

Building Resilience with **the WhyTry Program**



A Solution Built for **School Social Workers**
and the **Students They Serve**



Support. **Strengthen. Transform.**

As a school social worker, you're on the front lines—navigating the complex emotional, behavioral, and social challenges that impact student success every day. The WhyTry Program is designed to be your partner in that mission, offering a proven, engaging, and practical way to build resilience, improve behavior, and increase motivation in the students who need it most.

Why School Social Workers **Choose WhyTry**

☒ **Research-Based + Practical**

WhyTry is grounded in trauma-informed, strengths-based principles and directly supports the National School Social Work Practice Model. It gives you tools that align with your ethical and educational mission—without adding to your workload.

☒ **Built for Real-World Impact**

With over 2 million students served, WhyTry has helped school social workers across the country turn disciplinary conversations into transformational opportunities, connect with resistant youth, and support Tier 2 & Tier 3 interventions.

☒ **Flexible and Easy to Implement**

Whether you're in a 1:1 setting, small group, SEL class, or whole-school intervention team, WhyTry fits your setting. It's a plug-and-play solution that respects your time and adapts to your caseload.

What WhyTry Can Do for You

🎓 Be More Than a Crisis Responder

WhyTry empowers you to proactively teach skills that prevent crisis—helping you shift from reaction to transformation.

🔧 Get Practical Tools for Tough Conversations

Use metaphors and visuals to reach students who shut down or struggle with traditional talk-based approaches.



💡 Save Time, Increase Impact

No need to create your own materials. WhyTry gives you structured, student-centered content that's evidence-informed and engaging.

“WhyTry gave me a way to connect with students who had given up. It helped me not just manage behavior—but help students believe in themselves again.”

— Tamara S., School Social Worker, Minnesota

What WhyTry Can Do for Your Students

- 💬 Improve Emotional Regulation
- 🤝 Strengthen Peer and Adult Relationships
- 📈 Increase Motivation and Engagement
- 🧩 Develop Problem-Solving and Goal-Setting Skills
- 📈🧩 Foster a Sense of Purpose and Belonging



Ready to Learn More?

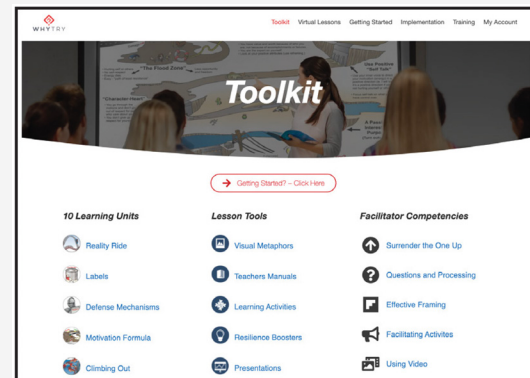
Let us show you how WhyTry can support your goals and your students.

✉ [Request a Demo](#) | 🌐 whytry.org/demo | ☎ 866-949-8791



What the **WhyTry Program** Includes:

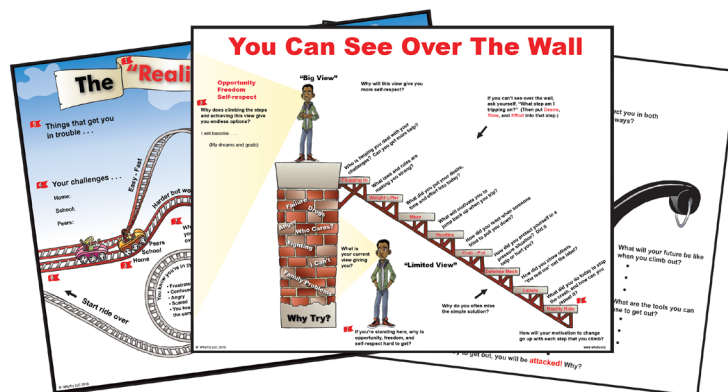
- ⇒ **10 Visual Metaphor-Based Units:** Covering decision-making, peer influence, emotional regulation, goal setting and more.
- ⇒ **Resilience Skill Development:** Helps students internalize “I Can Be Resilient” mindsets through experiential learning.
- ⇒ **Ready-to-Use Curriculum:** Includes Pre-K -12 lesson plans, discussion prompts, activities, videos, and digital tools.
- ⇒ **Support for MTSS, PBIS, & IEP Goals:** Easy to integrate with behavior plans, counseling goals, and school-wide initiatives.



