 King or coward

Suggested duration: 70 minutes

This activity is supported by the activity *Alcohol and violence: what would you do?*

Course outcomes

1.1 Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations.

1.2 Critically evaluate services and resources to identify sources of reliable information and support.

1.3 Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others.

2.1 Show respect for the ideas, feelings and contributions of others in various contexts.

What do we want students to know, understand or be able to do?

* Clarify personal values and attitudes towards alcohol related violence.
* Challenge socially acceptable behaviours and peer expectations in relation to alcohol related violence.
* Identify ways in which they can protect themselves and others from aggression and violence.

Suggested content

| Learning context | Content |
| --- | --- |
| Independence  Focus: Building self-concepts and independence | Self-management   * responsibility for self and actions |
| Mental health and wellbeing  Focus: Developing self-efficacy and mental fitness | Building resilience   * acknowledging controllable factors * empathising |
| Drugs and alcohol  Focus: Making safe and responsible choices | Identifying solutions and responding to situations which involve the use of drugs and alcohol   * avoidance and assertive behaviours * recognising risk * intoxication and its effects * planning strategies to reduce harm in various situations * assessing and applying personal strengths to respond to situations * recognising influences on decision making and problem solving, e.g. personal, social and cultural values   Responsible behaviour   * protective strategies in drug and alcohol related situations * gambling responsibly * responsible behaviour in venues |
| Drugs and alcohol  Focus: Drugs and alcohol in different contexts | Addressing drug related issues in the community   * drug use and related harm in the community * social attitudes to alcohol and drug use and challenging peer expectations |

Teaching notes

Alcohol related violence is an issue that impacts on young people, both directly and indirectly. Through this activity, students will reflect on their personal values, and how their values impact on attitudes and behaviours in relation to alcohol related violence. Students will analyse behaviours and actions in social settings where alcohol is present and determine what is acceptable and unacceptable.

Creating a safe and supportive learning environment

There are a number of strategies that can be used to create a supportive learning environment which enables students to feel safe to learn and ask questions. They include:

* making students aware at the beginning of Life Ready sessions that disclosing personal information that indicates they may be at risk of harm will be reported to the school principal in all instances. This includes personal disclosures related to instances of abuse, drug use, neglect or sexual activity under the legal age of consent.
* being aware that some parts of Life Ready can be confronting and sensitive for some students.
* enabling students to withdraw if they find issues personally confronting to protect them from making harmful disclosures. Equally, it is important to be prepared for issues that arise as a result of a student making a public disclosure in the classroom.

More information on creating a safe and supportive learning environment can be found on the [Life Ready website.](https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/life-ready)

Evaluating resources before use

Preview and evaluate all strategies, resources and teaching and learning approaches in full before use with students to determine suitability for student learning needs, stage of development and local school context. Consider the age, maturity, cultural background, sexuality, gender, sex, health and other characteristics of students in your care. Apply professional judgements to all strategies, teaching and learning approaches and resources including audiovisual materials (e.g. videos, media clips and YouTube), interactive web-based content (e.g. games, quizzes and websites) and texts.

Use the [resource review flowchart](https://schoolsequella.det.nsw.edu.au/file/083acd3a-daca-4307-9afe-bc6c888f694a/1/final-resource-flowchart-html5.zip/index.html) to decide about the suitability of teaching and learning resources.

Materials should be reviewed in full and endorsed by the school principal before use in NSW government schools.

Communication with parents and caregivers

Some aspects of Life Ready may be viewed as sensitive or controversial, such as learning about abuse, child protection, drugs, respectful relationships, sexual health, sexuality and violence. Inform parents and carers, prior to the occasion, of the specific details of the Life Ready program, so that parents and caregivers have time to exercise their rights of withdrawing their child from a particular session. In this regard, a parents or caregiver’s wish must be respected.

Establishing how parents and caregivers will be informed about programs and involved in consultation is a school-based decision. Where parents and caregivers indicate they wish to withdraw their child from a program it is useful to negotiate which parts of the Life Ready program they are concerned about. A sample information letter is available on the [Life Ready website](https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/life-ready).

