

Teaching and Parenting Today's Students



Saturday August 14, 2010



APS Psychologist

DR MICHAEL CARR-GREGG

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Program:

- **9:30 Session 1:** - Bullying
 - Examining some of the ethical, moral and legal dilemmas in working with young people.
- **11:00 Morning Tea**
- **11:30 Session 2:** - Screening for students at risk
 - Practical strategies for identifying students needing intervention.
- **1:00pm Lunch.**
- **2:00 Session 3:** - The 5 great challenges for parents and teachers
 - Alcohol use, sleep deprivation, cybersafety and other key issues.
- **3:30 Afternoon Tea**
- **4:00 Close**

The 5 great challenges for parents and teachers

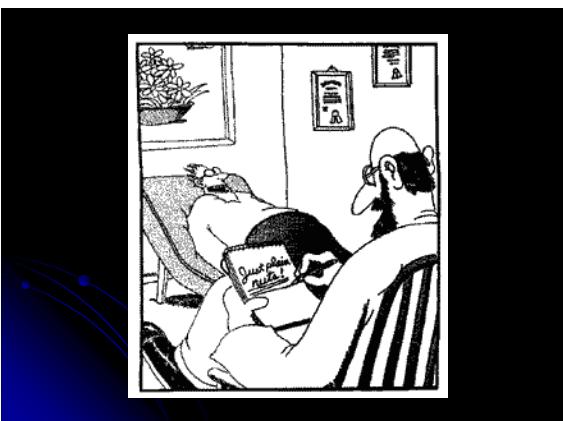
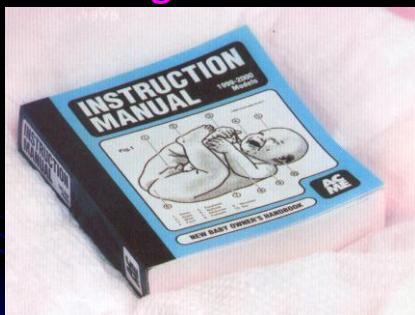
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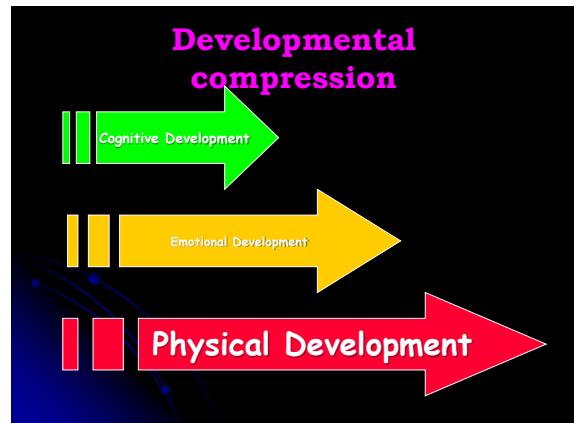
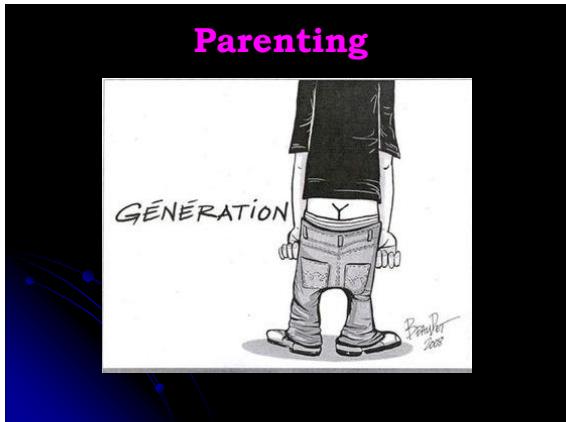
John Cheetham B.A. B.Ed Dip.C.H. F.A.A.H.S.
F.S.S.E. M.A.C.E. M.A.P.S.

