

the MENTAL HEALTH & WELLBEING of YOUNG PEOPLE

Leading experts deliver up to date, authoritative information. A practically oriented, multi-disciplinary approach to common issues impacting the wellbeing of young people.

ALL NEW
2015
PROGRAM

PERTH

Friday 26 June – 9.00am-5.00pm
Winthrop Hall, UWA



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INTERACTIVE MUSIC • SPECIAL SESSIONS • LECTURES • BRIEF UPDATES



Prof Freda Briggs AO
Emeritus Professor
Strategies for Preventing and Responding to Cases of Child Sexual Abuse



Andrew Fuller
Psychologist
Willpower, Impulse Control and Success in Life



Chris Zinn
Consumer Campaigner
Kids, Consumerism and Materialism



Rosie Batty
Australian of the Year, Domestic Violence Campaigner
Tackling Domestic Violence



Dr Justin Coulson
Author
Positive Psychology Strategies to Reduce Depression in Adolescents



Angie Wilcock
Education Consultant
Gorgeous to Grumpy – Motivating Early Teens

WHAT IS GENERATION NEXT?

A social enterprise dedicated to the protection and enhancement of the mental health and wellbeing of young people. Our seminars empower participants with the knowledge and skills needed to help our young people achieve total wellbeing.

EDUCATION POINTS

- 6.5 CNE points, ACN Approved
- AASW Points applied for • PD 6 Hours



INTERACTIVE MUSIC

“ Loved it and thoroughly enjoyed the day. I will be back next year! Thank you very much! ”

Discount registrations online www.generationnext.com.au

PROGRAM

REGISTRATION FROM 8.00AM
SEMINAR: 9.00AM – 5.00PM
EACH LECTURE 30 – 40 MIN

TOPIC	SPEAKER
Strategies for Preventing and Responding to Cases of Child Sexual Abuse	Prof Freda Briggs AO
Tackling Domestic Violence	Rosie Batty
Kids, Consumerism and Materialism	Chris Zinn
MORNING TEA & RESOURCES EXHIBITION	
Willpower, Impulse Control and Success in Life	Andrew Fuller
Positive Psychology Strategies to Reduce Depression in Adolescents	Dr Justin Coulson
LUNCH – OPTIONAL PERCUSSION WORKSHOP	
The Power of Presence – Interactive Music (Whole Audience)	Tim Orgias and InRhythm
Gorgeous to Grumpy – Motivating Early Teens	Angie Wilcock
Crisis Management for Online Issues	Susan McLean
AFTERNOON TEA & RESOURCES EXHIBITION	
Disordered Eating and Body Image	TBA. See generationnext.com.au
Play in Learning – Building Social Skills and Self-Esteem	Jean-Paul Bell

For the most up to date program and a list of speakers, visit www.generationnext.com.au.

PERTH 26 JUNE 2015

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

- 6.5 CNE hours, ACN Approved • AASW Points applied for
- This seminar may contribute up to six hours towards your annual professional development requirements. See www.generationnext.com.au for more information.

REGISTRATION INCLUDES

Program, lecture notes and satchel, morning tea, lunch, afternoon tea, attendance certificate, access to stakeholders' and resources exhibition.

VENUE TRANSPORT & PARKING

Winthrop Hall, The University of Western Australia. Limited paid parking available on-site. Public transport is recommended. See www.transperth.wa.gov.au for timetables and other information.

- Swan Taxis 13 13 30 • Black & White Cabs 133 222

INTERACTIVE SESSIONS

THE POWER OF PRESENCE



Explore the power of the communion in presence through music and rhythm and its potential applications with young people. There will be a session for the whole audience and an optional lunchtime session involving percussion instruments.



SPECIAL SESSIONS

Find out the most up to date information about youth mental health support services direct from the source! Featuring presentations from Lifeline, MindMatters, and a special update on cybersafety from Twitter!



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Strategies for Preventing and Responding to Cases of Child Sexual Abuse



Prof Freda Briggs AO, Emeritus Professor in Child Development, University of South Australia

In this groundbreaking presentation, Prof Freda Briggs highlights the scale of child sexual abuse nationwide, what is known about offenders, and strategies for prevention that can help children stay safe. She will also discuss the short and long term effects of abuse experienced by victims, as well as how young children communicate trauma, providing insight into how to recognise and appropriately respond to cases of child sexual abuse.

Willpower, Impulse Control and Success in Life



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

The ability to exercise restraint and delay gratification is a powerful predictor of success in life. In this insightful presentation, Andrew will discuss strategies to develop willpower and impulse control in children and thus better position them to lead successful lives.