Required resources and materials for preparation

* Newspaper article – 1 copy of one article per group
* Butchers paper or graffiti wall space
* Internet access if online graffiti wall or application (e.g. padlet) is used
* Acceptable and unacceptable behaviour cards – 1 copy of cards per group of 4-5 students
* Acceptable and unacceptable posters – 1 copy per group of 4-5 students

Learning experiences

Activity one – Facts and feelings (20 minutes)

1. Students work in small groups with a relevant newspaper article or story. For example:
   * four years for a life: Kelly’s family outrage (Sydney Morning Herald, 2013)
   * alcohol and a moment of rage transformed an otherwise ordinary day for Fady Taiba and James Ian Longworth (Daily Telegraph, 2014)
   * Daniel Christie dies following king-hit punch (Sydney Morning Herald, 2014)
   * man accused of Michael McEwen coward punch was too drunk to remember what he did (Daily Telegraph, 2014)
2. Groups work with two pieces of A3 or butchers’ paper. One piece of paper should be labelled FACTS and the other FEELINGS. Alternatively, this activity could be done using an online space such as [Padlet](http://padlet.com) where students or groups of students record their ideas for discussion.
3. On the FACTS sheet, students record key facts about the article they have read. Information that should be addressed includes:

* what was this article about? List the facts of the incident and key events.
* what role did alcohol play in this situation?
* if alcohol was not involved in this incident, describe how this situation might be different.
* explain the impact this incident has had on the lives of the people in the article.
* how has this incident has impacted on the community?

1. On the FEELINGS sheet, students record feelings about the article. Information that they should address on this sheet includes:

* how might young people feel after reading this article?
* what might be the community’s opinion of the each of the people involved in this incident? (e.g. young people, parents, police, parents of young people)
* what would be the feelings of the family of the victim?
* how would the perpetrator feel? (during and after the event)

1. Invite members of each group to present their ideas to the whole group.
2. Display the FACTS and FEELINGS sheets in a prominent position for other groups to observe.

Activity two – Acceptable and unacceptable behaviour (30 minutes)

1. Students work in small groups with a set of acceptable and unacceptable behaviour cards. The teacher will need to prepare enough sets of cards prior to the lesson.
2. Each student in the group takes their turn to read one of the cards to the group. The group works together to decide whether the behaviour from the scenario on the card is acceptable or unacceptable.
3. This process is continued until all cards are divided into two piles, based on whether the behaviour is acceptable or unacceptable. Some groups may choose to have a third pile of cards for any scenario where the group is undecided.
4. Allow 4-5 minutes for groups to finalise their decisions.
5. Invite members of each group to share their opinions with the whole group for the placement of each card. Discussions should focus on whether the group judged the behaviour as acceptable or unacceptable and the reasons for their final position.
6. Facilitate a whole group discussion by using the questions provided:

* what makes the behaviour acceptable or unacceptable?
* would this scenario be more or less acceptable in a different environment, e.g. in a shopping centre, at work, at school? Explain your reasons.
* would this scenario be more or less acceptable if the people involved were a different age, e.g. your parents’ or carers’ age, your grandparents’ age)? Explain your reasons.
* would this scenario be more or less acceptable if the people involved were a different gender? Explain your reasons.
* would this scenario be more or less acceptable if the people involved were under the influence of alcohol or other drugs? What about if they were not under the influence of alcohol or other drugs? Explain your reasons.
* what could be changed to make the behaviour in the scenario more acceptable?

Activity three – Protective strategies (20 minutes)

1. Students return to their small groups to brainstorm strategies they could implement to:

* avoid a violent situation
* negotiate a situation which has escalated, involves aggressive behaviour or may result in violence
* address a violent situation and seek help for self and others.

1. Invite members of each group to present their ideas to the whole group and build on the ideas of other groups.
2. Display the group’s brainstorm in a prominent position for other groups to observe.

Handout: Articles

Four years for a life: Kelly’s family outrage

What is the appropriate punishment for taking a young man's life? On Friday a NSW Supreme Court Judge weighed up the facts and found the scales of justice had been tipped at exactly 48 months in jail. In a decision that surprised many, Justice Stephen Campbell sentenced Kieran Loveridge to four years' jail for the July 2012 manslaughter of 18-year-old Thomas Kelly.

Following other recent manslaughter sentences of considerably greater weight, the decision has reignited debate about sentencing for this offence in NSW.