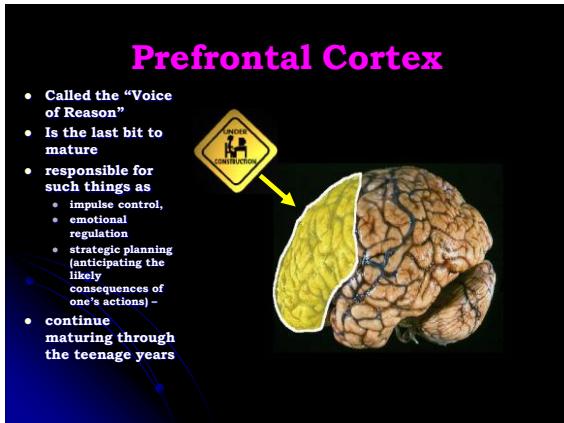
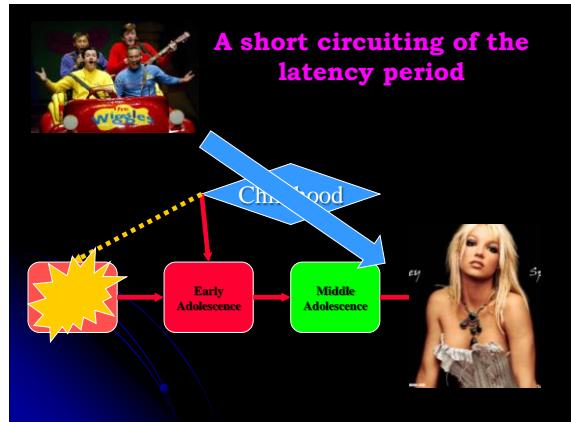
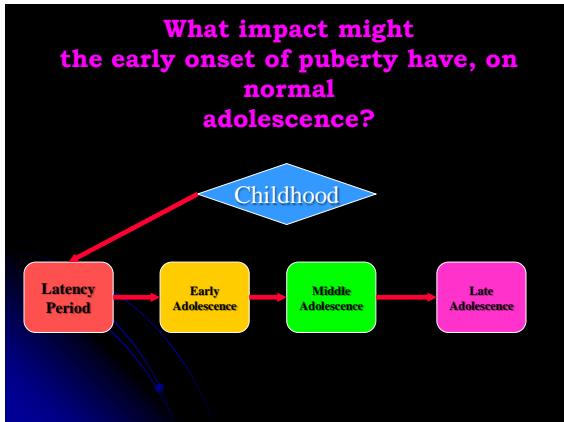


“...There is no such thing as a perfect parent.”

You don't get one of these...







Getting enough Sleep



“...Despite an enormous amount of scientific knowledge that has been collected about sleep over a half century, the general population is almost completely ignorant of the most basic sleep principles -- including that kids aren't getting enough of it.”



Mark R. Rosekind, Ph.D

Essential
Sleep facts
for Teenagers



Teenagers
adolescence
our biological
clocks also
begin to drift
than adults
later

How much sleep do 10-18 year olds need?



- 8.25 to 9.25 hours
- the culture in most high schools that regards sleep as optional, especially when sleep interferes with grades or entertainment.

Sleep occurs when a hormone called melatonin secretes in the brain

| | Maximum Melatonin reached at |
|----------|------------------------------|
| Adult | 10.00 pm |
| Teenager | 1.00 am |

So What?

- Missing two hours of sleep a night is the physical equivalent of having a blood-alcohol content of 0.05 percent, or two to three beers.



When does it change?

- until about the age of 19.5 years in women and 20.9 years in men.
- On the basis of this data, we know teens want to go to bed 2 hours later than 40 to 50-year-olds, and in 10 per cent there is a 4 hour delay.



- Prof Till Roenneberg
- Ludwig-Maximilians-Universität in Munich

Lack of sleep makes you more emotional

Lack of sleep sends emotions off the deep end

By Shana Jayson, USA TODAY
Updated 10/23/2007 11:45 PM (EDT) Comments (0) Recommend 0 Email | Save | Print | Report & Permissions | RSS
That's according to the first neurological prints into the emotional brain without sleep. It was carried out by researchers at the University of California-Berkeley and Harvard Medical School.
"Most people think that when you're sleep-deprived, what happens to the brain is that it becomes sleepy and less active," says Matthew Walker, assistant professor of psychology at Berkeley and a former Harvard sleep researcher. But Walker says the imaging study published in today's issue of *Journal of Neuroscience* shows the opposite: "People become 10% more reactive."

