

Family Overview – Violence Is Never OK Presentation

As part of your school's commitment to student wellbeing, your child will soon take part in the Violence Is Never OK presentation delivered by the **Pat Cronin Foundation**. This session empowers young Australians to say no to violence by helping them understand its consequences and the importance of making wise, safe choices.



Pat's Story

In 2016, Pat Cronin, a kind, caring 19-year-old, was killed by a single Coward Punch while helping a friend who was being attacked. The force of that punch fractured his skull, causing an inoperable brain bleed. Two days later, his parents, Matt and Robyn, made the heart-breaking decision to turn off his life support.

Pat's story sits at the heart of the Foundation's work. It's a powerful reminder of what can happen when violence is chosen over walking away. Sharing his story encourages young people to reflect on their own choices and consider safer alternatives when faced with conflict.

Why This Session Matters

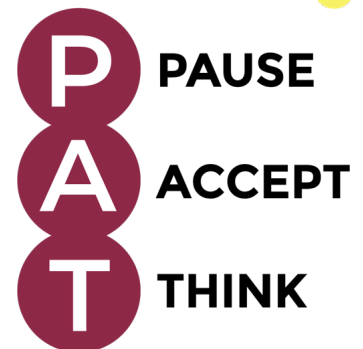
Violence destroys lives, families, and communities. Many young people underestimate the risks of "just one punch" or joining a fight, and many also lack the tools to manage anger constructively.

This session encourages students to:

- ▶ Explore how anger, aggression, and choices drive conflict.
- ▶ Understand the real and lasting consequences of violence.
- ▶ Build empathy, kindness, and resilience.
- ▶ Recognise that walking away is a sign of strength.
- ▶ Learn practical strategies to prevent harm and deescalate situations.

These lessons align with the Pat Cronin Foundation's mission:
Be Wise. Think Carefully. Act Kindly.

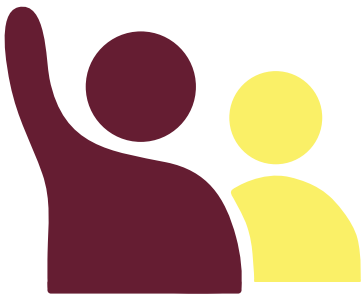
Think





What Will the Session Include?

- ✓ Pat's story and the tragedy of the Coward Punch.
- ✓ The links between anger, aggression, and violent behaviour.
- ✓ How words, choices, and actions affect themselves and others.
- ✓ Practical strategies to navigate conflict and prevent harm.



How Is It Taught?

- 👤 Storytelling and real-life scenarios that build strong emotional connections.
- 👤 Group discussion and reflection linked to students' own experiences.
- 👤 Relatable examples that give tools for managing conflict safely.



Follow-Up at Home

You can make a big difference by continuing the conversation at home. Try:

- 🏠 Asking: "What part of Pat's story stood out to you the most?"
- 🏠 Reminding your child it's okay to feel angry – but never okay to hurt others.
- 🏠 Encouraging them to use conflict resolution strategies they've learned.
- 🏠 Highlighting that choosing not to fight shows real strength.
- 🏠 Talking about how walking away takes courage.

If your child needs extra support, these services are available:

♥ School wellbeing support

♥ Kids Helpline

♥ Beyond Blue

♥ Headspace

♥ Lifeline

♥ 13Yarn



The logo for the Be Wise program, featuring the words "Be Wise" in a white, cursive script font. A small white arrow points from the underbar of the letter "e" in "Be" towards the word "Wise".

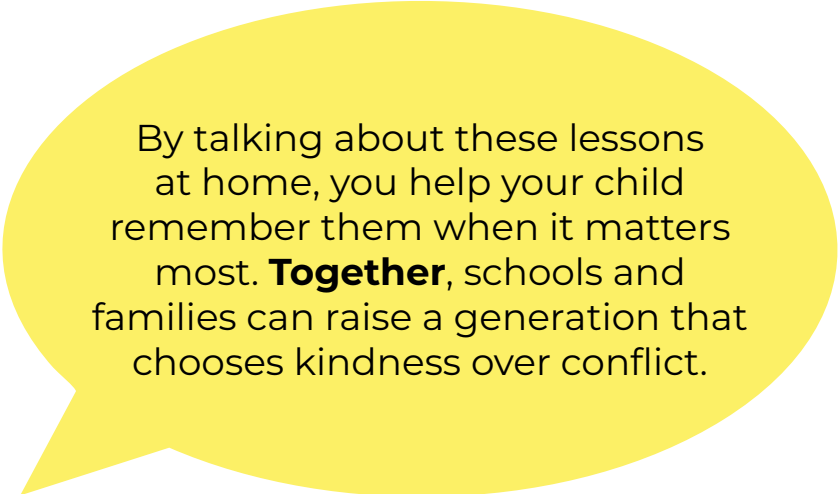
LET'S END THE COWARD PUNCH

About the Be Wise Education Program

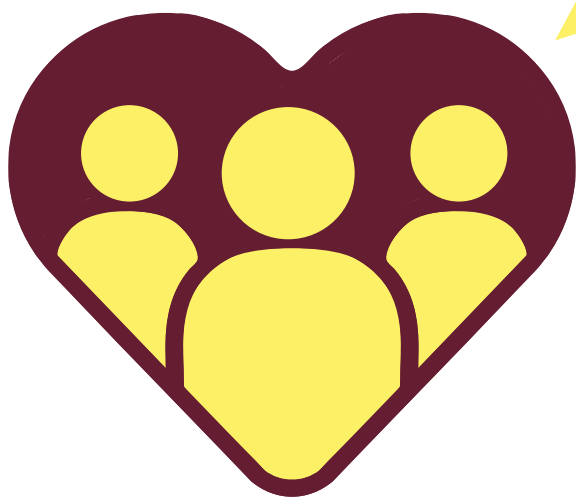
The Pat Cronin Foundation Be Wise Education Program has been developed with input from teachers, psychologists, researchers, students, and parents. Materials align with the **Australian Curriculum and State curricula**.

Schools are mindful that Pat's story may have an emotional impact. Wellbeing staff are available during and after sessions to support students if needed.

A Final Word to Parents

A large, yellow speech bubble with a tail pointing towards the bottom left, containing text about parental involvement.

By talking about these lessons at home, you help your child remember them when it matters most. **Together**, schools and families can raise a generation that chooses kindness over conflict.



One punch can change a life. One wise choice can save one.