



eYouth: Maintaining safety, balance and health in the digital world

27 June 2018

Program

0830 - 0900 **Registration**

0900 - 0910 **Welcome and introduction**

Professor Kate Steinbeck, Medical Foundation Chair in Adolescent Medicine,
Academic Department of Adolescent Medicine,
The University of Sydney

0935 - 1005 **Adolescent sleep: what makes it sound and what messes it up**

Dr Mimi Lu, Respiratory Fellow, The Sydney Children's Hospitals Network

1005 - 1045 **MORNING TEA**

1045 - 1115 **Beyond screen time and digital detoxes: the case for Digital
Nutrition**

Ms Jocelyn Brewer, Psychologist, Digital Nutrition; Master of Applied Science
candidate, Cyberpsychology Research Group, The University of Sydney

1115 - 1145 **Being on the front foot with eSafety**

Ms Kellie Britnell, Program Manager – Outreach and Education, Office of the
eSafety Commissioner

1145 - 1155 **Voice of Youth**

Ms Luana Kensett – young person

1155 - 1230 **Panel discussion - joined by all Program speakers**



Health