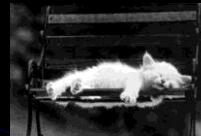
The study also suggests that lack of sleep stimulates activity in the emotional centers of the brain most closely associated with psychiatric disorders such as depression.

Walker's team studied 20 people ages 18 to 30 who were divided into two groups. The sleep-deprived group was awake 35 hours, the other group slept normally.

Using the brain scans, the researchers showed participants a series of images from neutral to increasingly



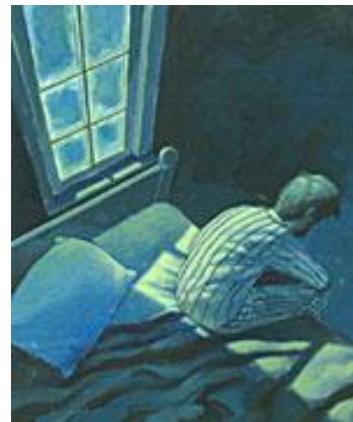
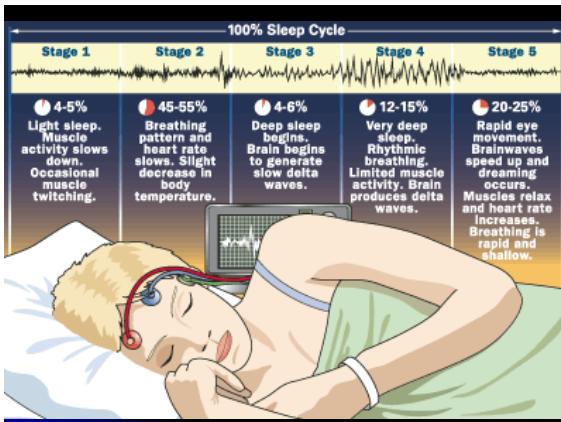
How much sleep are they actually getting?



- Research says students are getting about **7.5 hours** a night's sleep on school nights.
- 25% of the students are getting **6.5 hours** or less sleep on school nights.

Professor Mary Carskadon - Professor of psychiatry and human behavior at Brown University and director of chronobiology and sleep research

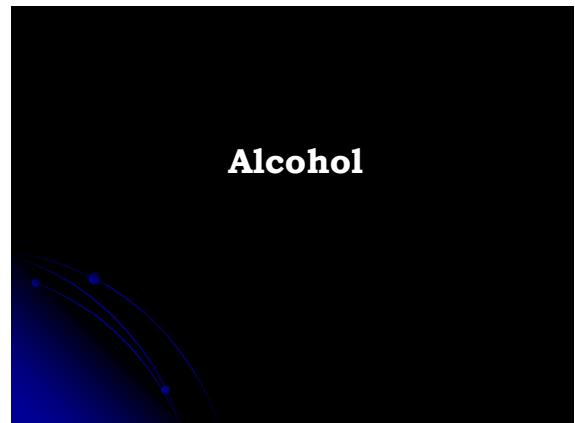
BROWN UNIVERSITY



1. Dim lights/Implement a routine
2. Don't exercise before bed
3. Cool down
4. Avoid cat naps
5. Minimise anxiety
6. Avoid stimulants.
7. Warm & soothing drinks

Challenge 3

Alcohol



A black and white photograph of a newspaper clipping from the Sunday Herald Sun, May 11, 2008. The main headline reads "Teenage drug use dropping" in large, bold, black letters. Below the headline is a sub-headline "CIGARETTES, marijuanna use down". The article discusses survey results showing a decrease in drug use among teenagers.

The image shows the front page of 'THE AGE' newspaper from Saturday, May 5, 2007. The masthead includes the word 'THE' in large letters, 'AGE' in a stylized font, and 'SUNDAY MAY 6, 2007' below it. A small logo for '25th ANNIVERSARY' is visible. The main headline reads 'Alcohol time bomb set to explode' in large, bold letters. Below the headline is a dramatic illustration of a lit fuse attached to a large, leaking bottle of beer. A sub-headline under the main title says 'SPECIAL REPORT Deaths and disease will rise as young and old drink at dangerous levels'. The page is filled with dense columns of news articles.



