

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



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@GenNextCommunity

**MELBOURNE**

Friday 21 August | 9:00am - 5:00pm  
Melbourne Convention Centre

ALSO IN OTHER CITIES!

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?



**Tania De Jong AM**  
Soprano, award-winning  
entrepreneur,  
inspirational speaker  
Singing & Creativity for  
Mental Health



**Dr Rachael Sharman,**  
Senior Lecturer in  
Psychology, USC  
The Importance of  
Experiencing Failure in  
Childhood



**Greg Gebhart**  
Senior Education Trainer,  
eSafety Commissioner  
eSafety – New Issues,  
New Powers, New  
challenges



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

**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
The Importance of Experiencing Failure in Childhood	Dr Rachael Sharman
eSafety – New Issues, New Powers, New challenges	Greg Gebhart
MORNING TEA & RESOURCES EXHIBITION	
The Impact of Pornography – What’s the Science?	Dr Justin Coulson
Teaching Values of Being Human – An Education of the Mind and the Heart	Mark Le Messurier
LUNCH & RESOURCES EXHIBITION	
With One Voice – Singing for Creativity & Mental Health	Tania de Jong AM
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).

## MELBOURNE 21 AUGUST 2020

### 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.
- **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

Melbourne Convention & Exhibition Centre, Convention Place, South Wharf. The venue is accessible by public transport. Please visit [www.ptv.vic.gov.au](http://www.ptv.vic.gov.au) to plan your trip.

- Silvertop Taxi 131 008
- Taxi Australia 132 227

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.**

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### FREE ONLINE RESOURCES

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-  [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.

### The Importance of Experiencing Failure in Childhood



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

Where is the line between supporting and enabling? When does help become hinderance? Failure is an important part of the learning process and a stepping stone to improvement and resilience. Resilience in the face of challenge or failure leads to improved problem-solving skills, self-confidence and success. So why under stress, do some people wilt and wither away, while others roll up their sleeves and try again, try harder, or try something different? This presentation will review the evidence for the role that failure plays in learning and cognitive development as well as provide a framework for encouraging children to develop some effective coping strategies to deal with their emotions; figure out what they did wrong; and finally, adapt their approach and try again in a different way.

### With One Voice — Singing for Creativity & Mental Health



**Tania de Jong AM, Social Entrepreneur, Global Speaker, Soprano, Founder of Creative Universe**

How can we ignite a creative spark in young people and build healthy, inclusive and caring communities in an age of loneliness, and disconnection? How can we harness the benefits of group singing for mental health and community wellbeing? This interactive presentation will provide practical strategies and inspirational case studies to encourage creativity, courage, community and connection.

### eSafety – New Issues, New Powers, New challenges. What Does It All Mean for Australia's Young People?



**Greg Gebhart, Senior Education Trainer, eSafety Commissioner**

The misuse of online technology is manifesting itself in ways never seen before. These issues are not simply a technology problem. It is the result of social, cultural and behavioural issues being played out online. This session will examine some of the emerging issues impacting the way we interact and communicate online, new legislation and the new programs and resources available to support practitioners from the eSafety Commissioner.

### 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'.



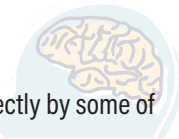
**Friday 21 August 2020**

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**

**MELBOURNE 21 AUGUST 2020**      **VIA WEBSITE**      **FAX, MAIL, PHONE**      **QUANTITY**      **AMOUNT**

### REGISTRATIONS (ALL PRICES INCLUDE GST)

SUPER EARLY BIRD (Until 24 July)	\$179pp	\$199pp		
EARLY BIRD (Until 7 August)	\$199pp	\$229pp		
STANDARD (From 8 August)	\$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%

### EXTRAS\* (ALL PRICES INCLUDE GST)

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		

**WWW.GENERATIONNEXT.COM.AU**

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