



**PAT CRONIN
FOUNDATION**

The Pat Cronin Foundation is delivering the Think Carefully Act Kindly presentation as part of your school's commitment to student wellbeing.

We provide an optimistic voice by empowering young Australians to say no to violence.

Violence is destroying young lives

Pat Cronin was a gentle natured 19 year-old killed by a single Coward Punch in 2016 while helping a mate who was being attacked. The force of that punch fractured Pat's skull, causing an inoperable bleed on his brain. Two days later, Pat's parents Matt and Robyn Cronin, made the agonising decision to turn off his life support.

We use Pat's story as an illustration of what can happen when young people are faced with violence, and how wiser choices can be made.

Using this approach we know we have saved lives, prevented incidents and helped young people to reflect on and change their attitudes to violence.



USEFUL LINKS

Info Hub: www.patcroninfoundation.org.au/info-hub/

Kids Helpline: www.kidshelpline.com.au

Beyond Blue: www.beyondblue.org.au

Headspace: www.headspace.org.au

What to expect

Our Primary School program for Foundation to Grade 6 will introduce students to the 'Be Wise. Think Carefully. Act Kindly.' message.

This initiative aims to help students develop essential social skills that foster safety and respect. Through engaging activities and lessons, students will learn the importance of wise decision making, careful thinking and kind actions in their daily interactions.

- ▶ The Act Kindly Activity Kit is designed to support emotional literacy. The activities help students learn to be wise, think carefully and act kindly, so they grow into teenagers that make wise decisions. Through this kit students will explore their relationship with positive and negative actions, making connections to the consequences of these actions. By contributing to the physical, mental and emotional wellbeing of students, this resource will teach life skills that matter.
- ▶ The Think Carefully Act Kindly presentation covers Pat's story, anger and aggression, the consequences of social violence and strategies for navigating conflict. We share Pat's story to clearly illustrate the importance of these issues and to demonstrate the tragic consequences of unwise decisions. All material is delivered in an age appropriate manner, using examples that students can understand and relate to the message.
- ▶ Students who reflect and make connections between the content and their own lives report a more effective learning experience. This approach helps them understand how to utilise the strategies discussed and better comprehend the role anger plays in aggression. By relating the material to their personal experiences, students are better equipped to apply these lessons in real life situations.
- ▶ We recommend families have regular conversations about the importance of walking away from violence, regardless of the circumstances – the consequences are never worth it. Discussing this at home reinforces the message and helps children understand the value of non-violent conflict resolution.

Be Wise

LET'S END THE COWARD PUNCH

www.patcroninfoundation.org.au

We work closely with schools

Our programs have been developed in consultation with teachers, psychologists, researchers, students, and parents, to bring a whole community approach to such an important wellbeing topic.

- ▶ Our materials link directly to the Australian Curriculum and State curricula, specifically: recognition and expression of emotions, development of resilience, relationships and diversity, and conflict resolution.
- ▶ Teachers are aware that Pat's story may emotionally impact students. We recommend that schools have relevant support staff attend our presentation and ensure that appropriate welfare support is available to assist any students who may need it. This approach helps create a safe and supportive environment for all students.

Our Be Wise Education Program helps schools discuss life-changing topics through:

Act Kindly Activity Kit (Foundation – Grade 6)

Teacher-led resources that develop emotional literacy. Includes lesson plans and activities based on our popular storybooks.

Educational Presentations (Grade 5 – Year 12)

We discuss the consequences of social conflict and provide students with strategies to navigate anger and de-escalate conflict. Through these discussions students learn valuable skills for managing their emotions and resolving disputes peacefully.

Violence Prevention eLearning Modules (Years 7 – 12)

Online lessons that explore risks, choices and consequences. These teacher-led or self-paced modules are designed to stimulate personal reflection and classroom discussion using real stories and engaging content.

Your child may access one or more parts of the Program. We encourage you to support your school to deliver the Program across all year levels so your community can foster safe and positive behaviours.

Our Impact

Our research shows that 33% of high school students like to watch fights at school, over 33% have been in a physical fight, and 36% either agree or are at least neutral on the question of whether it's fun to tease classmates.

Encouragingly, 90% of students indicated our presentation will be useful in their lives – and most would recommend it to others.¹

Having presented to over 80,000 students at more than 400 schools across Australia, teachers tell us that our educational presentations are making an impact on students and are starting conversations at home as well as on campus.

Together we can help them Be Wise.

1. Research conducted by Pat Cronin Foundation: 2022 Pre-presentation and Post-presentation Surveys. Read more on our Info Hub



Help them to Be Wise.

Learn how to support us.



Be Wise

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