The WhyTry curriculum utilizes a series of ten visual analogies that teach essential life skills like:

- Improved decision making
- Positive self-esteem
- Dealing with peer pressure
- Emotional regulation
- Intrinsic motivation
- Problem solving in life
- Valuing hard work
- Plugging in to support systems
- Self-efficacy and hope

10 WhyTry **Learning Units**



WhyTry Alignment with **the National School Social Work Practice Model 2.0**

The WhyTry Program's objectives also closely align with the **the National School Social Work Practice Model 2.0**, focusing on five practice domains and the focus areas of the model 2.0. These competencies help social workers guide students in overcoming obstacles and developing coping strategies, while also supporting teachers by promoting a more positive classroom environment.

WhyTry Learner Objectives and SSWAA Alignment



The WhyTry Program equips students with critical resilience skills through engaging visual metaphors, experiential activities, and strengths-based interventions. This approach closely aligns with the National School Social Work Practice Model 2.0, which emphasizes evidence-informed practices that promote educational equity, collaboration, ethical service delivery, and student well-being. This document outlines how key WhyTry lessons support each domain and standard of the model, providing school social workers with a practical framework to enhance their impact for student success.

WhyTry Alignment:

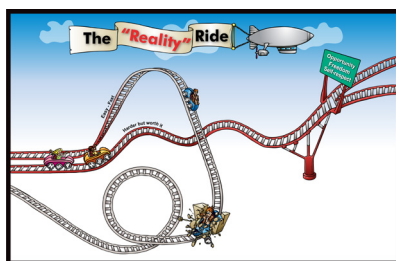
Practice Domain	Model 2.0 Focus Area	WhyTry Unit(s)	WhyTry Alignment
1. Education & School Systems	Promoting student learning and achievement	1, 6, 7	These units help students connect academic and life decisions with long-term outcomes. They support goal-setting, perseverance, and accountability, which are critical to navigating academic expectations.
2. Behavioral and Mental Health	Addressing emotional well-being and social functioning	2, 3, 4	WhyTry teaches emotional regulation, resilience, and positive identity formation, directly supporting behavioral interventions and mental health promotion.
3. Home–School–Community Linkages	Building partnerships for student support	5,8,9	These lessons emphasize the value of positive relationships, the role of support systems, and effective communication—strengthening the home-school-community connection.

WhyTry Alignment (Continued):

Practice Domain	Model 2.0 Focus Area	WhyTry Unit(s)	WhyTry Alignment
4. Ethical and Reflective Practice	Practicing with cultural humility, ethics, and reflective supervision	2,9	WhyTry's focus on empathy, perspective-taking, and personal growth aligns with the ethical considerations in school social work, including equity and student-centered service delivery.
5. Advocacy & Equity	Promoting social justice and educational access	2,5,10	These units empower students to challenge limiting beliefs, resist negative peer pressure, and pursue their goals—supporting the development of student voice and agency.

Examples of Alignment in Practice

Each WhyTry lesson integrates key resilience skills that support core domains of the School Social Work Practice Model 2.0. Below are lesson-specific examples of how these units reinforce the model's principles in practical application.



1. Decision Making and Consequences

Model Domain: Education & School Systems

Alignment: Helps students understand how short-term choices affect long-term academic and life outcomes. School social workers can use this lesson during re-entry or behavior intervention planning to foster accountability and improve decision-making.