Alcohol research

Professor Toumbourou
Chair in Health Psychology
Deakin University



- **47% of those who begin drinking before 14 become alcohol dependent compared with 9% who wait until 21 (Hingson 2006)**
- **50% of Grade 5 children have had alcohol given to them by their parents (Toumbourou 2006)**

Source: Arch Pediatr Adolesc Med. 2006 Jul;160(7):739-46.

a series of large international studies have uncovered a clear link

Alcohol research

Alcohol consumption in adolescence can permanently damage the wiring of the brain

So what's happening in Australia as far as schools and alcohol are concerned?



Who started it all...



Rick Tudor



Other schools with this policy in print...

- Emmaus College
- Balwyn High School
- Canterbury Girls Secondary College
- The Genazzano College
- The Girton Grammar School
- Mater Christi
- Melbourne Girls Grammar School
- MLC
- Ruyton
- Scotch College
- Siena College
- St Catherine's
- St Leonard's
- Wesley
- Wonthaggi Secondary College
- Xavier College

How bad is it getting?

THE number of young people being treated for alcohol-related brain damage has grown fivefold in the past decade, prompting calls for urgent action on teenage binge drinking.

At Victoria's only treatment agency for alcohol-related brain injuries, the proportion of its 16 to 25-year-old patients has risen from 4 per cent in 1997 to 20 per cent this year.

Out-patient admissions for alcohol-related brain damage have risen from 32 in 1997 to 30 last year, while hospital admissions have increased from 100 in 1997 to 500 last year.

Alcohol Policy



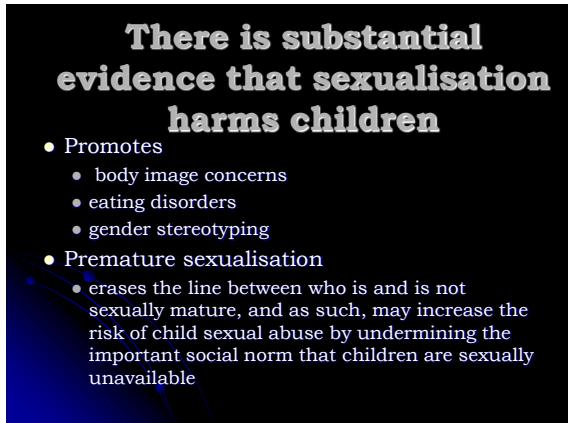
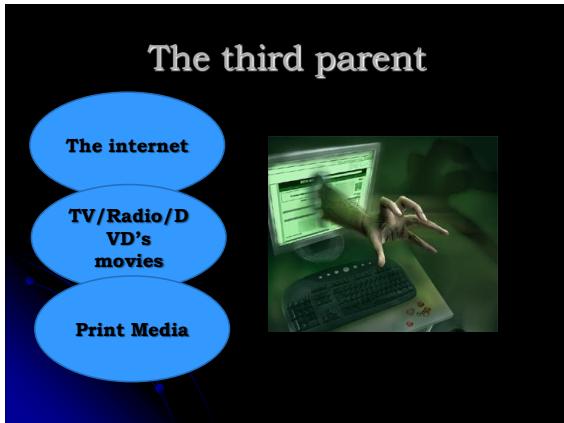
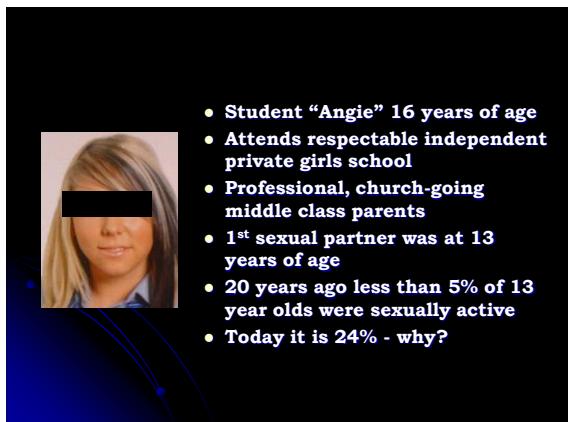
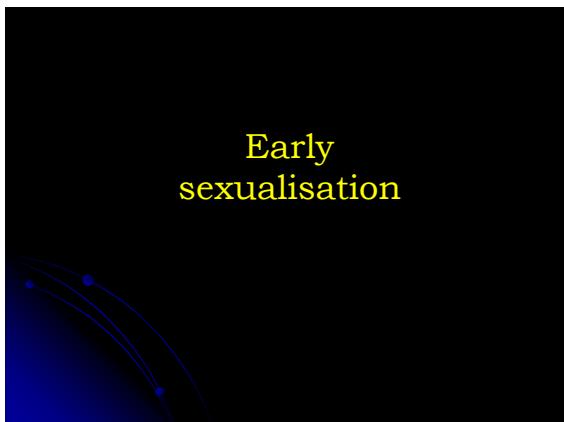
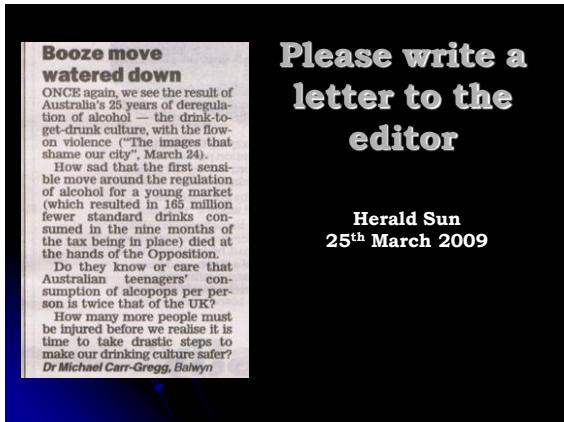
Professor Rob Moodie on the alcopops tax

