

GENERATION NEXT

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

Bullying • Internet & Cybersafety • Depression & Mental Health • Sex, the Media & Young People • Parenting Information & Advice

SATURDAY 28 NOV, MIDDAY-5PM, LECTURE THEATRE, UQ BUILDING, UNIVERSITY OF QLD. FREE PARKING

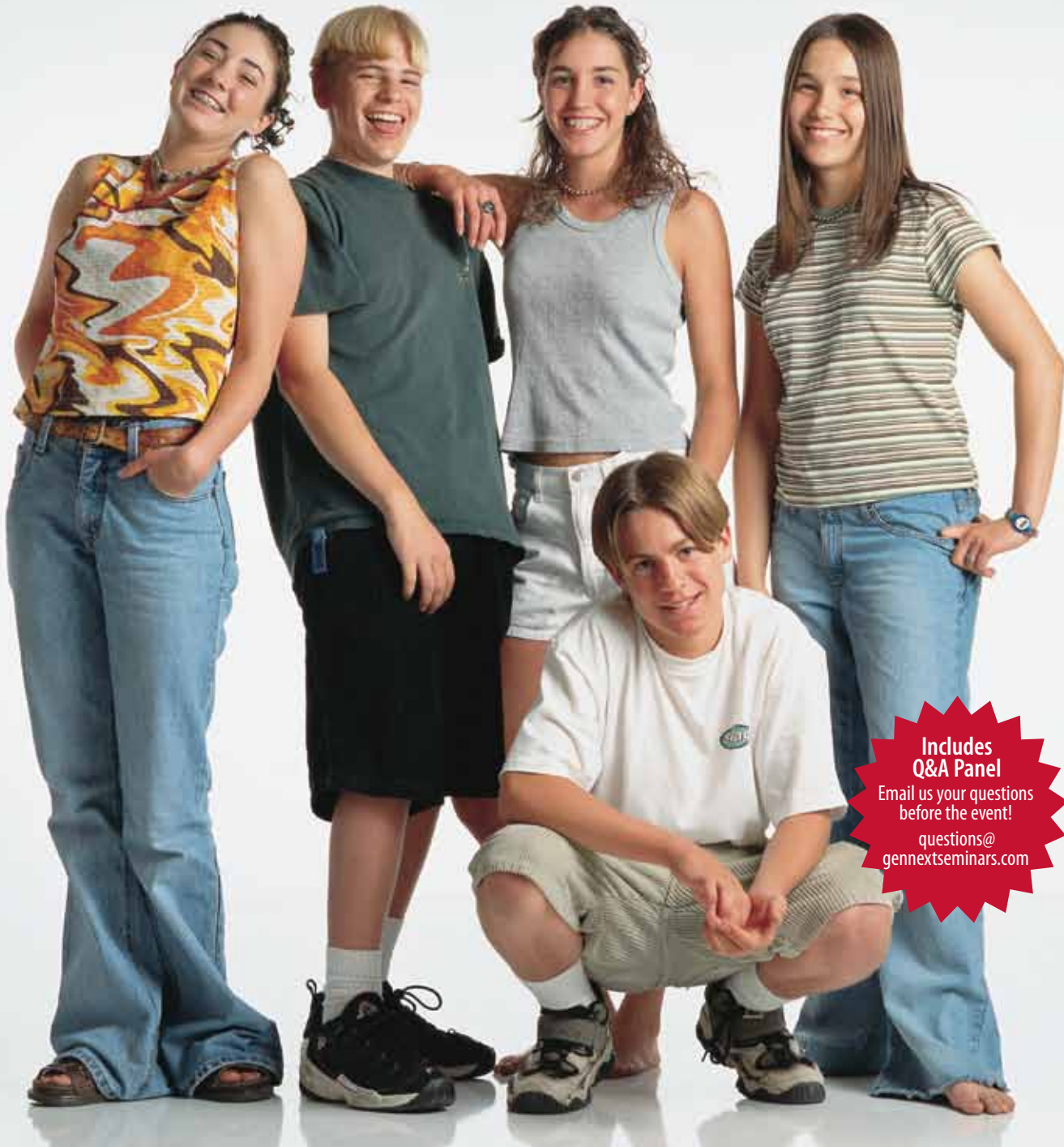
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AUSTRALIA'S LEADING EXPERTS ON CHILDREN & TEENAGERS IN ONE EVENT

Dr Michael Carr-Gregg
Adolescent Psychologist

Dr Sally Cockburn
GP, Health Commentator
Medical Adviser, Girlfriend Magazine

Susan McLean
Cybersafety Expert

Paul Dillon
Drug and Alcohol Research
and Training Australia

Dr Ramesh Manocha
GP, Convenor

Julie Gale
Founder of Kids Free 2 B Kids
Writer and Performer

\$45
per person



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For more information visit the website gennextseminars.com

GENERATION NEXT

UNIVERSITY OF QLD, ST LUCIA • NOVEMBER 28 • 12-5PM

PROGRAM & SPEAKERS

12.00PM Introduction & Explanation

About Generation Next

Generation Next is an exciting new national seminar series exploring the unique pressures, needs, healthcare and sociological challenges facing Australian children, teenagers, parents, teachers and anyone working with young people.