"We've spent the last hour in court listening to the verdict which completely supports the offender and leaves us as the victim's family completely cold, shocked and just beyond disbelief that the sentence was just so lenient," Thomas Kelly's father, Ralph, said after the sentencing. "I can't tell you what it's like to lose a child, 18 years old, who had his whole life in front of him and is considered meaningless by the state because this verdict is so shocking."

Loveridge, 19, killed Mr Kelly with a single blow to the head shortly after 10pm on July 7, 2012 near the Coke sign on the famous Kings Cross nightclub strip. When Mr Kelly's head struck the ground he suffered massive brain damage that ultimately claimed his life two days later.

Justice Campbell determined that Loveridge's attack was a spontaneous, unpremeditated attack carried out under the influence of alcohol, and that he had not been aware that the punch could seriously injure or kill. Loveridge had expressed "genuine contrition and remorse" for his crimes, the judge found, and had himself been the victim of a disadvantaged upbringing that included physical abuse at the hands of his father.

On the night he king hit Mr Kelly, Loveridge was heavily intoxicated, having shared a case of Smirnoff Ice Double Black drinks with his friends, and was in a volatile, violent mood. He was on probation at the time in relation to an assault committed a year earlier, and his liberty was conditional on his being of good behaviour. Justice Campbell described Loveridge's behaviour that night, which included four other assaults, as "an episode of alcohol-fuelled violence".

His total sentence, including these assaults, was five years and two months. ‘‘As the Crown prosecutor put it, Mr Loveridge’s offending consists of five unprovoked attacks carried out randomly on unsuspecting strangers by an intoxicated young offender,’’ Justice Campbell said. ‘‘One of those attacks had the most serious consequences.’’

In many ways, the path to Friday’s four-year sentence began in June when, having first charged Loveridge with murder, prosecutors allowed him to plead to the lesser charge of manslaughter. This placed the crime in the category of what Justice Campbell described as ‘‘a most protean offence’’ that ‘‘covers a wide spectrum of offending from a practical joke gone wrong to a crime falling just short of murder’’.

His honour found that the killing of Thomas Kelly did not fall in the upper end of the spectrum. His honour referred to at least six cases where juveniles received lenient sentences for similar offences. There was no reference, however, to the 12-year sentence given to south-west Sydney drug dealer Philip Nguyen, who caused the death of a NSW police officer, or Robert Smith who refused to get medical attention for his stepdaughter after she was brutally assaulted.

As online forums and talkback lines lit-up across the state, NSW Attorney-General Greg Smith immediately announced that he had asked the NSW Director of Public Prosecutions to consider an appeal against the sentence, a call backed by Opposition Leader John Robertson.

‘‘How many of our children have to die until somebody does something to change these laws, to make people accountable for what they do?’’ Mr Kelly’s mother said outside court. ‘‘If they’re never going to be accountable and they get a slap on the wrist then they’re just going to keep offending week after week after week, and somebody else is going to be standing here and be heartbroken. No matter what he got, it would never be enough. But four years? It’s a joke ... an absolute joke and we’re absolutely horrified.’’

Source: [Sydney Morning Herald](http://www.smh.com.au/nsw/four-years-for-a-life-kelly-familys-outrage-20131108-2x7ca.html#ixzz3CEMpBHMY), November 8, 2013.

Alcohol and a moment of rage

Alcohol and a moment of rage transformed an otherwise ordinary day for Fady Taiba and James Ian Longworth

**TWO men get up for work on a Friday morning. They are completely unaware they will meet later that night and both of their lives will change forever.**

Fady Taiba, a 43-year-old father of four, quietly slipped out of bed at his Camden home at 5.10 in the morning and drove his car to Campbelltown railway station. By 7.20am he was getting off the train at St Leonards ready to start work at Royal North Shore Hospital as a training and risk officer.

Ten minutes and another lifetime away, James Ian Longworth was preparing for the short commute into the CBD from his mother’s comfortable Middle Cove home. The 32-year-old banker had only recently returned to Sydney after six years in London.

Both men were used to family sacrifice. Mr Taiba had been working two jobs for 23 years so that his family did not miss out. This was a big weekend. His 17-year-old son Adam was about to travel to Adelaide for a national swimming championship and 13-year-old Noah was due to perform live on The X Factor as a backup dancer on Sunday.

