

# Supporting non-violence, reflection & respectful choices



PAT CRONIN  
FOUNDATION

## Purpose and how to use this guide

This guide is designed to extend learning and reflection after the *Violence is Never OK* or *Rethinking Anger* presentations, or as a stand-alone classroom resource.

### Teachers can:

- ▶ Use warm-up questions to prompt meaningful discussion.
- ▶ Explore scenarios to develop wise decision making.
- ▶ Encourage personal reflection and peer empathy.
- ▶ Integrate activities into Respectful Relationships, Health, or Wellbeing programs.

## Warm-Up Discussion Prompts

What does 'violence is never OK' mean to you?

How do you know when your anger is building up?

Why might someone choose aggression in a moment of anger?

What role do friends play in helping or escalating conflict?

Use these prompts to open conversation and help students think personally and critically

What does it look like to make a wise choice under pressure?

Be Wise

LET'S END THE COWARD PUNCH

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## Scenario-based discussions

### Scenario 1: The Group Chat

A disagreement in a class group chat turns personal. One student is left out, and others start piling on.

#### Discussion Prompts:

- ▶ What's really going on here?
- ▶ How could someone step in wisely?
- ▶ What would empathy look like in this moment?

### Scenario 2: Heated at Sport

During a lunchtime game, a tackle sparks an argument and shoving.

#### Discussion Prompts:

- ▶ What are the emotions behind the behaviour?
- ▶ What are the consequences of reacting violently?
- ▶ How can someone stay calm and set a better tone?

## Student reflection activities

These can be used as journals, silent writing, or group prompts:

- ▶ What makes me feel angry?
- ▶ What are my physical signs of rising anger?
- ▶ What helps me calm down?
- ▶ What kind of friend do I want to be in tough situations?
- ▶ When have I made a wise choice I'm proud of?

### Reinforce 'THINK PAT' and the Be Wise 3Ds

- ▶ **Distract**
- ▶ **Defuse**
- ▶ **Disappear**

Ask students to brainstorm examples for each.

### Extend the Learning

Help keep Pat's message alive in your school:

- ▶ Display Be Wise posters in corridors and classrooms.
- ▶ Invite students to design their own kindness or non-violence campaigns.
- ▶ Discuss the *One Punch Law* in Legal Studies or Civics.
- ▶ Host a school fundraiser to support the Pat Cronin Foundation.

## Let's End the Coward Punch

Every conversation helps students build a safer, kinder world.

Learn more or book a session:



[patcroninfoundation.org.au/  
education](http://patcroninfoundation.org.au/education)

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