



**Empowering
young Australians
to handle conflict,
look after their
mates, and make
wise decisions.**



**PAT CRONIN
FOUNDATION**

The Pat Cronin Foundation provides an optimistic voice and empowering approach to awareness, education and research about social violence among young people.

We work with schools, clubs and community groups to make positive change.

„Be Wise“

LET'S END THE COWARD PUNCH

Pat's Story

Pat will always be 19 years old.

He will never have another birthday, or play another footy game, or finish studying health science and physiotherapy under the scholarship he was awarded.

Pat went out on Saturday 16 April 2016 for a few quiet drinks with mates after playing his first senior football match alongside his big brother. He wasn't a fighter - it just wasn't his scene. But when a brawl started to build outside the pub, being the loyal and caring mate he was, Pat stepped in to pull a friend away. It was then that Pat was punched in the head from behind.

He stayed on his feet, checking all his mates were ok, but soon after he started to develop symptoms, had a seizure and was taken to hospital unconscious. Two days later, we made the agonising decision to turn off his life support.

A quietly spoken, gentle natured young man with a fierce determination, Pat deeply loved his family and friends. His death has left a gaping hole in our lives and caused devastation among his friends and our broader community. If this can happen to us, it can happen to anyone.

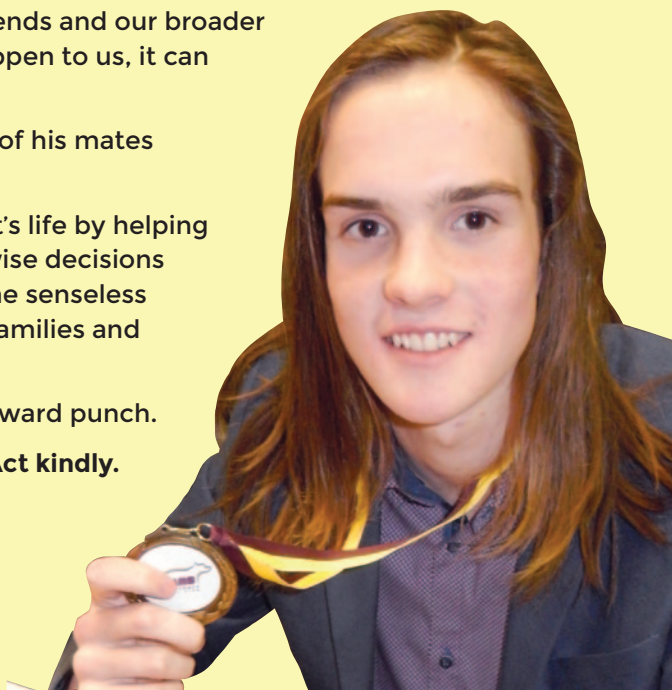
Pat isn't here to take care of his mates anymore, but we are.

We are here to honour Pat's life by helping young Australians make wise decisions so together we can end the senseless violence that devastates families and communities.

We are here to end the coward punch.

Be Wise. Think carefully. Act kindly.

Robyn, Matt, Emma
and Lucas Cronin



Wise words from other schools, clubs and groups

The Be Wise Presentation is incredibly powerful, very moving for students and staff and a great inspiration against any form of social violence. The message that violence is so avoidable, yet so disastrous for everybody involved is integral for teenagers. I highly recommend this presentation to all schools!

Teacher, Williamstown High School

The Be Wise Presentation was engaging, thoughtful and incredibly powerful and generated conversations in the schoolyard and the staff room. Our Year 11 students left with a greater understanding of the consequences of a single coward punch and with strategies of how they can help end the violence.

Teacher, Albert Park College

Our members and parents truly appreciated the presentation, with many conveying how important it is to educate our teenagers on such an important topic. It is truly inspirational that the family have been able to take such a tragic and unnecessary event and use it to educate on the perils that exist on a simple night out.

Yarrambat Junior Football Club

Pat's message is an important one to both young men as well as young women, to help them understand how a split second decision can ruin lives - and not just those involved. It is a credit to everyone involved to be on the front foot to affect change within the community. KJFC is proud to be able to help deliver this message.

Kilmore Junior Football Club

We help you empower young people to make wise decisions

BE WISE PRESENTATIONS

A thought provoking, interactive presentation delivered by one of our presenters. We share Pat's story and discuss consequences for both victims and offenders. Fully funded.

Outcomes:

- A unique opportunity to start tough conversations.
- Provide young people with empowering strategies to be a part of positive change.

