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.

SATURDAY, JUNE 13, 6-10PM, JOHN BATMAN THEATRE, MELBOURNE CONVENTION CENTRE

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

Dr Ramesh Manocha
GP, Convenor

Paul Dillon
Drug and Alcohol Research and Training Australia

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

For more information visit the website gennextseminars.com

Includes a 1 hour Q&A panel!
Email us your questions before the event!
questions@gennextseminars.com

$45 per person
132 849
About Generation Next

Generation Next is an exciting new national seminar series exploring the unique pressures, needs and 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.

6.00PM  Introduction & Explanation

6.15PM  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.

6.45PM  Paul Dillon

Teenagers, Alcohol & Drugs

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.

7.15PM  Susan Mclean

Internet and Cybersafety

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.

7.45PM  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?

8.15PM  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.

Want brochures for your friends, colleagues, school or organisation?

Call Sam at Healthed on 1300 797 794

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