



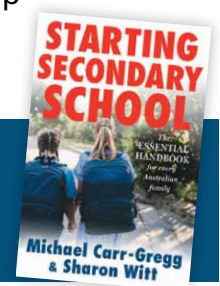
SURVIVING HIGH SCHOOL

Helping our young people navigate the secondary school years

With Dr Michael Carr-Gregg and Sharon Witt

The High School years can be filled with a mixture of trepidation, excitement, anxiety, and stress. We all want our young people to navigate this stage of their lives with support and resilience. In this highly engaging and informative presentation, experienced secondary educator Sharon Witt and adolescent psychologist Dr Michael Carr-Gregg combine their wealth of experience at the coal face of working with adolescents to bring the most up to date research and strategies including the following topics:

- Understanding the adolescent brain
- Managing change: timetables, new school, teachers
- Homework
- Navigating friendships
- Managing their Health: sleep, exercise, nutrition
- Understanding Mental Health concerns of adolescents and when to seek help
- Coping with stress
- Keeping them safe on line



Thursday 19th March, 2020
Mount Lilydale Mercy College, 120 Anderson Street, Lilydale
7.30pm - 9pm

About Sharon

Sharon Witt has been immersed in teen world for almost three decades in her role as a secondary teacher, author and presenter to adolescents and their parents around the country.



She is a regular media commentator on issues impacting young people, parenting and educational issues. She also writes for a number of publications. Sharon is the author of 15 books written for young people to help guide them through many of the issues they face in early years, including the best-selling *Teen Talk* and *Girlwise* and *Wiseguys* series.

She is also the founder of the nationwide Resilient Kids Conference, a one-day conference aimed at equipping parents, educators and carers in building resilience in their children and teenagers.

About Michael

Dr Michael Carr-Gregg is an adolescent psychologist, a well-respected speaker and one of Australia's leading authorities on teenage behaviour. In 1985 he founded CanTeen, the acclaimed cancer patients' support group for teenagers in New Zealand and Australia.



Carr-Gregg has been a regular on Melbourne radio 3AW, the resident parenting expert on Channel 7's *Sunrise* and a regular on its *Morning Show*. He has written several bestselling books on parenting, including *Surviving Adolescents*, *The Princess Bitchface Syndrome 2.0*, *Beyond Cyberbullying* and *When to Really Worry*. He has also worked with organisations including Reach Out and beyondblue and has been the 'Agony Uncle' for *Girlfriend* magazine. He has won many awards for his work.