



# Teaching the **Skills of Resilience**

Our programs and tools help students master the skills they need to succeed at school, at home and in life.

- Programs for elementary and secondary students
- Flexible toolkits & prebuilt classroom lessons
- Engaging interventions, activities, and media.
- Professional development tools for administrators to transform their school culture



## Your Partner for **Florida's Resiliency Education Requirements**

Florida educators are being asked to do more than ever—to not only meet academic standards, but to equip students with the emotional tools they need to thrive. That's where WhyTry comes in.

WhyTry has led the way with practical and effective resources to help you **motivate students**, address student wellness and emotional health, **reduce chronic absenteeism**, and follow a trauma-informed approach to **building resilience in every student**.

At its core, the WhyTry Program is more than just a compliance solution for Florida's Resiliency Education Requirements—it's a transformational approach to student wellness, motivation, and life-long resilience.

## WhyTry Aligns with **Florida's 11 Resiliency Characteristics**



But let's be honest: simply meeting requirements isn't enough. Florida's Resiliency Florida initiative is about preparing students to navigate life's real challenges—from managing emotions and peer pressure to making wise decisions and building healthy relationships.

### **WhyTry lesson teaches students how to:**

- See the relevance of school and their own future
- Understand and regulate their emotions
- Develop hope and confidence, even through adversity
- Build supportive connections with peers and adults
- Take responsibility for choices and consequences

# Florida Resilience Standards WhyTry Alignment



## How WhyTry Aligns with Florida’s Resiliency Education Requirements

The WhyTry Program aligns closely with the **11 Resiliency Characteristics** outlined by the **Florida Department of Education’s Resiliency Florida initiative** ([buildresiliency.org](http://buildresiliency.org)). Each WhyTry lesson is built around a powerful visual metaphor that teaches students the essential life skills they need to develop resilience—such as perseverance, decision-making, emotional regulation, empathy, and positive relationship-building.

## Florida Resilience Standards and WhyTry Alignment

Florida Resiliency Characteristic	Florida DOE Definition	Aligned WhyTry Skill	WhyTry Lesson Example
<b>Perseverance</b>	Continuing to try even when things are hard.	Motivation & Persistence	<b>Desire, Time, and Effort –</b> Achieving goals through sustained effort.
<b>Responsibility</b>	Owning my actions, using good judgment, and practicing self-control.	Decision Making	<b>Reality Ride –</b> Understanding how choices lead to consequences.
<b>Self-Awareness &amp; Self-Management</b>	Understanding and governing our thoughts, actions, and impact on others.	Positive Self-Image	<b>Labels –</b> Recognizing and challenging negative labels.
<b>Grit</b>	Working consistently towards long-term goals.	Resilient Mindset	<b>Motivation Formula –</b> Staying focused despite challenges.

## Florida Resilience Standards and WhyTry Alignment (Cont.)

Florida Resiliency Characteristic	Florida DOE Definition	Aligned WhyTry Skill	WhyTry Lesson Example
<b>Responsible Decision-Making</b>	Thinking about all options and outcomes to make the best choice.	Problem Solving	<b>Jumping Hurdles</b> – Developing strategies to overcome obstacles.
<b>Mentorship</b>	Giving or asking for support, guidance, training, or expertise.	Building a Support Network	<b>Plugging In</b> – Identifying and connecting with positive influences.
<b>Gratitude</b>	Being thankful and sharing appreciation with others.	Positive Peer Relationships	<b>Climbing Out</b> – Supporting others and expressing appreciation.
<b>Critical Thinking &amp; Problem Solving</b>	Gathering information to think through and determine the best solution.	Problem Solving	<b>Jumping Hurdles</b> – Analyzing situations to find effective solutions.
<b>Critical Thinking &amp; Problem Solving</b>	Helping my neighbor, community, and nation.	Character & Integrity	<b>Lift the Weight</b> – Demonstrating responsibility and contributing positively.
<b>Honesty</b>	Telling the truth.	Character & Integrity	<b>Lift the Weight</b> – Emphasizing the importance of honesty and integrity.
<b>Empathy</b>	Understanding and sharing the feelings of others.	Relationship Skills	<b>Climbing Out</b> – Developing the ability to empathize and assist others.

## Conclusion

WhyTry's **flexible delivery model** allows educators to teach these skills:

- **1:1** in counseling or mentoring sessions,
- **Small group** in targeted intervention or Tier II settings,
- **Whole classroom** as part of SEL curriculum or Tier I supports.

Whether delivered by counselors, social workers, teachers, or administrators, WhyTry provides

## Conclusion (Continued):

**clear guidance, student-friendly visuals, engaging discussions, and built-in reflection activities** that make resilience education both impactful and easy to implement. It is designed to be trauma-informed and supports a multi-tiered system of support (MTSS) framework.

By aligning each WhyTry skill with the Florida Resiliency Standards, schools can meet state requirements while creating meaningful opportunities to build student well-being and strengthen school culture.

Definitions and characteristics referenced from the Florida Department of Education Resiliency Florida initiative: <https://www.buildresiliency.org>

## More Than a Program—**It's a Movement**

WhyTry is backed by over 20 years of proven impact. It's not just about ticking boxes; it's about changing lives. You'll find students referencing lessons months—and even years—after they've finished the program. And educators say it helps them connect, inspire, and make a lasting impact, especially with students who are hardest to reach.