2. Positive Self-Image

Model Domain: Ethical and Reflective Practice

Alignment: Guides students in redefining negative self-perceptions. This lesson supports culturally responsive practice by helping students build self-worth and resilience despite societal labeling or stigma.

Defense Mechanisms



3. Emotional Regulation

Model Domain: Behavioral and Mental Health

Alignment: Offers tools to identify and replace harmful coping strategies with positive ones. Ideal for Tier II/III behavioral interventions, especially for students managing anxiety, trauma, or emotional regulation issues.

The Motivation Formula



4. Motivation and Resilient Mindset

Model Domain: Behavioral and Mental Health

Alignment: Teaches students to convert personal challenges into motivation. This lesson aligns with the school social worker's role in promoting student engagement, perseverance, and emotional resilience.

Climbing Out

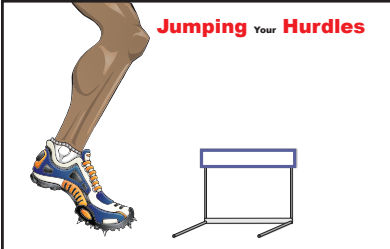


5. Peer Influence and Relationships

Model Domain: Advocacy & Equity; Home–School–Community Linkages

Alignment: Focuses on resisting negative peer influence and making proactive relational choices. It supports students in building peer networks that reinforce positive social behavior and academic focus.

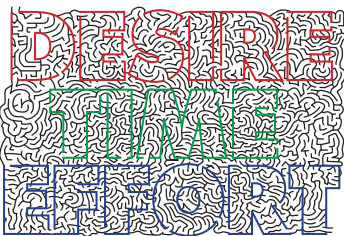
Jumping Your Hurdles



6. Problem Solving

Model Domain: Education & School Systems

Alignment: Builds persistence and problem-solving skills. This lesson supports goal-setting in IEP/504 planning and encourages students to visualize and overcome academic or behavioral challenges.



7. Hard Work & Determination

Model Domain: Education & School Systems

Alignment: Reinforces the connection between hard work and success. Can be used during academic interventions or goal-setting meetings to boost student motivation and track progress over time.

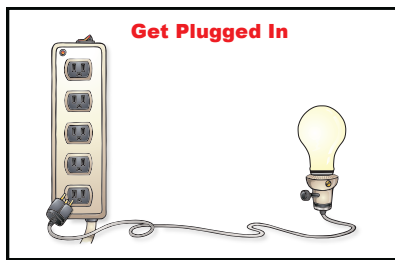
Lift The Weight



8. Responsibility and Self Discipline

Model Domain: Ethical and Reflective Practice

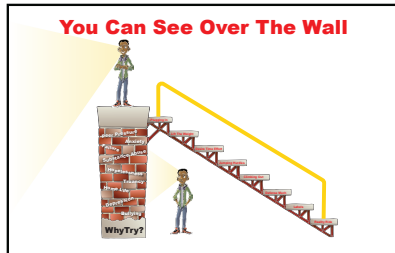
Alignment: Promotes self-discipline and understanding the role of expectations. Useful in developing student behavior plans or restorative justice circles to help students see structure as a growth tool.



9. Support Systems & Relationship Building

Model Domain: Home–School–Community Linkages

Alignment: Encourages relationship-building and help-seeking behaviors. This lesson can enhance family engagement work, community referral conversations, or support team planning.



10. Future Ready Vision & Self-Efficacy

Model Domain: Advocacy & Equity

Alignment: Helps students visualize their potential beyond current struggles. Aligns with trauma-informed care and efforts to build student agency, future planning, and long-term visioning.

Conclusion

The WhyTry Program offers an evidence-informed, flexible framework that supports school social workers in meeting the goals of the National School Social Work Practice Model 2.0. By addressing emotional well-being, academic success, equity, and home-school collaboration, WhyTry enhances student outcomes and helps create safe, inclusive learning environments.

Sources

National School Social Work Practice Model 2.0 – School Social Work Association of America (SS-WAA)

WhyTry Curriculum and Learning Objectives – www.whytry.org