

the MENTAL HEALTH & WELLBEING of YOUNG PEOPLE

NOT-FOR-PROFIT EDUCATIONAL SEMINARS



Follow us to
stay up to
date

@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



Kareem El-Ansary
2019 Australian Youth
Representative to the
United Nations
Listening to Young
People



Greg Gebhart
Senior Education
Trainer, eSafety
Commissioner
'Nanging', 'Jungle Juice'



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



SEE BACK
PAGE

MAIN PROGRAM

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

TOPIC	SPEAKER
Tricky Kids and Anxiety	Andrew Fuller
Developing Resilience in Young People	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
With One Voice – Singing for Creativity and Mental Health	Tania de Jong AM
LUNCH & RESOURCES EXHIBITION	
Teaching Values of Being Human – An Education of the Mind and the Heart	Mark Le Messurier
Listening to Young People – Programs That Work	Kareem El-Ansary
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.

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 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.

ORDER ONLINE NOW
www.generationnext.com.au

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

FREE ONLINE RESOURCES

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

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.

Developing Resilience in Young People



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.

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.

Singing for Wellbeing



Tania de Jong AM, Soprano, award-winning entrepreneur, inspirational speaker

How can we ignite a creative spark in young people? How can we reap the benefits of singing for our mental health and that of those we support? This interactive presentation will provide practical strategies to encourage creativity and harness the immense benefits of singing for the body and the mind.

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'.

Listening to Young People — Programs That Work

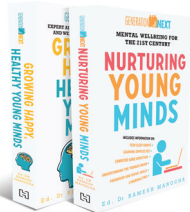


Kareem El-Ansary, 2019 Australian Youth Representative to the United Nations

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.

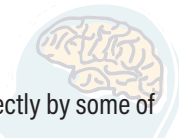


More topics and speakers to be announced, see the our website for updates.



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

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