

# GENERATION NEXT

open  
to the  
public

[www.generationnext.com.au](http://www.generationnext.com.au)

A public seminar aimed at understanding the unique health and wellbeing challenges facing generations Y & Z — and how these challenges can be met.

*"The best parenting seminar you will ever attend!"*

Bullying and Violence in Schools • Cybersafety • Depression in Young People • Alcohol & Binge Drinking  
Body Image and Eating Disorders • Managing the Transition from Primary to Secondary School

**SUNDAY 29 AUGUST • 12.30 – 5.30PM**

CANBERRA GIRLS GRAMMAR SENIOR SCHOOL HALL • TICKETS \$40 SEE OVER »



AUSTRALIA'S LEADING EXPERTS ON CHILDREN & TEENAGERS IN ONE EVENT

## Depression and Young People



**Dr Michael Carr-Gregg**  
Adolescent Psychologist

Last year, for the first time, leading mental health experts declared a "state of emergency" in youth mental health. Many young

people suffer from depression and anxiety in silence, unaware that their distress is not normal or that it can in most cases be treated successfully. This presentation outlines some of the reasons why this is happening and what parents, schools and the community can do about it.

## Transition from Primary to High School



**Angie Wilcock**  
Educator/Facilitator

Transition to high school is considered by many researchers to be one of the most traumatic experiences our children will encounter.

This period in a young person's life is already associated with huge physical, cognitive and emotional changes - and they are expected to cope with social and academic change as well! Angie will describe strategies and techniques to help us, and hence our children, understand how best to tackle this important phase of life.

## Sexualisation of Children in the Media



**Maggie Hamilton**  
Writer, Researcher,  
Media Commentator

Drawing on extensive research into the lives of Australian teens, Maggie looks at why our children are living in an increasingly sexualised environment, what sort of pressures they are facing, and where these pressures come from. Discover the effects of these influences on pre-schoolers and on our tweens. Learn more about how our highly sexual climate is impacting our teenagers and what parents and educators can do to inform and protect this vulnerable new generation.

## Young People and Alcohol



**Paul Dillon**  
Drug and Alcohol Research  
and Training Australia

Binge drinking is a major issue affecting the health and wellbeing of our young people. This presentation will

give accurate, up-to-date information on what we know about alcohol consumption patterns and trends in Australia. It will empower parents with basic information, help them have meaningful conversations and enable them to develop strategies to minimise the harm and risks associated with its consumption.

## Cybersafety and Cyberbullying



**Susan McLean**  
Cybersafety Expert

Our children have access to communication technologies whose power far exceeds their ability to handle them. Cyberbullying, and the

exchange of inappropriate images is emerging as the number one issue confronting the safety and wellbeing of young people. This presentation will help you cross the technology gap and develop strategies to reduce the risks of the Internet, social networks, mobile phones and texting.

## Does My Child Have An Eating Disorder



**Melinda Hutchings**  
Ambassador for  
Butterfly Foundation

Melinda describes the complex first-hand experience of being a sufferer of an eating disorder and the path to recovery. The

different types of eating disorders that can affect both girls and boys will be described, how to tell if your child might have an eating issue, and what to do about it. Importantly, she discusses early warning signs, especially the warning signs before the warning signs!

Presented by



## Dr Ramesh Manocha

Just as the current generation of young people have unprecedented potential to positively influence our world they also face unprecedented challenges. Recognising this, Dr Manocha developed Generation Next to help parents, teachers and carers address the rising tide of mental, social and emotional challenges affecting young people in our increasingly complex world.

A non profit event brought to you by Healthed and the ACT Independent Schools Pastoral Care Network. Canberra Grammar School, Canberra Girls' Grammar School, Daramalan College, MacKillop College, Marist College, Radford College, St Clare's College, St Edmunds College, St Francis Xavier & Trinity Christian School

# GENERATION NEXT

## TIMETABLE

TIME	SPEAKER	TOPIC
12.30	Dr Ramesh Manocha	Introduction
12.40	Paul Dillon	Alcohol, Binge Drinking and Young People
1.10	Melinda Hutchings	Body Image and Eating Disorders
1.40	Susan McLean	Cybersafety
2.10	Tea/coffee break	Opportunity to ask questions and meet support organisations
2.40	Maggie Hamilton	Sexualisation in the Media
3.10	Angie Wilcock	Transition to High School
3.40	Tea/coffee break	Opportunity to ask questions and meet support organisations
4.10	Michael Carr-Gregg	Depression and Young People
4.40	Susan McLean	Cyberbullying
5.20	Dr Ramesh Manocha	Wrap up
5.30	Close	

Generation Next Australia Limited ABN 54 141 575 037

Program was correct at time of printing and is subject to change without notice.

## REGISTRATION FORM

SUNDAY 29 AUGUST 2010	No of TICKETS	PRICE	TOTAL
I would like to purchase	<input type="text"/>	@ \$40	\$ <input type="text"/>

Surname \_\_\_\_\_ Given Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Student Class/Tutor Group \_\_\_\_\_

Phone \_\_\_\_\_

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

Cheques are to be made payable to:

Card Number \_\_\_\_\_ Expiry \_\_\_\_ / \_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

If your child does attend  Return your registration form & payment to

If your child does **NOT** attend  send your payment to Generation Next PO BOX 500 Burwood NSW 1805 or register online @ [generationnext.com.au](http://generationnext.com.au)