

# the MENTAL HEALTH & WELLBEING of YOUNG PEOPLE

NOT-FOR-PROFIT ONLINE LEARNING HUB



Mental health & wellbeing education  
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## 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.

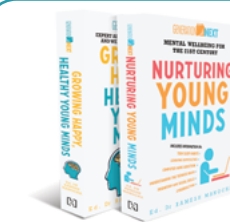
“Because the session is online, you can revisit the concepts, which gives you time to think of your own examples thus personalising your learning”

## WHO SHOULD SIGN UP?

- Teachers, Principals, Student Welfare
- Psychologists, Counsellors, OT
- Nurses, Doctors
- Social Workers, Youth Workers
- Parents Pastoral Care, Police
- Schools, Youth Organisations
- Clinics, Churches, Sporting Clubs
- Anyone who supports young people



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## 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
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## FEATURED SESSIONS

Andrew Fuller, Child and Adolescent Clinical Psychologist, My Learning Strengths



### Building Learning Strengths (30 mins)

One of the most powerful ways we can build resilience is to have young people discover how to be successful learners. This presentation will outline Neuro-developmental Differentiation as a way to help utilize learning strengths.

### Rewiring Your Brain for Better Mental Health (30 mins)

There are times when we need to take our minds into the pit stops of life for a refit. Advances in neuroplasticity offer exciting opportunities for all people to re-purpose their minds for better functioning. In this presentation we look at ways we can condition, de-condition and recondition our minds for enhanced learning and wellbeing.

Kate Xavier, Senior Education Officer, Together for Humanity



### Intercultural Understanding and Wellbeing (40 mins)

This presentation will explore the link between Intercultural Understanding (ICU) and wellbeing and share some practical strategies and activities that promote both wellbeing and ICU.

Martine Oglethorpe, Founder, The Modern Parent, Educator, Family Counsellor, Author



### Weaning the Screens for Digital Wellbeing and Online Safety (50 mins)

With the huge increase in the amount of screen time our young people have experienced in recent times, we need to support them to incorporate technology and screens into their lives in ways that ensure safety, balance and allow them to thrive.

Dr Michelle Garnett, Clinical Psychologist



### Anxiety and Autism in Young People (50 mins)

This presentation will examine how anxiety presents behaviourally for a child or adolescent with ASD and provide practical strategies for assisting a young autistic person who has high anxiety.

Maria Said, CEO Allergy & Anaphylaxis Australia, Registered Nurse



### Teenagers and Anaphylaxis — The Psychosocial Dimension (30 mins)

This presentation provides information about teens and what they want in relation to the management of their allergic diseases; the impact of allergies on wellbeing and mental health; and resources available to assist.

Dr Kristy Goodwin, Digital Wellness Expert



### Managing Attention in the Age of Digital Distraction (30 mins)

Banning technology isn't the solution. Instead, we need to teach our kids how to manage technology in healthy and helpful ways. In this session Dr Kristy will equip classroom teachers and health professionals with research-based practical strategies to help kids manage their attention (without telling them they need to give up their devices).

### How the Brain Learns Online (30 mins)

This presentation provides research-based information and practical strategies to optimise student learning online, whether that's via remote learning, or learning online in a classroom environment.

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



### Green Space and the Power of Nature Play for Shaping the Developing Brain (30 mins)

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.

### Please Like Me!? Social Media & Mental Health (30 mins)

Social networking sites have a power that is unmatched in history to manipulate both positive and negative outcomes for young people. This presentation will provide an overview of the latest research, how young people might be impacted and offer practical strategies for encouraging more positive outcomes for young people engaging with these platforms.



## FEATURED SESSIONS

**Alpha Cheng, Advocate for Social Cohesion; 2017 ACT Young Australian of the year Nominee, High School Teacher**



### Personal Stories of Extremism (30 mins)

This presentation will provide a personal way off understanding some complex factors related to hate speech and provide a starting point for exploring what communities can do to prevent it.

