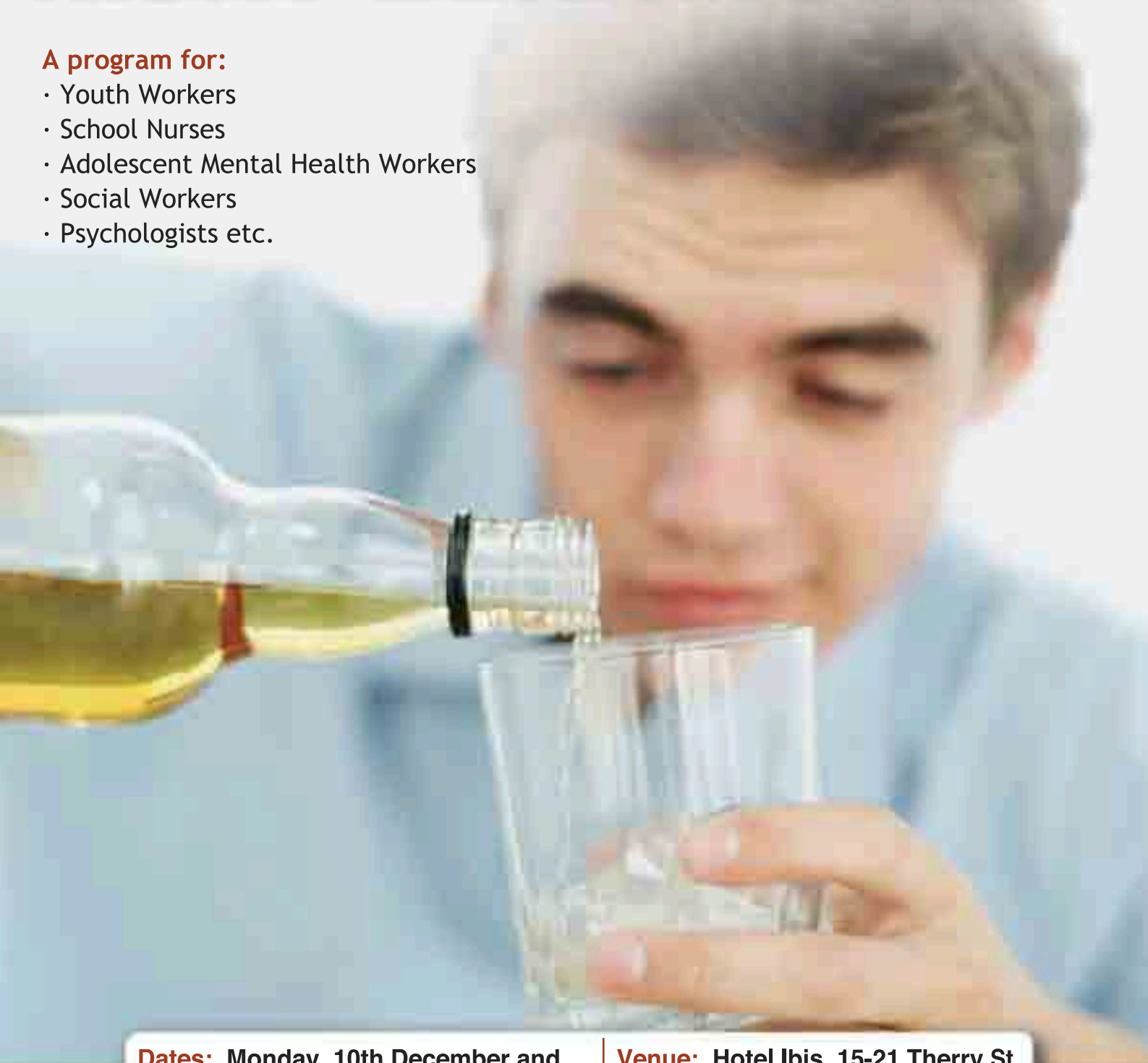


TEENAGERS & RISKY BEHAVIOURS

A program for:

- Youth Workers
- School Nurses
- Adolescent Mental Health Workers
- Social Workers
- Psychologists etc.



