



PRACTISING POSITIVE EDUCATION  
A Healthy Digital Diet  
CONFERENCE

# A HEALTHY DIGITAL DIET CONFERENCE

Program - Friday 2 September 2016  
Teachers, schools and psychologists day

Register now at [healthydigitaldiet.net](http://healthydigitaldiet.net)

8.00-8.30	Registration, tea and coffee		
8.30-8.50	Welcome to country and welcome		
8.55-9.55	Keynote address 'Internet Addiction: The experience from Singapore schools and clinics' Eejay Chong (Touch Cyber Wellness, Singapore)		
10.00-10.55	Keynote address 'Technology, young people and mental health' Prof Jane Burns (Young and Well Cooperative Research Centre)		
11.00-11.30	Morning tea		
11.35-12.25	Workshops		
	'Apps, games and learning; can I download the positive opportunities?' Dr Kate Highfield (Macquarie University)	'Negotiating violent content in a media-saturated world' Dr Wayne Warburton (Children and Families Research Centre, Macquarie University)	'Empowering Screenagers' Kirk Grinham, (Deputy Principal, Sydney Technical High School)
12.30-1.20	'Positive Education and the Internet: how they can work together' Dr Paula Robinson (Positive Psychology Institute)	'Moving towards the Healthy Digital Diet: results of the Knox students and parents cyberuse survey and other projects' Dr Philip Tam (President of the Network for Internet Investigation and Research Australia) and Michael Beilharz (Knox Grammar School)	
1.25-1.55	Lunch and demonstrations of old style computer games and how to learn new social media apps		
1.55-2.00	Special music performance		
2.05-3.00	Student panel discussion (featuring high school boys and girls)		

Updated 29 July 2016 - please note, schedule, speakers and topics are subject to change



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Attending this conference will contribute 6 hours of QTC Registered PD addressing 2.6.2, 3.4.2, 3.7.2, 4.4.2, 4.5.2, 6.2.2, 6.3.2, 7.3.2 and 7.4.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



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# A HEALTHY DIGITAL DIET CONFERENCE

Program - Saturday 3 September 2016  
 Parents day

Register now at [healthydigitaldiet.net](http://healthydigitaldiet.net)

8.30-9.00	<b>Registration, tea and coffee</b>	
9.00-9.30	<b>Keynote address</b> <b>'Internet Addiction: The experience from Singapore schools and clinics'</b> <b>Eejay Chong (Touch Cyber Wellness, Singapore)</b>	
10.00-10.55	<b>'Is my child addicted to screens?'</b> <b>Justin Coulson (parenting author and speaker)</b>	
10.15-10.55	<b>Morning tea</b>	
10.55-11.40	<b>Workshops</b>	
	<b>'The Fourth Industrial Revolution:          why Generation Z will not only survive,          they will thrive'</b> <b>Michael Weeding</b> (Director Digital at AMP)	<b>'Results from parent and student          cyber survey'</b> <b>Dr Philip Tam (President of the          Network for Internet Investigation          and Research Australia) and Michael          Beilharz (Knox Grammar School)</b>
12.35-1.30	<b>Panel Discussion and wrap-up</b> (featuring Eejay Chong, Justin Coulson, parents and students)	

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