Audience: 15+ years, suitable for all genders. Schools, clubs, community groups.

BE WISE VIOLENCE PREVENTION E-LEARNING

Five engaging e-lessons, designed as a resource to directly support schools' wellbeing and personal development curriculum.

eLearning Topics:

- Consequence of Violence.
- End the Coward Punch.
- Managing Anger.

- Risk Awareness.
- Responding to Violence.

Audience: Years 9-12 students of all genders in the school setting.

BE WISE SCHOOL AND CLUB ACCREDITATIONS

We work with schools and clubs to recognise them with a Be Wise Accreditation and digital badge for their contributions to positive community change.

Five Steps for Schools:

- Book a presentation.
- Contribute to surveys.
- Buy the Be Wise Violence Prevention eLearning.
- Give us feedback.
- Spread the word.

Four Steps for Clubs:

- Book a presentation.
- Invest in promotional material.
- Stock our wristbands.
- Support our events.

Please note: Free presentations are subject to availability; two per school per year; additional presentations on application (fee may apply).



BE WISE APP

A free mobile phone App with innovative messages that can be sent to users while they are out with mates. Messages are location linked, for example: "Welcome to the MCG. Have a great time with your mates. Remember to Be Wise".

Outcomes:

- Provides strategies, tips, reminders, and access to support for our young mobile phone users.

Audience: Perfect for 15+ years of all genders in every setting.

BE WISE FOR PRIMARY SCHOOLS

Teacher-led lesson plans based on our inspirational Story Books written to introduce younger students to the important messages of thinking carefully and acting kindly. Included are resources for our lesson plans helping students explore and develop their own ideas about emotions, and physical aggression, through a variety



of class, small group or individual activities.

Titles:

- The New Playground.
- The Four Square Challenge.
- Footy Fever.

Audience: Primary aged children in school.

**Books also available without lessons for home use.*

DOCUMENTARY SCREENING OF PAT'S STORY

Our professionally filmed 35-minute documentary is a powerful way to gather the community and get everyone on the same page. An invaluable opportunity to reinforce and maintain the message with families and peers.

Further outreach:

- Option for additional session with a Q&A to start tough but crucial conversations.

Audience: 15+ students, parents, teachers and community members.

Getting started with violence prevention

A guide to the Be Wise Presentations

OUR APPROACH TO EDUCATION

At the heart of our educational approach is Pat's Story. Our purpose is to honour Pat, in the hope that no one else experiences the tragic ordeal that the Cronin family endured.

Our approach is one of empowerment—an optimistic voice that helps young people reflect on their attitudes and beliefs about violence. We empower them to make wise decisions and prevent social violence.

CURRICULUM LINKAGES

Our education resources integrate into the F-10 Personal & Social Capability Curriculum and our content links clearly to the Respectful Relationships Curriculum. Content has been developed in consultation with VCAA, teachers, psychologists, researchers, students and parents. We have received partial funding from the Victorian Department of Education.

Students gain insights that align with curriculum intentions:

- Recognise, understand and evaluate the expression of emotions.
- Demonstrate an awareness of their personal qualities and the factors that contribute to resilience.
- Develop empathy for and understanding of others and recognise the importance of supporting diversity for a cohesive community.
- Use interpersonal skills to establish and maintain respectful relationships.
- Develop strategies to manage challenging situations constructively.

WHAT TO EXPECT IN A BE WISE PRESENTATION

- The Be Wise presentation is delivered by a Pat Cronin Foundation presenter. All presenters hold Working with Children Checks and are fully vaccinated.
- During the one hour thought-provoking, interactive presentation we share Pat's story and provide clear descriptions of the outcomes of violence, often many that people have not considered.
- We discuss the natural emotion of anger and look at how to recognise and manage anger before it becomes aggression.
- We discuss strategies to diffuse conflict and avoid violence in tense situations and encourage young people to think about strategies and actions that may suit them and their friends.

TAILORED TO YOUR GROUP

- No matter the group size or attendee gender, our programs are uniquely tailored to ensure they are appropriate, engaging and effective. Our presentations are suited for 15+ age groups.
- Presentations are equally suitable for clubs, groups and schools. Our awareness raising presentation and ongoing opportunities help create an anti-violence culture in all community settings.



NO COST TO YOUR SCHOOL OR CLUB

Our Be Wise Presentation is fully funded for schools, sporting clubs and community groups in Victoria.

MAKE A BOOKING OR FIND OUT MORE



Book online:

www.patcroninfoundation.org.au



Email us:

education@patcroninfoundation.org.au



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.



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