



**PAT CRONIN  
FOUNDATION**

## The Pat Cronin Foundation is delivering the Be Wise Education Program as part of your child's 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/](http://www.patcroninfoundation.org.au/info-hub/)

**Kids Helpline:** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Beyond Blue:** [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Headspace:** [www.headspace.org.au](http://www.headspace.org.au)

### What to expect

**Our education program for Years 7 – 12 discusses youth violence and victims' stories in a positive and empowering way, enriched with strategies and support.**

- ▶ The Year 7 – 12 presentations and eLearning modules cover Pat's story, anger and aggression, the consequences of social violence and strategies for navigating conflict. We share Pat's story to illustrate clearly why these issues are important, as a demonstration of the tragic consequences of unwise decisions. It does include imagery and topics that may be challenging to some students.
- ▶ Students are informed at the start of the presentations and modules that emotional content will be shared. Pat was a teenager himself – students relate to his story and the grief of his friends and family. This powerful emotional connection is critical to empowering young people to make wise decisions.
- ▶ Students who reflect and make links between the content and their own lives report a more effective learning experience in terms of how they can utilise the strategies discussed and better understand the role anger plays in aggression.
- ▶ We recommend families have regular conversations about the importance of walking away from violence – regardless of the circumstances – the consequences are never worth it.

*Be Wise*

**LET'S END THE COWARD PUNCH**

[www.patcroninfoundation.org.au](http://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 to schools that relevant support staff should attend our presentations, and that appropriate welfare support is available.

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

### Educational Presentations (Year 7 - 12)

We discuss the consequences of social conflict and how students can navigate anger and de-escalate conflict.

### Violence Prevention eLearning Modules (Years 7 - 12)

Students reflect on emotions that lead to social violence and explore strategies to defuse conflict.

### Act Kindly Activity Kit (Foundation - Grade 6)

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

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 almost one quarter of high school students like to watch fights in the playground, over one-third 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.<sup>1</sup>

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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