Gorgeous to Grumpy – Motivating Early Teens



Angie Wilcock, Education Consultant, Author and Teacher, High Hopes Educational Services

Young people aged 10-15 years are 'neither children, nor adults'. This group is fraught with change physically, socially, academically, psychologically and emotionally. Angie will discuss basic principles and practical strategies to understand, motivate, challenge and engage this group in learning and in life. In addition to communication strategies to help us 'connect', Angie will also discuss the critical developmental changes affecting this age group and the importance of resilience-building, relationships and responsibility.

Kids, Consumerism and Materialism



Chris Zinn, Consumer Campaigner, Communicator & Founder, Determined Consumer

Our culture of heightened consumerism comes at a cost to our wellbeing and connection with each other. Research has shown that particularly with the young there's a causal link between low self-esteem and materialism. In early adolescence the stage is set for the use of material possessions as a coping strategy for feelings of low self-worth and marketers know it. What can we do to help kids get the best of our consumer society and avoid the real costs of having too much?

Tackling Domestic Violence



Rosie Batty, Australian of the Year, Domestic Violence Campaigner

One in four children in Australia are exposed to domestic violence, with behavioural, cognitive and emotional development implications. Rosie will discuss ways to recognise behavioural symptoms of such exposure and how to support young people experiencing the effects of domestic violence.

Crisis Management for Online Issues



Susan McLean, Cybersafety Expert

Schools and other groups have a legal duty of care to those they care for and this extends to what happens online. Susan will explore what can go wrong online and how to respond in the first instance. She will also discuss the scope of duty of care and legal reporting requirements in relation to online issues.

Positive Psychology Strategies to Reduce Depression in Adolescents



Dr Justin Coulson, Author

Have you ever had a rock in your shoe? Remember how it absorbed your focus and distracted you from everything happening around you? Depression can be like that. This highly interactive, engaging presentation examines how four easy-to-apply empirically validated positive psychology strategies can reduce depression in teens and help them (and the adults who care about them) lead fulfilling, happy lives.

Play in Learning, Building Social Skills & Self-Esteem



Jean-Paul Bell, Creative Director, Arts Health Institute

Play is one of the first ways we learn to engage with the world, however beyond early childhood it is often considered solely a recreational activity. Jean-Paul will explore how play, fun and creativity can be used as an effective learning platform for young people and promote wellbeing through building self-esteem and developing social skills.

Disordered Eating and Body Image

Speaker to be announced

Research has shown that over 80% of young people know another young person who has an eating disorder. Rooted in body dissatisfaction, it has consistently ranked in the top three issues of concern for young people. This presentation will discuss eating disorders and the often ignored issue of disordered eating, how to recognise them, and prevention strategies through promoting healthy body image in young people.

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2015 Perth

REGISTRATION FORM

FRIDAY 26 JUNE

PERTH

	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 15 May)	\$175	<input type="checkbox"/> \$185
EARLY BIRD (Until 5 June)	\$185	<input type="checkbox"/> \$199
STANDARD (After 5 June)	\$225	<input type="checkbox"/> \$250
GROUP (3+) Discount — For bookings of 3 or more, must be made in a single transaction.	\$150pp	<input type="checkbox"/> \$150pp

I am a Teacher Psychologist Counsellor Nurse Social Worker Parent Youth Worker Other _____

Dietary Choice Gluten Free Vegetarian Vegan

*denotes required information

TO ENSURE YOU RECEIVE YOUR DELEGATE ENTRY TICKET, PLEASE PROVIDE YOUR HOME ADDRESS BELOW

Title * _____ Given Name * _____ Surname * _____

Organisation _____ Email * _____

Postal Address * _____

State * _____ Postcode * _____

Work Ph * _____ Work Fax * _____ Mobile _____

ALL CORRESPONDENCE (e.g. TAX INVOICE, CONFIRMATION OF REGISTRATION, SUPPLEMENTARY EDUCATIONAL MATERIALS) WILL BE SENT BY EMAIL
REGISTRATION WILL ONLY BE CONFIRMED ONCE PAYMENT HAS BEEN RECEIVED

Payment (tick box) Visa Mastercard Cheque \$ _____ Total

Cheques are to be made payable to: "Generation Next Australia Ltd" All Prices are in Australian Dollars (AUD) inclusive of GST.

Card Number _____ Expiry ____ / ____

Name on Card _____ Signature _____

RETURN YOUR REGISTRATION FORM & PAYMENT TO **GENERATION NEXT** PO BOX 500 BURWOOD NSW 1805 or FAX 1 300 797 792

