

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



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@GenNextCommunity

SYDNEY

Friday 14 August | 9:00am - 5:00pm
City Recital Hall

NATIONAL CIRCUIT
ALSO IN CANBERRA
JUNE 5

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



Andrew Fuller
Psychologist
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



Dr Kristy Goodwin
Digital Wellness Expert
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:** Applied for



SEE BACK PAGE

MAIN PROGRAM

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

TOPIC	SPEAKER
Tricky Kids and Anxiety	Andrew Fuller
Green Space and the Power of Nature Play for Shaping the Developing Brain	Dr Rachael Sharman
Gaming and Young People	Dr Kristy Goodwin
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.

SYDNEY 14 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 Organizations, 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

City Recital Hall, 2 Angel Place, Sydney NSW 2000. Public transport is recommended with train, light rail and bus services in close proximity. Visit transportnsw.info to plan your trip. Nearest paid parking is 123 Pitt St. Accessible parking spaces are available in the car park beside the venue elevators.

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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www.generationnext.com.au

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FREE ONLINE RESOURCES

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-  youtube.com/GenerationNextCommunity
-  generationnext.podbean.com
-  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.

Gaming and Young People



Dr Kristy Goodwin, Digital Wellness Expert

Gaming has become a popular pastime for kids and teens today, particularly for boys. Concerns regarding 'gaming addiction' are mounting amongst educators, health professionals and parents alike. But is this fear and moral panic warranted? This presentation will debunk the myths and misnomers about gaming. Dr Kristy will arm delegates with the latest research-based information regarding gaming, share insights into the appeal of gaming (exploring the neuroscience, psychological drivers and design techniques that collide to get kids hooked on gaming) and provide practical solutions to help young people foster healthy and sustainable gaming behaviours.

'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 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.

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



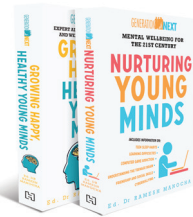
Dr Rachael Sharman, Senior Lecturer in Psychology, University of the Sunshine Coast

Every parent wants their child to grow into a strong, successful human being, but how is this best achieved? 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.



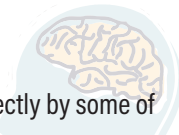
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More topics and speakers to be announced, see generationnext.com.au for updates.



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

SYDNEY 14th AUGUST 2020

ONLINE

FAX, MAIL, PHONE

QUANTITY

AMOUNT

REGISTRATIONS (ALL PRICES INCLUDE GST)

SUPER EARLY BIRD (Until 3 rd July)	\$179pp	\$199pp		
EARLY BIRD (Until 31 st July)	\$199pp	\$229pp		
STANDARD (After 31 st July)	\$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

Program is subject to change without notice. Generation Next ABN: 54 141 575 037. Registration will only be confirmed once payment has been received.

CANCELLATION: See www.generationnext.com.au