# What Makes **WhyTry** Different?

## It's Designed for Real-World Classrooms

Whether you're a school counselor, teacher, or administrator, WhyTry fits your setting. Use it in 1:1 sessions, small groups, or across entire classrooms. It's flexible, trauma-informed, and built for multi-tiered systems of support (MTSS).

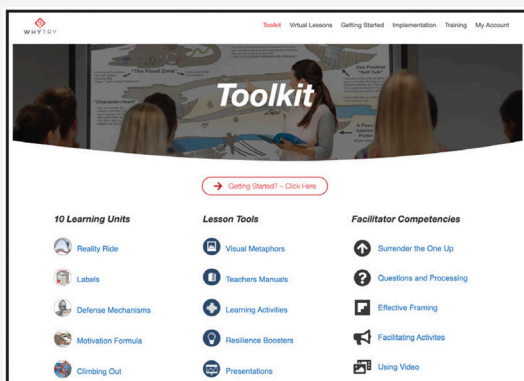
## It's Focused on Relationships, Relevance, and Resilience

Our simple model—the 3 R's—guides everything:

- **Relationships:** Because students who feel seen and supported are more likely to succeed.
- **Relevance:** Because when students see why they're learning something, they engage.
- **Resilience:** Because life's challenges don't disappear—but students can learn to rise above them.



## WhyTry Empowers **Educators and Students**



From our dynamic training sessions to ready-to-use toolkits, WhyTry equips educators with strategies they can use immediately. These aren't just theories—they're hands-on tools that help even the most reluctant learners re-engage.:

## Training to Incorporate **The WhyTry Approach**

The WhyTry Program is not just a series of tools and resources to teach life skills; it's an approach to motivating even the most difficult to reach students. Our introductory training is included with the toolkit and focuses on helping educators build competencies that are key to student engagement and that follow our proven model of teaching resilience to all students.

# Trusted Across **Florida**

WhyTry is already being used by educators, counselors, and youth service providers throughout the state. In fact, the Florida Network of Youth and Family Services chose WhyTry to support its prevention programs across all 67 counties, helping serve some of the most at-risk youth in the state.

## WhyTry's Partnership with **The Florida Network**

When the **Florida Network of Youth and Family Services**—an organization serving truant, homeless, runaway, and at-risk youth across all 67 counties—set out to find a program that could strengthen resilience skills and emotional regulation across its continuum of care, they turned to WhyTry.

Since 2017, WhyTry has partnered with the Florida Network to embed resilience education into shelters, counseling services, and prevention programs statewide. What began as a training initiative quickly became something much more—a culture shift.



To meet the diverse needs of both licensed clinicians and direct care staff, WhyTry delivered keynote speeches at state wide events with the Executive Leadership and training courses for Direct Care staff. We equipped staff with toolkits, implementation strategies, and access to our extensive online library, ensuring that the tools weren't just introduced—they were fully embraced from top to bottom.

Today, the WhyTry approach is woven into daily life at Florida Network programs. It's used in nightly group sessions in crisis shelters, integrated into community counseling curricula, and adopted into behavior management plans. Staff across the state rely on WhyTry's engaging visuals, relatable metaphors, and hands-on activities to help youth build the emotional tools they need to succeed—not just in school, but in life.

WhyTry isn't just a program—it's a statewide movement that aligns perfectly with **Florida's mission to create safe, supportive, and resilient pathways for every child.**

# Ready to Make Resilience a Reality in Your School?

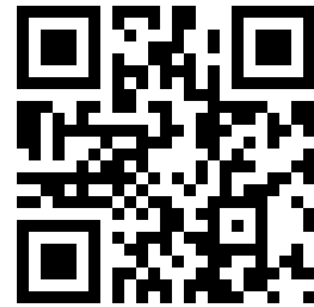


Whether you're looking to meet state mandates or transform your school culture, **WhyTry is here to help.**

## Schedule a Virtual Demonstration with a **Program Director**

- Want to see more on how the program is used?
- Would you like to see how our toolkit and lessons work?
- Do you have other questions, or are you looking for more information on pricing?

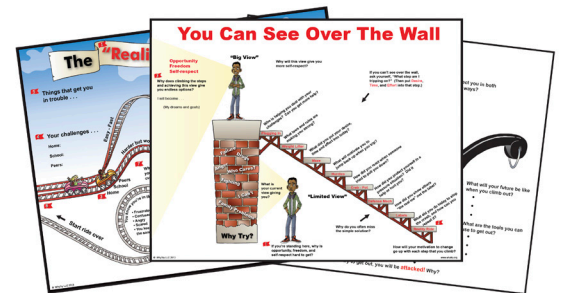
Let one of our **friendly and experienced program directors** help you with all of that!



Follow this QR code to schedule  
or go to:  
[www.whytry.org/demo](http://www.whytry.org/demo)

## The WhyTry **Program**

- A flexible toolkit & prebuilt lessons for Pre K - 12th grade for teaching the **“skills of resilience”**
- Evidence based resources designed to help you engage and motivate all students
- Dynamic training to get you started and continued support to help you have successful implementation



## The Transformational Leader Toolkit

- Tools for administrators to **transform their school culture**
- Prebuilt staff development workshops to build capacity in forming **positive teacher-student relationships**
- Resources to reduce staff anxiety, burn-out and **improve job satisfaction.**