Dates: Monday, 10th December and
Tuesday, 11th December 2007

Venue: Hotel Ibis, 15-21 Therry St
Melbourne, Australia.

Organised by Ausmed Conferences Enquiries: **+61 (03) 9375 7311**

An electronic copy of this program can be found on-line at

www.ausmed.com.au

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TEENAGERS AND RISKY BEHAVIOURS

DAY ONE: MONDAY

December 10, 2007 Melbourne



8.00am REGISTRATION AND REFRESHMENTS

KEYNOTE ADDRESS

9.00am TAKING RISKS - AN INEVITABLE PART OF GROWING UP?

Awesome hormones, cool choices and hot hazards - why is it that many teenagers feel invincible?

- What are the psychological and social triggers for their high levels of risk-taking?
- How to identify when choices and behaviours are dangerous?
- When does a repeated risky behaviour become re-defined as an addiction?
- What can be done to encourage protective behaviours and diminish adult moral panic?

Speaker: Dr David List

Psychologist with substantial experience in youth development and adolescent mental health issues. Currently working in private practice, David is a member of the Mental Health Review Board and a past president of the Psychologists' Registration Board of Victoria.

9.45am ANOREXIA NERVOSA - AN EXTREME MAKEOVER

An addiction to extreme thinness during adolescence brings with it troubling consequences.

- What are the causes of this sometimes fatal disorder?
- How influential are pro-ana websites and glamour magazines which celebrate thinness?
- The binge and purge routines of bulimia - is a cure possible?
- What are chronic problems which can result from body image concerns in young people?

Speaker: Sara Dobson

Psychologist and Southern Health Co-ordinator of the Butterfly Eating Disorders Day Program.

10.30am MORNING TEA AND COFFEE



11.00am EMOs AND THEIR TEMPLES OF GLOOM

EMO is a slang term (short for 'emotional') used to label a sub-culture of introverted, self-tormenting and despairing adolescents.

- What are other characteristics of the EMO sub-culture?
- Are suicide pacts common?
- How influential are EMOs and why?
- Should adults be worried about self-harm when young people adopt some EMO habits and beliefs?

Speaker: John Schwartz

Senior Lecturer, Department of Media and Communication at Swinburne University where his teaching commitments include 'Popular Culture'. John has been interviewed on radio and TV about various aspects of pop culture.

11.45am OPERATION NEWSTART WESTERN - A GOOD NEWS STORY

The focus of this session is an Adventure Based Counselling Program which is designed to enhance the functioning and future potential of at-risk adolescents, aged 14 to 18 yrs. This comprehensively evaluated program is a collaboration between the Victoria Police, the Department of Education and Training and the Royal Children's Hospital Mental Health Service.

Speaker: Wendy Bunston

Manager, Community Group Program and Addressing Family Violence Programs, Travancore Campus of the Royal Children's Hospital Mental Health Service.

12.30pm LUNCH BREAK

YOUR FACILITATOR FOR THE AFTERNOON SESSIONS IS:

Pierre Baume

Pierre is a highly qualified and experienced mental health nurse and academic. His impressive background, at a national and international level, in the field of suicide prevention, includes roles as the founding director of the Australian Institute for Suicide Research and Prevention, a former chairperson of the National Health and Medical Research Council Suicide Committee and W.H.O. representative.

1.30pm D IS FOR DEPRESSION

- Which teenagers are most at risk of developing clinical depression and what can be done to prevent this?
- What is the difference between grief and depression?
- Summary of types and causes of depression.
- How effective are treatment programs?
- Does an episode of serious depression protect against future episodes?

2.30pm SUICIDE RISK AND YOUNG PEOPLE

The last 30 years have seen an unprecedented rise in the suicides of those aged 16 - 24 years of age in Australia.

- What are the sources of this phenomenon?
- Comments on the importance of overcoming the taboo against talking about suicide.

3.00pm AFTERNOON TEA AND COFFEE



3.30pm IDENTIFYING AND MANAGING SUICIDE RISK FACTORS

- What to do if you suspect a young person is planning to take their own life?
- Practical approaches for the identification, prevention and management of suicidal behaviours.