Longworth was building on a promising finance degree and had secured UK residency when tragedy struck. After his father Ian died he chose to return home to be with his mother and took a job in the market support division of UBS investment bank. Two men whose lives were worlds apart but would tragically collide that day.

For Mr Taiba, it was a typical day spent training people on how to take care of themselves and deal with unexpected situations. At 4pm he finished, took a quick shower and changed into his black security uniform before catching the train across the Harbour Bridge to Wynyard. At 4.40pm he had time to duck into Hungry Jacks for his favourite, a vegie burger, before putting on his identity tag and stepping up to the door of Bar 333 on George Street.

“I spent years as a bouncer in King’s Cross and Scruffy Murphys before I started here. It was good because these were all nice people, business people, well dressed and in suits,” he said. At 5pm he was in position, alone on the door and already thinking about the night bus home, a few hours sleep and turning out for his cricket team in the morning.

Longworth had spent the day working in the city. He had landed a short-term, two-week contract position assisting UBS with processing volumes of paperwork in the back office. By 6pm he had finished and, dressed in the bankers’ uniform of black suit and pale blue shirt, he piled out of the bank’s Chifley Tower office and joined three colleagues, two men and a woman, for a Friday night drink. They joined hundreds of CBD workers at bars along the George Street strip, from the Queen Victoria Building up to The Rocks.

The two unconnected men’s lives were now on a collision course.

Bar 333 is stumbling distance from the George Street McDonald’s, where in the past three months two young men — Simon Cramp and Matthew Blackmore — were left badly injured after falling to the pavement following a single punch. By 10pm, Bar 333 was swarming with patrons. The bar was living up to its website description as “an inner city oasis” which “continues to provide the perfect escape for Sydneysiders and visitors alike offering three unique areas to satisfy your every desire”.

On the door, Mr Taiba was busy. The drill was all too familiar. He scanned the ID of anyone who appeared to be under 25 and restricted entry to anyone who in his mind appeared to “have had enough”.

Years of experience meant Mr Taiba knew how to spot a drunk, even though he had never had a sip of alcohol in his life.

And then James Ian Longworth stepped in front of him, flanked by his two male friends.

Police claim it took Mr Taiba only a few seconds to deem the trio “too intoxicated to enter” and ban them from going into the popular night spot. The two men with Longworth allegedly took the news with tipsy resignation and turned back to George Street.

It was a busy night. Mr Taiba assumed the encounter was over and turned his back on the trio to talk to a woman who was asking directions at the door of the bar. His concentration was elsewhere and his back was turned.

A bail court heard allegations that Longworth lunged three to four metres and hit Mr Taiba once to the side of the head with his right fist. Mr Taiba was not prepared for the force of a blow. He fell from the step he was standing on and hit his head on the ceramic tiled floor. Longworth was arrested soon after and photographs at the scene show Longworth handcuffed and sitting on steps near the bar.

Only metres away paramedics were administering lifesaving treatment to Mr Taiba, the man who teaches first aid for a living. He was rushed to St Vincent’s Hospital — to the same emergency room that treated coward-punch victims Thomas Kelly, Daniel Christie, Simon Cramp, Matthew Blackmore and Bondi bashing victim Michael McEwen. He had bleeding on the brain.

Head of emergency at St Vincent’s Hospital, Dr Gordian Fulde, explained that the clock starts ticking for victims the second their head hits the concrete. “The thing that kills so many is the brain swelling, plus or minus the bleeding on the brain,” he said. “If one of the vessels feeding the brain is ruptured, that person is in real danger of brain damage or death within hours. We need to see those patients as soon as possible so we can do a CT scan. That is the only way we can see if there is bleeding happening from the vessel.

“After the CT scan they go immediately to the theatre and are operated on instantly. From there they go to intensive care.” Then it is the same procedure for all one-punch victims, with a battery of tests on brain-level function, ability to breathe unassisted and responding to stimulus.

And for the victim’s family, it is the start of a long agonising wait.