**Sandra Vale, National Allergy Strategy Manager, National Allergy Strategy**



### Anaphalaxis in Newly Diagnosed Teen (15 mins)

This presentation provides an overview of anaphalaxis in teenagers and some considerations for supporting young people manage their diagnosis.

**A/Prof Michael Nagel, Researcher and Author, University of Sunshine Coast**



### Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing (40 mins)

This presentation focuses on debunking myths about building 'better brains' by looking into how the brain matures and develops, how nurture impacts on nature, and the implications of this as we use common sense strategies for enhancing wellbeing

### Social Media and Mental Health - A Toxic Combination for Young People (40 mins)

We are beginning to see the toxic impact of social media on the mental health and development of young people. This presentation looks at the downside of social media on young people and what can, and should, be done to nurture healthy minds.

**Mark Le Messurier, Teacher, Author, Parenting Coach**



### Teaching Values of Being Human (30 mins)

Teamwork, resiliency and capacity to pull together are among the values of being human that we must teach young people. This presentation will focus on guided conversations and activities to coach Social Emotional Learning and ignite emotional intelligence.

**Jordan Foster, Clinical Psychologist, Managing Director, ySafe**



### Supporting Young People with Healthy Gaming Behaviours (30 mins)

This presentation will equip participants with an understanding of excessive gaming from a holistic child-centred perspective. Intervention models and skills for overcoming resistance, including strategies for communication will be provided.

**Rosie Batty, Domestic Violence Campaigner, 2015 Australian of the Year**



### Tackling Domestic Violence (30 mins)

Many young people have not developed effective ways of identifying, experiencing and expressing their emotions. This presentation will look at how to help them experience the emotions that they feel, how to act on emotions, learn healthy and appropriate ways to express emotions and develop greater awareness about their own emotions.

**Madhavi Nawana Parker, Managing Director of Positive Minds Australia**



### The Confident Minds Curriculum (30 mins)

Madhavi Nawana Parker explains why confident thinking is essential for a young person's resilience, connection with others and wellbeing. You will learn about the social emotional literacy skills that underpin a confident mindset, as well as ways to teach them to young people. Further practical tips can be found in the hand out provided.

### Teenagers and Resilience (15 mins)

Gain strategies and conversation tips to support teenagers to become more resilient amongst the noise of social media, social comparison and huge emotions.

### Mindset Training (20 mins)

Gain strategies for developing healthy and balanced levels of optimism, confidence, self awareness and wellbeing.

### Educator Wellbeing: Practical Solution to Reset, Recharge, Recover (30 mins)

Educator wellbeing is crucial in the culture of all school communities. This presentation will provide practical, evidence-based tools to promote and support staff wellbeing.



## ESSENTIAL LISTENING FOR ANYONE WORKING WITH YOUNG PEOPLE

- ✓ Expert interviews addressing current, relevant and high priority issues
- ✓ Gain practical strategies from Australia's leading practitioners, with new episodes being released regularly
- ✓ A FREE, sharable community resource brought to you by Generation Next

**LISTEN NOW>>**

**Shai Mikus, Volunteer Youth Presenter, Black Dog Institute**



### Navigating Teen Mental Health (50 mins)

1 in 5 young people experience an episode of depression before age 18. Let's make a change! We are driven by supporting a brighter future for young people by enabling everyone to better understand, manage and treat mental illness. As the age group least likely to seek help when dealing with worries, concerns and unhelpful thoughts, teens are at prime risk when it comes to mental health issues. During adolescence, 50% of mental health issues emerge and these can have lifelong consequences. Being able to identify issues and intervene early on is critical.

**Matt X, Preventing Violent Extremism Consultant**



### Choosing Not to Hate (30 mins)

Be uplifted and up-skilled in addressing bullying, violence and hate by using narratives and stories to help adjust hateful attitudes and empower young people to make positive choices.