4.15pm CLOSE OF DAY ONE OF CONFERENCE



TEENAGERS AND RISKY BEHAVIOURS

DAY TWO: TUESDAY

December 11, 2007 Melbourne



THE SPEAKER FOR THE FIRST TWO MORNING SESSIONS IS:

Tom Carter

Tom is a highly qualified and experienced nurse who has worked in the area of sexual health for the past 15 years. He is employed in the Victorian Department of Human Services, Sexually Transmitted Infections and Blood Borne Viruses Program, based at the Melbourne Sexual Health Centre.

9.00am

SEXUALLY TRANSMITTED EXCITEMENT

Sexual experimentation can put teenagers in harm's way. Consequences of risky sexual behaviours can span from contracting a sexually transmitted infection (STI) through to an unplanned pregnancy.

- A look at the most common STIs diagnosed in teenagers.
- Which type of sex education is most effective in helping young people avoid unwanted consequences?
- Should free condoms be made available in schools?

10.10am

GENDER BENDER DILEMMAS

- A discussion of the risky aspects, and protective activities, connected with gender identity issues.

10.30am

MORNING TEA AND COFFEE



11.00am

BULLYING - A RISKY BUSINESS

Reflections on how bullying behaviour is hazardous both for bullies and their victims.

- Which strategies are needed in the struggle against those who insist that "might is right"?
- What can be done to prevent bullies from becoming psychopaths in suits?

This presentation will include a model of social resilience.

Speaker: Evelyn Field

Practising psychologist whose work focuses on social survival skills. The updated version of Evelyn's book "Bully Busting" was published in early 2007 under the title of "Bully Blocking". Further, she is a member of the Board of the National Coalition Against Bullying.

12.30pm

LUNCH BREAK

Books from Ausmed Publications
will be available for
sale at this conference.

1.30pm

MAKE MINE A SLAB OF BEER AND TWELVE VODKA CRANBERRIES!

Discussion of the lure of drinking alcohol and the dangers of teen binge drinking, e.g. driving while under the influence of alcohol or date rape vulnerability. A survey of NSW 16 year olds conducted in 2003 by the Alcohol Education Rehabilitation Foundation found that four in ten children had, at one time, drunk so much they had passed out, and a quarter of this number had done so five or more times.

- Out of denial and into safeguards. Practical tips for concerned adults.

Speaker: Angela Ireland

Project Development Co-ordinator, Family Drug Help. In her 2007 booklet "Myth-Busting Alcohol", Angela presents scientific evidence about the effects of alcohol on young people's brains.

2.20pm

SO LITTLE, SO FAST, SO DELIGHTFUL

- What are the deleterious physical and emotional repercussions of 'sniffing' potent substances?
- Why do some teenagers engage in these behaviours?
- Which young people are most at risk?
- What are key issues in the debate about supervised 'chroming' for solvent/paint inhalation?

Speaker: Dr Dan Lubman

Senior Lecturer, Substance Use Research and Recovery Focused Program, ORYGEN Research Centre, Department of Psychiatry at the University of Melbourne.

3.00pm

AFTERNOON TEA AND COFFEE



3.30pm

COMPUTERS AND CYBERSPACE TEMPTATIONS

The lives of modern teenagers are often played out on the world wide web. Some kids connect with the net and disconnect with family life, e.g. meeting strangers online.

- How to identify and deal with cyber-addiction and allied risky behaviours.
- Does filtering software, aimed at blocking certain websites, work?
- What is NetAlert and how helpful is this resource?

Speaker: John Schwartz

Senior Lecturer, Department of Media and Communication at Swinburne University. John is held in high regard for his informed views on pop culture, it's benefits and adverse impacts.

4.15pm

CLOSE OF CONFERENCE AND EVALUATIONS



**Ausmed Welcomes YOU
to Attend this Important Conference.**

Teenagers & Risky Behaviours: Melbourne

Registration for this event to be held at the Hotel Ibis, Melbourne on Monday, 10th and Tuesday, 11th December 2007.

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\$399 plus 10% GST @ \$39.90 = \$438.90

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To obtain a Tax Invoice
prior to paying simply register
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Registration includes lunch,
refreshments and education notes.

Venue:

**Hotel Ibis, Therry Street,
Melbourne. Australia
Accommodation**

We recommend that delegates book
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