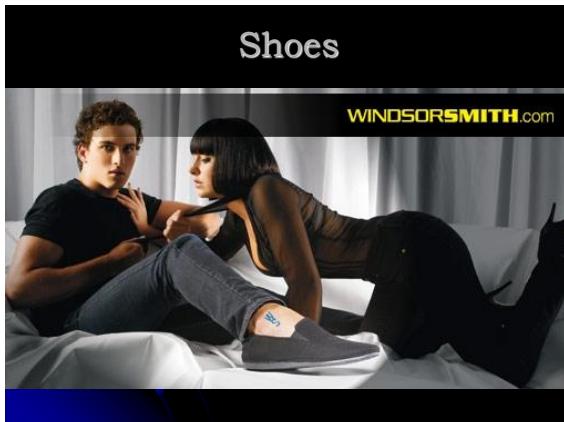


- 65 million fewer standard drinks were consumed in the 9 months of the tax being in place.

Professor of Global Health at the Nossal Institute for Global Health







Brothels



A screenshot of a website for 'Cocaine' energy drink. The top navigation bar includes links for Content, Competitions, Online Store, Mixology, Careers, and Contact. The URL 'www.drinkcocaine.net.au' is displayed. On the left, there are images of the red and blue cans of Cocaine. The main content area features a large image of a woman's face. Text on the right side reads: 'LATEST NEWS', 'WE'RE LOOKING FOR THE NEW COCAINE ENERGY DRINK', 'SHE-DEVIL', '\$5000 PRIZE MONEY', and 'COMING SOON'.

An advertisement for Lavazza coffee. It features a woman in lingerie holding a cup of coffee. To her left is a man's head inside a metal cage, surrounded by red cherries. The background is white with red cherry splatters. The Lavazza logo and the word 'Express yourself.' are visible on the right side.



• A juvenile court in the Netherlands initially took the wind out of the sails of 13-year-old Dutch girl Laura Dekker before reversing the decision when she turned 14!

Underage porn sold in corner milkbars

Julie-Anne Davies | April 03, 2009 Article from: THE AUSTRALIAN

Font Size: Print Page:

EXPLICIT pornographic magazines depicting underage sex are being sold illegally in convenience stores around the nation, forcing the federal Government to concede serious problems in the enforcement of classification laws.

