

# the MENTAL HEALTH & WELLBEING of YOUNG PEOPLE

NOT-FOR-PROFIT EDUCATIONAL SEMINARS



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date

@GenNextCommunity

**ADELAIDE**

Friday 31 July | 9:00am - 5:00pm  
Adelaide Town Hall

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?



**Sarah Alderton**  
Classroom Teacher,  
Education Consultant  
Put Your Own Mask on  
First — Why We Must  
Invest in Staff Wellbeing



**Kareem El-Ansary**  
2019 Australian Youth  
Representative to the  
United Nations  
Listening to Young People  
— Programs That Work



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

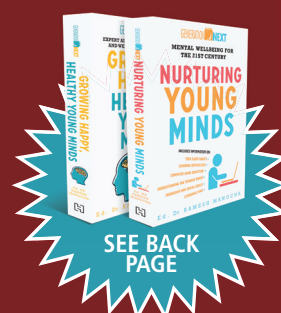
## WHAT IS GENERATION NEXT?

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



# MAIN PROGRAM

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

TOPIC	SPEAKER
Tricky Kids and Anxiety	Andrew Fuller
Put Your Own Mask on First — Why We Must Invest in Staff Wellbeing	Sarah Alderton
Listening to Young People— Programs that Work	Kareem El-Ansary
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	
TBA	see generationnext.com.au for updates
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).

## ADELAIDE 31 JULY 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

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.

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)

or use the registration form on the back page to order your copies.

### FREE ONLINE RESOURCES

-  [facebook.com/GenNextCommunity](https://facebook.com/GenNextCommunity)
-  [@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)

## Put Your Own Mask on First — Why We Must Invest in Staff Wellbeing



**Sarah Alderton,**  
Classroom Teacher, Education Consultant,  
Founder of The Selfie Project

When flying, passengers are always advised to apply their own oxygen mask before assisting other passengers. We know that we are no use in the service of others if incapacitated ourselves. However, this is something that we often forget as educators, health professionals, parents, carers and supporters of young people. Our wellbeing is put last and when running on empty, how can we ensure we are giving our best when functioning close to our worst? This presentation will investigate work burnout, overwhelm and stress and offer simple and practical tools that both workers and management can implement to better take care of staff wellbeing.

## Listening to Young People



**Kareem El-Ansary,**  
2019 Australian Youth Representative to  
the United Nations

As Australia's Youth Representative to the UN, Kareem completed a marathon listening tour in 2019, visiting 56 locations around Australia and conducting 233 consultations at a diverse range of organisations, from schools and non-profits to juvenile detention centres. The issues raised were as varied as the young people themselves, but one key message remained constant; supporting us better starts with listening more. This presentation will highlight key learnings from the Listening Tour and provide insights and case studies from young people across Australia.

## 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.

## 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'.

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



**Dr Justin Coulson,**  
Parenting Expert

Pornography is everywhere. Technological advances have meant that everyone of us – and every one of our teens – is walking around with porn in our pockets. Because pornography has become so mainstream, some argue that it's no big deal. Teens, in particular, shrug it off. After all, they know it's "not real". Yet teenagers are the biggest consumers of pornography in the world. Is it a big deal? Does it matter? They'll assure us that it doesn't affect them. Research tells us that it does matter. Pornography is affecting the beliefs and the behaviours of adolescents (and adults), and its effects are being felt at the heart of relationships. Not only does porn affect the heart, but addiction researchers are increasingly acknowledging that pornography is also affecting the mind in harmful ways. 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 is designed for educators, giving them an insight into what teens are doing online in relation to pornography, and more importantly, offering tips and guidance to those who work with adolescents to help them to make safe, healthy decisions around pornography consumption.



# Friday 31 July 2020

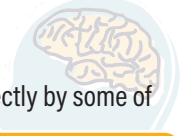
More topics and speakers to be announced,  
see [generationnext.com.au](http://generationnext.com.au) for updates.





### 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**

**ADELAIDE 31 JULY 2020**

VIA WEBSITE

FAX, MAIL, PHONE

QUANTITY

AMOUNT

#### REGISTRATIONS (ALL PRICES INCLUDE GST)

SUPER EARLY BIRD (Until 19 June)

\$179pp

\$199pp

EARLY BIRD (Until 3 July)

\$199pp

\$229pp

STANDARD (From 4 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