amyl nitrite, and deodorants.

### The Current State of Play — Gaming and Young People



**Jordan Foster, Clinical Psychologist, Cyber Safety Expert, Founder ySafe**

This presentation will equip participants with an understanding of excessive gaming and 'Gaming Addiction' from a holistic child-centred perspective.

Practical strategies and advice for parents, school staff and health professionals will be provided. The clinical classification of gaming addiction will be explored along with effective treatment processes and intervention models and skills for overcoming resistance from young people, including strategies for communication.

### Teaching Values of Being Human — An Education of the Mind and the Heart



**Mark Le Messurier, Author, Counsellor, Educator, Parenting Coach**

We live in an uncertain world; political unrest, social injustices, global warming and climate change, food and water insecurity, the impending global threat of loneliness and more. This can make it hard for young people to stay optimistic. Yet, we want them to revel in the fact that they're uniquely human and are blessed to live on this fabulous blue planet. Yes, there are challenges ahead, but our challenge is to teach the exquisiteness of being human — our ingenuity, empathy, creativity, teamwork, resiliency and capacity to pull together. In this session, Mark's focus is on guided conversations and activities to coach 'Social and Emotional Literacy' and ignite 'emotional intelligence'.

### Green Space and the Power of Nature Play for Shaping the Developing Brain



**Dr Rachael Sharman, Senior Lecturer in Psychology, University of the Sunshine Coast**

Research demonstrates that by over-sanitising early play experiences, we have done our children more harm than good. In this session, participants will learn about the way in which the developing brain wires itself to the environment in which it finds itself, how access to play in green space improves physical and cognitive development and the importance of unstructured play with the full potential for both risk and reward in social emotional development.



**Friday 5 June 2020**

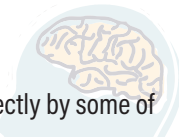
More topics and speakers to be announced, see [generationnext.com.au](http://generationnext.com.au) for updates.





**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 some of Australia's most respected practitioners
- ✔ All proceeds go towards funding Generation Next not-for-profit initiatives



**PRE-ORDER BELOW**

CANBERRA 5 JUNE 2020	VIA WEBSITE	FAX, MAIL, PHONE	QUANTITY	AMOUNT
<b>REGISTRATIONS (ALL PRICES INCLUDE GST)</b>				
SUPER EARLY BIRD (Until 3 April)	\$179pp	\$199pp		
EARLY BIRD (Until 22 May)	\$199pp	\$229pp		
STANDARD (From 23 May)	\$250pp	\$285pp		
STUDENT LEADERS (Years 11-12, with a copy of Student ID)	NA	\$50pp		
GROUP DISCOUNT: 3 - 15 registrations save 10%   16 - 25 registrations save 15%   26+ registrations save 20%				
<b>EXTRAS* (ALL PRICES INCLUDE GST)</b>				
BOOK 1: Growing Happy, Healthy Young Minds	\$35ea	\$35ea		
BOOK 2: Nurturing Young Minds	\$35ea	\$35ea		
BOOK 1 + 2: Bundle	\$60ea	\$60ea		
Generation Next Eco-Friendly Reusable Cup	\$15ea	\$15ea		
Hardcopy Handbook**	\$10ea	\$10ea		
<b>WWW.GENERATIONNEXT.COM.AU</b>			TOTAL	\$

\*All extras to be collected on seminar day. \*\*In an effort to reduce our environmental impact we will now be providing notes and resources handbooks in a PDF version unless a hard copy is ordered. Please bring your digital device, note-taking materials, or print only the pages you require for the day.

**Special catering request:**  Vegetarian  Vegan  Gluten Free \* Denotes a required field

**I am a**  Teacher  Nurse  Psychologist  Counsellor  Parent  Social Worker  Student  Other \_\_\_\_\_

**Title:** \_\_\_\_\_ **Given Name:\*** \_\_\_\_\_ **Surname:\*** \_\_\_\_\_

**Email:\*** \_\_\_\_\_

**Organisation:** \_\_\_\_\_

**Mailing Address:\*** \_\_\_\_\_

**Suburb:\*** \_\_\_\_\_ **State:\*** \_\_\_\_\_ **Postcode:\*** \_\_\_\_\_

**Work Phone:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

All correspondence (e.g. tax invoice, confirmation of registration and supplementary education materials) will be sent by email - please write clearly

**Yes, I wish to attend and pay by (please tick one):**  Visa  Mastercard  Cheque

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

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**CANCELLATION:** See www.generationnext.com.au