Home Affairs Minister Bob Debus has written to the state governments and police commissioners urging a crackdown on illegal porn after Melbourne mother Julie Gale bought 28 explicit titles at milkbars and petrol stations and submitted them to the Classification Board.

"Since July last year, the classification board has referred over 200 adult publications to law enforcement agencies because of potential breaches, so obviously there are some problems," a spokesman for Mr Debus told The Australian.

The magazines bought by Ms Gale feature young-looking women who appear to be under 18, wearing braces, pig tails and pink hair bands. They are performing graphic sex acts. The age of the models is not known.

According to Australian censorship laws, Category-1 material, which many of these magazines claim to be, cannot depict graphic sexual acts and the titles should not be "offensive to any reasonable adult". The board's guidelines state that models should not be under 18 or "appear" to be under 18.

Classification Board deputy director Olya Booyer said enforcement of the current laws was heavily reliant on public complaints. Of 33 audits on classified magazines last year, 17 were initiated by Ms Gale, the head of lobby group Kids Free 2B Kids.

THE AGE NEWS

'Sensuality of children': art critic at centre of new storm

By CAROLYN WILSON

THE PRECARIOUS relationship between art and criticism has been put under further strain with the arrival of Robert Nelson to take over his position as art critic of the Herald Sun. Nelson has been accused of relying on personal attacks and sexist comments to defend his position.

His first big story was responding to the latest photograph surrounding My Sojourner: an essay on the controversial artist and a series of nude photographs of her daughter, 14-year-old Sophie.

In the essay, Mr Nelson refers to the "sensuality of children" and talks about the sexual ambiguity of the photographs. His wife, Sophie Palmer-Papewitson, 14, the 14-year-old whose photo was chosen by Mr Nelson, was quoted on the cover of Art Asia Pacific magazine in a similar article in response to the former exhibition. It included a reproduction of photographs of pubescent girls.

"I think it's important that Mr Nelson had 'failed' in a painter's attempt to make a point about art," says Sophie. "I don't believe that any artwork can be considered to be either cognitive or emotional maturity exercises, especially when it is in the way that Dr Carter photographed her," Sophie says.

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Art or Porn?

Points to make to Parents

- Childhood is recognised as a time of
 - innocence
 - Playfulness
 - fun
 - Spontaneity
- Children should be able to develop at their own pace, without undue pressure and influence from mass media marketing and advertising.

Points to make to Parents

- Their job is to provide an environment in which children can
 - develop to their full potential
 - that means maturing
 - Physically
 - • psychologically
 - sexually at age appropriate stages.

Tips for Parents

- Do not allow young children to see highly sexualised advertising, soap operas, DVD's or videos
- Don't buy prepubescent girls – womens or teenage girls magazines
- Don't purchase highly sexualised clothing for young children, especially push up bras, lacy, sexy underwear or T-shirts with adult humour or high heel shoes
- Do not allow your children to buy or play with highly sexualised dolls
- Do not allow your children to have TV's or computerw in their bedroom
- Do not allow access to sexualised websites or have social networking sites until the age of 13
- Don't take young children to adult/sexualised shows, theatres or concerts.
- Join kids free to be kids KF2BK

Key recommendations



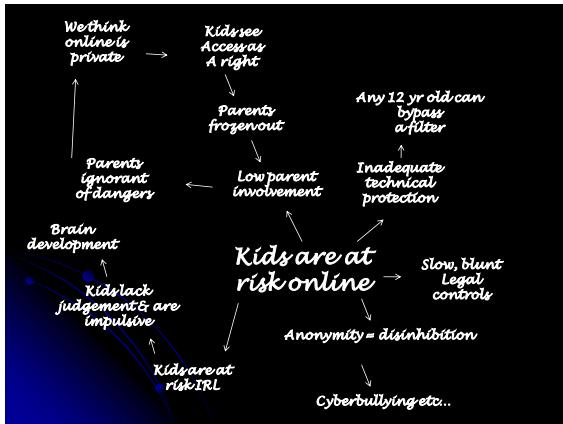
**Dr Linda
Papadopolous**

- an online ‘one-stop-shop’ to allow the public to voice their concerns regarding irresponsible marketing which sexualises children
- extend the existing regulatory standards to include commercial websites;
- broadcasters are required to ensure that music videos featuring sexual posing or sexually suggestive lyrics are broadcast only after children’s viewing hours
- the government to encourage corporate responsibility with regard to sexualised merchandise.
- games consoles should be sold with parental controls already switched on.