As Fady’s shocked family rushed from Camden to gather at his bedside in the St Vincent’s Intensive Care Unit, Longworth was also beginning the start of his own long agonising wait in a holding cell at the Sydney Police Centre in Surry Hills. It was from there that, shortly after 9.30am the next day, Longworth was taken into a small room for his video link appearance at Parramatta Bail Court. Bail was initially refused but eventually granted after his family put up $1 million, including the title deeds to the family home.

Longworth will appear before Downing Centre Local Court on February 25.

Almost four months after waking from a coma, Fady Taiba believes he is really starting to get better. “I am finally back doing circuit training and some push ups, but I am a long way from where I was,” he said. “I spent 22 days in a coma. At one stage the doctors were shaking their heads and telling my family that it was no good, they have to turn off the machines. But my family said no.

“Then I squeezed my wife’s hand. When my niece came in I would pat her on the head. I would point at my heart and then my eye and then my boys to tell them I love them.”

Source: [The Daily Telegraph](http://www.dailytelegraph.com.au/news/nsw/alcohol-and-a-moment-of-rage-transformed-an-otherwise-ordinary-day-for-fady-taiba-and-james-ian-longworth/story-fni0cx12-1226827637035?nk=ee471025e0f3a24f9ad293f42d410c0d), February 15, 2014.

Daniel Christie dies following king-hit punch

The director of public prosecutions has been asked to examine whether the man charged with assaulting Daniel Christie on New Year’s Eve should be charged with murder, after the teenager died in hospital on Saturday. The Christie family turned off his life support on Saturday afternoon at St Vincent's Hospital, where Daniel had been in a coma since he was attacked on New Year's Eve in Kings Cross.

"This is the saddest announcement we can possibly make – that Daniel is no longer with us. Today our beloved Daniel passed away in hospital surrounded by his family and friends," his family said in a [statement](http://www.smh.com.au/nsw/no-words-can-describe-how-crushed-we-are-christie-family-statement-20140111-30nfm.html). "While no words can describe how crushed we are, Daniel fought courageously over the past eleven days which allowed everyone to say their farewells. It has also given us all strength and tightened even further the bond our family share." His family said they would honour his giving spirit by donating his organs.  
The attack, which left the 18-year-old with a fractured skull, had occurred just metres from the site where Thomas Kelly, also 18, was struck in 2012. Kelly later also died from head injuries, sparking a public outcry over alcohol-fuelled violence in Sydney.

The public furore has grown in the wake of the attack on Daniel a fortnight ago. Martial arts fighter Shaun McNeil is facing five assault charges from New Year's Eve.

NSW Attorney General Greg Smith expressed his sympathies to the families and said he had contacted the director of public prosecutions over the matter. "I have spoken to the Acting Director of Public Prosecutions and asked him to closely examine this case with a view to determining if murder charges are appropriate in light of the evidence, and in light of the alleged offender’s reported martial arts experience," said Mr Smith in a statement.

"These incidents have focused community attention on alcohol-related violence, and the government will be working with police to make our streets safer. Last month I met with the Kelly family and I am giving careful consideration to their proposals."

McNeil, 25, was charged with assaulting Daniel, his brother Peter and three under-age boys all in 90 seconds in Kings Cross.

Police allege McNeil punched the boys on Victoria Street about 9pm who then ran and hid behind the Christie brothers who were walking down the street on their way to a nightclub to celebrate the new year.

McNeil allegedly punched Daniel, 18, once in the face using a closed fist. Daniel fell backwards and hit his head on the road, causing him to lose consciousness. Peter tried to throw himself between McNeil and Daniel but was also allegedly punched and suffered a cut lip.

Daniel was taken to St Vincents Hospital, where another man lay in the hospital's intensive care unit after being punched 25 times in the head earlier that night in an unrelated incident. It is understood that man has recovered from his injuries.

A week after Daniel's attack, 23-year-old Michael McEwen left St Vincents for a rehabilitation centre after spending a week in a coma fighting for his life after he was punched and stomped on at Bondi Beach.

The Christie family has described the blow that killed their rugby-mad son as the "coward's punch" and his death will add to the pressure on the O'Farrell government to take action to stem the violence on Sydney's streets during the peak summer drinking season.

King hit punches have claimed 91 lives since 2000, according to the Monash University's forensic medicine department. The study found NSW had the highest toll - with 28 victims.