**Dr Justin Coulson, Parenting Expert, Author, Founder of Happy Families**



### 4 Steps to Emotional Intelligence (30 mins)

Research shows that people perform or learn better when they feel secure in their relationships with managers, colleagues, clients, or students. And leaders and teachers who are emotionally intelligent can provide that security. This presentation will provide participants with effective strategies for developing their emotional intelligence (or EQ), to get the best from themselves and from those around them.

### Miss Connection (30 mins)

Drawing on cutting-edge psychology research along with interviews and surveys from close to 400 teenage girls, this presentation will provide insight into the teen girl experience and strategies for support.

### Positive Psychology Strategies to Reduce Depression in Adolescents (30 mins)

This presentation will provide an overview of Positive Psychology and examine how three easy-to-apply, empirically validated positive psychology tools can help to improve the wellbeing of young people and those who support them.

**Dr Jared Cooney Horvath, Educational Neuroscientist**



### Stress, Emotions and Learning (40 mins)

This presentation will look at the difference between emotions & feelings, what's going on in the brain during good/bad stress, the resultant behavioural outcomes, and how to tackle each.

**James Driver, Psychotherapist, Founder NetAddiction NZ**



### The Rise of eSports (30 mins)

This presentation looks at the incredibly rapid rise of eSports (professional computer gaming) and the impact this is having on young people, including issues around aspiration, addiction and the culture of eSports.

### Online Gaming: Managing Problematic Overuse (30 mins)

To more effectively deal with this increasingly common issue it's important to understand the psychological factors that lead young people to play games excessively. This presentation will identify some of the signs and symptoms of gaming addiction, as well as some of the key risk factors that are particularly significant with regard to young people and provide ways to better prevent and manage it.

### Practical Ways to Build Emotional Intelligence (30 mins)

Many young people have not developed effective ways of identifying, experiencing and expressing their emotions. This presentation will look at how to help them experience the emotions that they feel, how to act on emotions, learn healthy and appropriate ways to express emotions and develop greater awareness about their own emotions.

**Emma Goodall, Autism Consultant; Teacher, Blogger and Published Author**



### Practical Tips for Working with Autistic Children and Young People (30 mins)

The interplay between strengths, interests and effective learning for autistic students will be explored in this presentation; and participants will learn how to plan, implement and assess interest-based learning.





## FEATURED SESSIONS

Chris Zinn, Consumer Campaigner, Journalist



### Kids, Consumerism and Materialism (30 mins)

There is a causal link between low self-esteem and materialism. How can we help kids get the best of our consumer society and avoid the real costs of having too much?

Dr Chris Seton, Paediatric and Adolescent Sleep Physician



### Teen Sleep - Problems & Solutions (40 mins)

Teenagers place little value on sleep, and are generally poor sleep managers. This session shows how to implement treatments that build resilient sleep, which in turn protects teens from stress induced mood disorders and optimises learning outcomes.

Dr Claire Kelly, Manager of Research and Evaluation, MHFA Australia



### Supporting Young People in Times of Uncertainty (30 mins)

How can we help young people stay hopeful through crises? This presentation will explore common responses to uncertainty and offer strategies to help to mitigate the negative impact of uncertainty on mental health.

### Conversations We Should be Having with Young People About Mental Health (30 mins)

Adults are often wary of discussing mental health with teenagers. This presentation offers practical and simple tools to encourage communication and improve mental health literacy.

### Understanding Non-Suicidal Self Injury and How to Support Young People (30 mins)

Self-harm and non-suicidal self-injury are growing concerns among our young people. This presentation will explore how common it is, why it may occur and discuss practical strategies and mental health first aid for supporting young people who injure.

Dr Chris Wever, Child, Adolescent and Family Psychiatrist



### Anxiety Disorders in Children & Adolescents (45 mins)

Anxiety disorders are common in children and adolescents and are both underestimated and undertreated. This presentation will outline different types of anxiety and provide case studies and techniques that can be used to help young people.