Dr Ramesh Manocha
GP, Convenor

Dr Ramesh Manocha is a GP, medical researcher and educator with a special interest in children's health. Dr Manocha has developed Generation Next in close consultation with leading experts to help address the rising tide of mental, social and emotional challenges affecting young people in our increasingly complex world. Generation Next will provide parents, carers, teachers and anyone who cares about the future of Australia's young people with accurate information and reliable advice on how to deal with these unprecedented challenges.

12.15PM Dr Michael Carr Gregg

Current Challenges in Youth Mental Health

Last year, for the first time, leading mental health experts declared a "state of emergency" in youth mental health. Many young people suffer in silence, unaware that their distress is not normal. This presentation outlines some of the reasons why this is happening and what parents, schools and the community can do about it.



Dr Michael Carr-Gregg
Adolescent Psychologist

Michael is one of Australia's highest profile psychologists. He runs a successful private practice in Melbourne, is the author of 5 best selling books on adolescents and a founding member of the National Centre Against Bullying, an official ambassador for Beyondblue, Reachout, as well as Mindmatters. He is a columnist for Girlfriend Magazine and is a regular on Fairfax Radio, Sunrise and the Morning Show on Channel 7.

1.00PM Paul Dillon

Teenagers & Alcohol

There is a great deal of mythology around drugs and their use. This presentation will give accurate, up-to-date information on what we know about young people, alcohol and drugs in Australia. It will empower parents with basic information about current trends in alcohol and other drugs. It will help them to have meaningful conversations with their child and develop strategies to minimise the harms and risks associated with drugs and alcohol.



Paul Dillon
Drug and Alcohol Research and Training Australia

Paul Dillon has been working in the area of drug education for the past 25 years and continues to work with young people and their families across the country. He has recently published a book 'Teenagers, Alcohol and Drugs', released nationally in February 2009. Paul is regarded as a key social commentator in Australia on this important topic.

1.45PM Susan Mclean

Cybersafety & Cyberbullying

Our children have access to and are accessible by many millions of people worldwide. The issue of cyber bullying, and the exchange of inappropriate images, is emerging as the number one issue confronting the safety and wellbeing of young people and the wider community. This presentation will help you cross the techno-gap and develop strategies to reduce the risks of the Internet, social networks, mobile phones and texting.



Susan McLean
Cybersafety Expert

Susan McLean has a 26 year background in law enforcement. In the US she studied with the FBI and other specialized law enforcement agencies and is now considered an expert in the area of cyber safety & young people. As the mother of three children, she is acutely aware of the issues from both a parental, school and legal perspective.

2.30PM Julie Gale

Sexualisation of Children in the Media Is It Good For Them?

Parents often feel powerless to protect their kids from what seems to be a bombardment of sexually suggestive imagery and messages from both the media and their social environment. How is this impacting on our kids mental well being? What actions we can take to help create change?



Julie Gale,
Founder of Kids free 2 B
Kids Writer and Performer

Julie is the founder of Kids Free 2B Kids and is actively involved in raising public and corporate awareness about the sexualisation of children. She has appeared on television, radio and in newspaper articles throughout Australia and internationally in her efforts to reduce the sexual messages that our children receive through the media and marketing materials.

3.15PM Dr Sally Cockburn

Hey Mum, Meet My First Boyfriend! Talking Sex – A Parent's Survival Guide

As parents we all are eager to pass on our wisdom and experience. However, when it comes to sex, it's different. How do we know if we are saying the right stuff? With her vast experience as a GP and educator, Sally will navigate us through the minefield of THOSE conversations.



Dr Sally Cockburn,
GP, Health Commentator

Dr Sally Cockburn is a GP and is best known through her 18 year national media career as Dr Feelgood, in particular as a sexual health advocate. She currently hosts Talking Health on radio 3AW Melbourne and appears on Channel Seven's Morning Show and writes the Sexual and Health Q&A for Girlfriend Magazine. Sally is currently Chair of Planning Victoria and Patron of Marie Stopes International Australia.

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4.00PM Your Questions Answered

Email us your questions before the event.
questions@gennextseminars.com



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For more information visit the website gennextseminars.com