In a public statement released on Saturday afternoon, Daniel's family paid tribute to him. "Daniel was exceptional. He was a beacon of morality with a heart of gold. We are so proud of Daniel and will strive to live with the core values he possessed; respect, dignity, pride and integrity. He was someone who had faith in anyone, which in turn, inspired people to have faith in themselves. Daniel was so caring and encouraged people to be the best they could be."

Source: [Sydney Morning Herald](http://www.smh.com.au/nsw/daniel-christie-dies-following-kinghit-punch-20140111-30ndv.html#ixzz3CIfbGzFO), January 11, 2014.

Man accused of Michael McEwen coward punch ‘was too drunk to remember what he did’

**The man accused of the coward punch against Michael McEwen which left him fighting for life in hospital was drunk when he committed the attack, it is alleged.**

David Hona, 20, faced Gosford Local Court on Saturday charged with reckless grievous bodily harm of 23-year-old Michael McEwen, who is alleged to have been punched at a bus stop at Bondi leaving him in a medically-induced coma for a week.

He was arrested on Friday, exactly two months after the assault, following the discovery of CCTV footage from a bus which pulled up on Campbell Parade, just as Mr Hona is alleged to have punched Mr McEwen in the face, making him fall backwards and hit his head on the ground.

A police statement of facts alleges the footage shows Mr Hona walking towards Mr McEwen, who has his arms held out and palms facing upwards.

“The accused has struck the victim to the face with his elbow or his fist. As a result of the impact the victim has fallen backwards to the ground unconscious. The accused walks off in a northerly direction after the assault.”

Police allege Mr Hona’s friend James Ennis, 23, had been involved in a heated argument with Mr McEwen before he was knocked out. It was the third argument Mr Hona and Mr Ennis had got into that night, with the first altercation ending in them being evicted from the Beach Road Hotel, Glenayr Street, Bondi Beach.

Mr Hona told police he was so drunk he only remembers patches of the evening and does not remember punching Mr McEwen.

Mr McEwan’s father, Robert, said he never doubted that police would arrest and charge someone for his son’s assault. “We’re pleased. We’re very pleased. I’m surprised it happened so quickly actually, but I never had any doubt that the police wouldn’t eventually make an arrest.”

After two operations to his brain and skull, Mr McEwen still has a long road to recovery. Robert McEwan said his son would be in hospital for another four days following his second operation, held on Friday.

“There was a lot of cutting and surgeons had to attach the muscle at the top of the cheekbone to the skull, so Michael is in a fair bit of pain and he’s dosed up on pain killers at the moment and in a pretty bad way. “

Mr Hona was arrested on Friday, refused bail, and will be held on remand until his next appearance at Waverly Local Court on Monday. Mr Ennis has been charged with affray.

Source: [The Daily Telegraph](http://www.dailytelegraph.com.au/news/nsw/man-accused-of-michael-mcewen-coward-punch-was-too-drunk-to-remember-what-he-did/story-fni0cx12-1226828027521), February 15, 2014

Behaviour cards

A young man starts a fight with another man because he was talking to his girlfriend at the night club.

A young woman tells her partner to hit another man because he was hassling her.

When two men are having a fight, one man smashes his glass in the other man’s face.

Two men are having a fight outside a pub. One man falls over and the other starts kicking and stomping on him when he is on the ground.

A woman kicks a man in the groin after he tries to grab her handbag outside a pub.

Two women start fighting when one pushes into the line for taxis at the end of the night.

One man walks away from an argument. The man he was arguing with walks after him and hits him in the head from behind.

A man walking past a group of others knocks one person’s drink out of their hand.

A woman hits a man with her shoe after he touches her on the breasts at the bar.

A man hits another man after he has been making inappropriate comments to a woman.

A woman threatens staff when asked to leave a licensed venue because she is intoxicated.

A group of friends try to drink as much as they can before they go out.

Someone deliberately pours a drink on a man because he has been annoying their group.

A man hits another in a man because he swears at him outside a pub.

Two men are having an argument. One man’s friends hold back the other man while their friend hits him.

Two men are having a fight. One man’s friends stand between them so that they can break it up.

Two women are having an argument, which turns into a fight. The friends of one woman join in, and start hitting and kicking the other woman.

A group of people push into the line at the bar when others have been waiting for over 15 minutes.

Acceptable

Unacceptable