

Notes for Dr Michael Carr-Gregg's keynote

Michael's books:

Carr-Gregg, MRC & Shale E. [Adolescence A guide for parents](#)
<http://www.finch.com.au/books/adolescence> Finch Publishers, 1 June 2002

Carr-Gregg, MRC. [Surviving Year 12: A Sanity Kit for Students and Their Parents](#),
<http://www.finch.com.au/books/surviving-year-12> Finch Publishers 1 February 2004: ISBN:
9781876451530

Carr-Gregg, MRC. [Surviving Adolescents: The Must-Have Manual for All Parents](#),
<http://www.penguin.com.au/products/9780143003786/surviving-adolescents-must-have-manual-all-parents>
Penguin Books, 1 July 2005 ISBN: 9780143003786

Carr-Gregg, MRC. [Princess Bitchface Syndrome](#)
<http://www.penguin.com.au/products/9780143004660/princess-bitchface-syndrome>
Surviving Adolescent Girls. Penguin Books. 3 July 2006 ISBN: 9780143004660

Carr-Gregg, MRC. [Real Wired Child](#)
<http://www.penguin.com.au/products/9780143004653/real-wired-child>
Penguin Books. 3 September 2007 | ISBN: 9780143004653

Carr-Gregg, MRC.
[When to Really Worry: Mental health problems in teenagers and what to do about them](#)
<http://www.penguin.com.au/products/9780143009061/when-really-worry-mental-health-problems-teenagers-and-what-do-about-them>
Penguin Books 1 February 2010 ISBN: 9780143009061

Carr-Gregg MRC, [Surviving Step Families](#) - Penguin Books. 1 July 2011 (in print)

Other Books:

Chua A, [Battle Hymn of the Tiger Mother](#), Bloomsbury Press, 1 Jan 2011 ISBN: 9781408812679
<http://www.bloomsbury.com/Battle-Hymn-of-the-Tiger-Mother/Amy-Chua/books/details/9781408812679>

Alcohol References:

Latest statistics:
[http://www.health.gov.au/internet/ministers/publishing.nsf/Content/B92B5D8656C6A681CA25781C00163665/\\$File/mb007.pdf](http://www.health.gov.au/internet/ministers/publishing.nsf/Content/B92B5D8656C6A681CA25781C00163665/$File/mb007.pdf)

National Health and Medical Research Council - *Australian Guidelines to Reduce Health Prof*
Ralph Hingson Research article - *Arch Pediatr Adolesc Med.* 2006 Jul;160(7):739-46.
<http://www.ncbi.nlm.nih.gov/pubmed/16818840>

Australian secondary school students' use of tobacco, alcohol, and over-the-counter and illicit substances in 2008

[http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/Publishing.nsf/content/2C4E3D846787E47BCA2577E600173CBE/\\$File/school08.pdf](http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/Publishing.nsf/content/2C4E3D846787E47BCA2577E600173CBE/$File/school08.pdf)

Risks from Drinking Alcohol

www.nhmrc.gov.au/your_health/healthy/alcohol/index.htm#sum

Alcohol Quiz

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Alcohol_and_teenagers_quiz

Teenagers and Alcohol: A Guide for Parents from Australian Government

<http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/content/brochure-teen-alcohol>

ABC TV – The Pulse - Alcohol and teens: a dilemma for parents

<http://www.abc.net.au/health/thepulse/stories/2010/11/04/3057269.htm>

Advice for Parents from Drinkwise

<http://www.drinkwise.org.au/c/dw?a=da&did=1046919>

Sleep references:

Professor Mary Carskadon's book on Adolescent Sleep Patterns - Cambridge University Press, 2002 - 297 pages

<http://assets.cambridge.org/97805216/42910/sample/9780521642910ws.pdf>

Wake up Australia Report Access Economics –

<http://www.sleepaus.on.net/wakeup.pdf>

ABC Four Corners - EYES WIDE OPEN

<http://www.abc.net.au/4corners/content/2007/s2000881.htm>

Teenagers and sleep – from Better Health Channel

http://goforyourlife.vic.gov.au/BHCV2/bhcArticles.nsf/pages/Teenagers_and_sleep?open

American Psychological Association article on Teenage sleep deprivation

<http://www.apa.org/monitor/oct01/sleepteen.aspx>

Review article on Teenage Sleep by Roberts RE, Roberts CR, Xing Y. Restricted sleep among adolescents: prevalence, incidence, persistence, and associated factors. Behav Sleep Med. 2011 Jan; 9(1):18-30.

<http://www.ncbi.nlm.nih.gov/pubmed/21218291>

Cybersafety References:

McGrath H. Young people and technology: A review of the current literature, 2nd ed (online). 2009 (Accessed August 2010) Available

http://www.amf.org.au/Assets/Files/2ndEdition_Youngpeopleandtechnology_LitReview_June202009.pdf

Robyn Treyvaud's Facebook study

<http://www.heraldsun.com.au/news/victoria/privacy-fears-for-kids-as-youngers-share-personal-information-online/story-e6frf7kx-1225869358504>

Facebook Risks – Interview on 7.30 Reporter: Rebecca Baillie

<http://www.abc.net.au/7.30/content/2010/s2905308.htm>

Cybersmart. Guide to online safety (online). (Accessed 9 August 2010). Available from:

http://www.cybersmart.gov.au/en/Parents/Family%20safety%20resources/~media/Files/Family%20safety%20resources/InternetSafety_web.ashx

The Alannah and Madeline Foundation, Cybersafety and wellbeing initiative (online). (Accessed August 2010) Available from:

<http://www.amf.org.au/Cybersafety/>

Australian Communications and Media Authority (ACMA). Cybersmart Parents: Connecting parents to cybersafety resources. July 2010 (Accessed 9 August 2010) Available from:

http://www.acma.gov.au/webwr/assets/main/lib310665/cybersmart%20parents_connecting%20parents%20to%20cybersafety%20resources.pdf

Australian Psychological Society Submission to the Joint Select Committee on Cyber-Safety

http://www.apf.gov.au/house/committee/jscc/subs/sub_90.pdf

Early Sexualisation References:

Senate Inquiry into the Sexualisation of Children in the Contemporary Media

http://www.apf.gov.au/SENATE/committee/eca_ctte/sexualisation_of_children/report/report.pdf

American Psychological Society Task Force on the Sexualization of Girls

<http://www.apa.org/pi/women/programs/girls/report.aspx>

UK Home Office Report by Psychologist Dr Linda Papadopoulos

<http://webarchive.nationalarchives.gov.uk/+http://www.homeoffice.gov.uk/about-us/news/sexualisation-young-people.html>

Resilience References:

Werner, E. E. (1971). *The children of Kauai: a longitudinal study from the prenatal period to age ten*. Honolulu: University of Hawaii Press

Werner, E. E. (1982). *Vulnerable but invincible: a longitudinal study of resilient children and youth*. New York: McGraw-Hill