Dr Jane Tracy, Medical Practitioner



### Nurturing Resilience in Young People with Disability (45 mins)

This presentation will present some key strategies to optimise health, as well as a developmental model that informs the identification of practical, everyday strategies to support young people with different abilities develop resilience.

Brett Lee, Founder, Internet Safe Education, Former Police Officer



### Sexting - Just Rude Pictures? (30 mins)

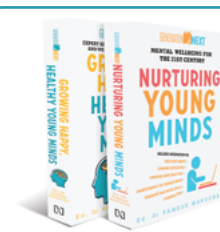
Sexting activity is viewed as a growing concern. This presentation will outline what constitutes sexting and the risks and the reasons why young people engage in this practice. Practical strategies for educating young people to reduce the instances of teen sexting and related issues will be covered, along with how to deal with illegal material generated as a result of this practice.

### A Detective Steps into the Predator's Lair Disguised as a Child (30 mins)

This presentation will address online grooming methodology and the role carers, educators and other professionals can play to disrupt the grooming process at any stage and help young people stay safer online.

### Practical Tips for Internet Safety (75 mins)

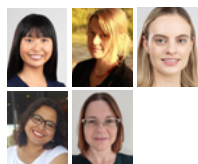
Learn about the principles of the internet and how we can use these to better support young people. This presentation will use case studies and provide practical strategies to use to teach young people how to make safer choices online. Areas that will be covered include, photography, image-based abuse, deeps fakes, duty of care considerations, the value of passwords, freedom of speech, legislation and gaming, social media the dark web and parental controls.



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Positive Choices Team

### Evidence-based drug education: What schools can do to prevent drug-related harms (60 mins)

This presentation discusses the role school communities can play in drug and alcohol prevention, the importance of evidence-based prevention practices and offers strategies for preventing harm from alcohol and other drugs.

Prof Jennie Hudson, Director of the Centre for Emotional Health, Macquarie University



### Anxiety in Young People (40 mins)

Anxiety disorders are the most common mental disorders and emerge the earliest. This presentation explores the development of anxiety, treatment options and how to best support young people.

Dr Gill Hicks, Peace Advocate, Motivational Speaker, Author, Curator, Survivor London Terrorist Bombings 2005



### From Trauma to Strength (60 mins)

Trauma can affect people in many ways. This presentation will showcase the power of the human spirit to triumph over trauma. Be inspired while gaining a greater set of tools to encourage and develop young people's ability to navigate change and gain an appreciation for their personal ability to thrive.

Prof Mark Taylor, Professor of Environmental Science and Human Health, Macquarie University



### Heavy Metal Contamination (30 mins)

Environmental contaminants such as arsenic and lead can be absorbed into the body which can cause adverse neurocognitive and behavioural outcomes; with young children being most at risk. This presentation looks at the evidence and offers advice.

**AND MANY MORE!**

Madonna King, Award-winning Journalist, Author, Chair of the QLD Government's Anti-Cyber Bullying Taskforce, Leader of Public Debate



### Fathers & Daughters (30 mins)

How do we stop a father-daughter relationship from fracturing around adolescence? This session outlines the views of 1300 Australian teen girls, 400 dads, along with dozens of school principals, psychologists, and parenting experts.

Jonny Shannon, Mental Health Advocate, Tech Entrepreneur and Motivational Speaker



### The Power of Empathy and Communication (40 mins)

This presentation covers practical ways that those working with young people can help them to develop robust emotional intelligence; more connected relationships; and self-awareness about their own emotional wellbeing.

Sandy Cham, General Manager, Divisions CanTeen



### Significant Impact of Cancer on the Family (30 mins)

This presentation addresses the evidence about the impact of cancer on young people and their families, outlines common parental responses and concerns and offers practical tips, tools and strategies.

## LOOKING TO GET YOUR PARTICIPATION APPROVED?



We'd love to have you involved in this education and we know you're busy, so we've put together this template you can edit and send to your decision makers.

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