BEST & LESS

- We are writing to you in response to your email and comments relating to bras labelled “Tweenage”. Best & Less prides itself on its strong family values and has strict guidelines relating to the sale of products for young people. As such Best & Less does not stock or sell push up bras for children. The bras in question were intended to be a women's petites range from sizes 8AA through to 12B. They were made to current Australian standards for women's bras and were displayed in our women's underwear department.
- **Regrettably an error resulted in the incorrect branding and labelling of these bras as 'Tweenage'.** As a consequence, they were removed from sale in all of our stores across Australia as of yesterday, 2nd February. We have taken procedural steps to avoid any future branding or labeling errors of this sort. Thank you for bringing this matter to our attention.

challenge 5



6 Most Popular activities for Australian teens?

1. Chatting on MSN
2. Text messages
3. Social networking sites eg; MySpace
4. Downloading music movies, games etc via Peer to Peer sites eg Limewire
5. Gaming sites – 2nd Life, WOW
6. Web surfing



And they do it all at once...



theage.com.au July 10th 2008

Alarm at teenage 'sexting' traffic

Lucy Batterby
July 10, 2008

AN EXPLOSION of teenage sex texting is alarming teachers, police and youth counsellors.

The new mobile phone phenomenon, dubbed "sexting", led to 32 Victorian teenagers being charged with child pornography offences last year.

Cyber-bullying expert Kate McCaffrey warns that most parents remain oblivious to the threat to children, while school principals describe phone-based bullying as "explosive".

Free Government filters...

Australian Government
NetAlert

www.netalert.net.au

www.netalert.gov.au/forms/process-download.php

| Internet content filters (required) | Compatible Operating Systems | | | | | Choose Filter |
|--|------------------------------|-----------------|---------------|--------------------|----------------------|-----------------------|
| | Windows 98 | Windows 2000 | Windows XP | Microsoft Vista | Apple Mac | |
| Integard v1.04 | ✓ (SE only) | ✓ | ✓ | ✓ | ✗ | <input type="radio"/> |
| Optenet Web Filter PC 9.6 | ✓ | ✓ | ✓ | ✓ | ✗ | <input type="radio"/> |
| Safe Eyes (PC version) | ✗ | ✓ | ✓ | ✓ | ✗ | <input type="radio"/> |
| Safe Eyes (Mac version) | ✗ | ✗ | ✗ | ✗ | ✓ (10.4 or later) | <input type="radio"/> |

What about filters?

How easy is it to bypass the Australian Government's porn filter?

[YouTube](http://www.youtube.com)
Broadcast Yourself!

Search for: Videos | Channels

bypass NetAlert

Sort by: Relevance | Date

"bypass NetAlert" video results 1 - 5 of about 5

Search for: Videos | Channels

Bypass NetAlert, the Aust. Govt. \$84m porn filter

The Australian Government didn't realise how simple it is to bypass PC-based internet filters when it released its free package. For a real internet filtering

<http://www1.k9webprotection.com/>

K9 Web Protection - Free Internet Filtering and Parental Controls Software - Windows Internet Explorer

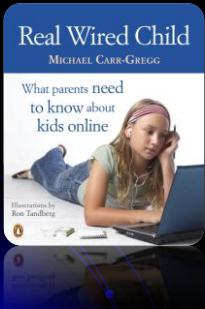
HOMES PROTECTED: 414,950

You are an Internet Parent

If you have kids at home... Download K9 today for free! Spread the word! Tell a friend!

K9 Web Protection is our free Internet filtering and control solution designed to help YOU in control of the Internet so you can protect your kids.

The 4 key top tips for Parents



1. **Never allow computer in bedroom**
2. **Negotiate an online contract**
3. **Use a filter**
4. **Monitor & supervise**



The End

www.michaelcarr-gregg.com.au

