

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

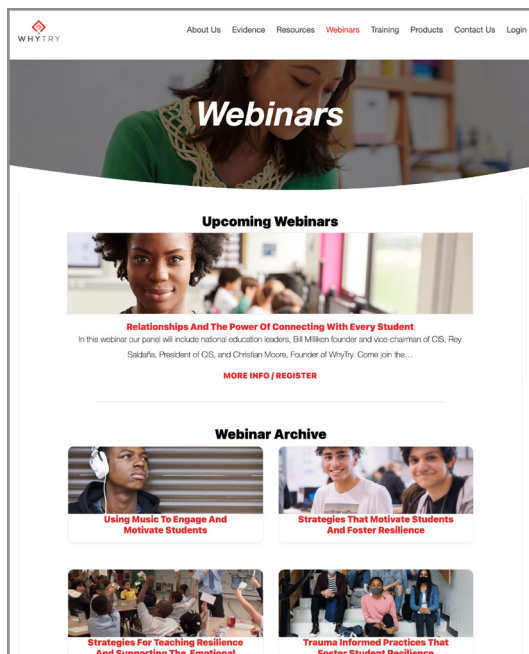


Your Partner for **Student Wellness and Resilience**

For more than 20 years, 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**.

The WhyTry **Approach**

Along with these resources, we provide training on working with students facing challenges, dealing with trauma, and facing adversity in their lives. We'll train your teachers, counselors, and administrators to implement our tools in a way that engages students and motivates them to take an interest in their own success.



Supporting a **Community**

WhyTry is a team of professionals dedicated to collaboration and building a community of educators focused on resilience and student wellness. We offer many free resources and tools focusing on this mission, including:

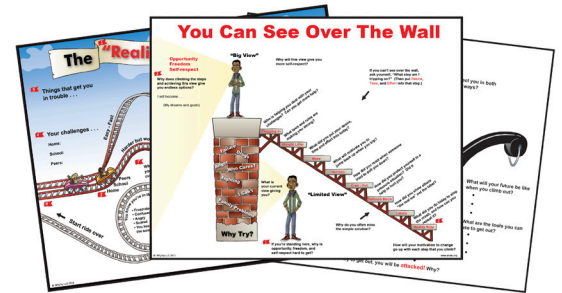
- Our free **Resilient Educator Webinar Series**, sharing strategies and discussing important topics with education leaders from around the country.
- The **Parent's Guide to Resilience** a free resource to help parents and families build resilience in the home.
- Our **Resilience Educator Podcast**, sharing stories and helpful tips for building resilience.

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.

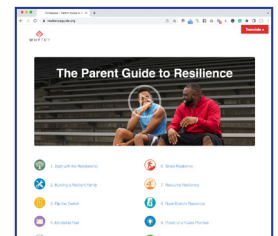
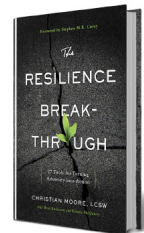
The WhyTry Program

- 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



Resilience For **Youth**

- A **suite of tools** targeting grades 6-12 that teach the building blocks and **“Sources of Resilience”**
- Resources to help educators with our best selling book **“The Resilience Breakthrough”**
- A companion resource to help families with our **“Parent Guide to Resilience”**



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.**



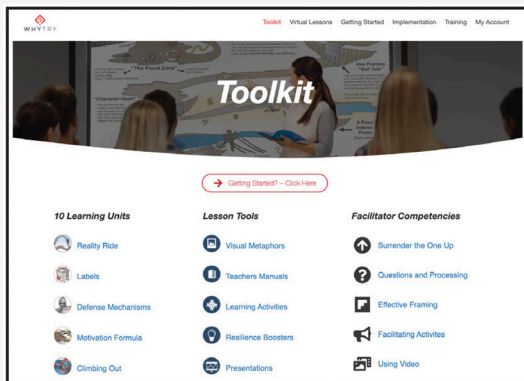
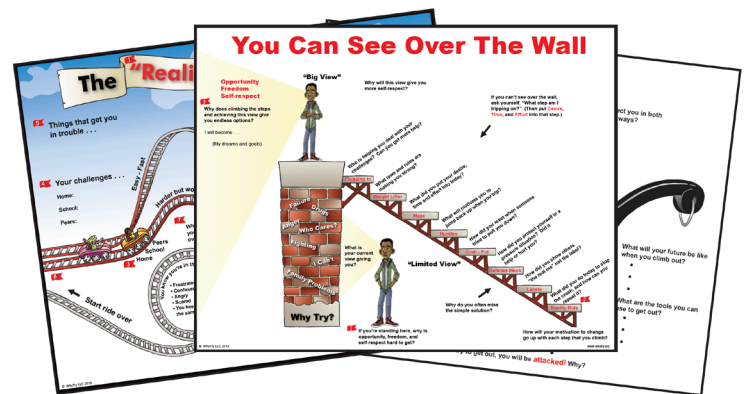
The WhyTry Program

WhyTry is a **flexible toolkit and program for K-12** teachers and counselors. It provides simple, hands-on strategies and resources to help motivate the unmotivated student, support students with trauma, improve engagement, and increase academic success. It focuses on teaching the **“Skills of Resilience”** to students in a way that they will understand and remember.

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

10 WhyTry Learning Units

- 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



The WhyTry Toolkit and Materials

The WhyTry Program can be used as a flexible toolkit for teachers and counselors or as a classroom lessons. To schedule a demo of our complete toolkit and implementation model, go to:

whytry.org/demo

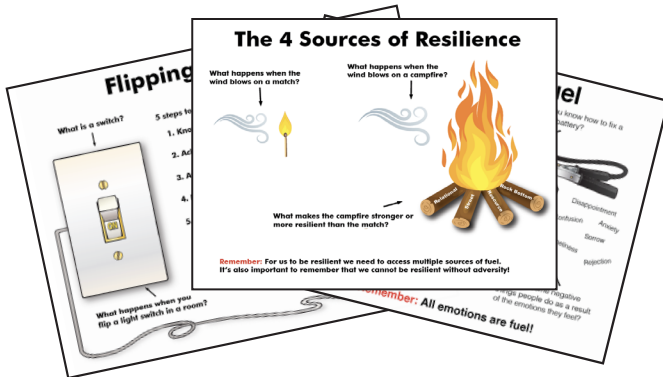
Training to Incorporate The WhyTry Approach

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 follows our questions model of teaching resilience to all students.

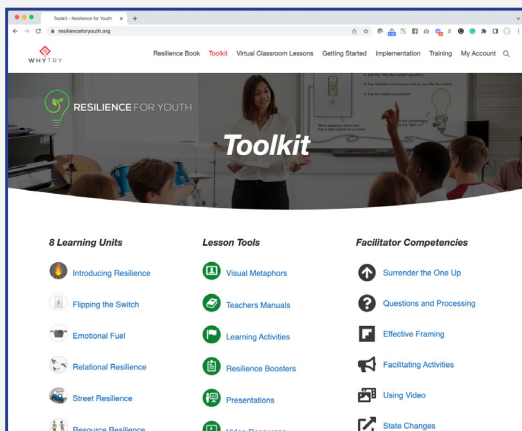
Resilience For Youth

The Resilience For Youth program is **a suite of tools targeting grades 6-12** that teach the building blocks and **“Sources of Resilience”** for students and also includes resources for educators and parents.

Resilience for Youth Learning Units



- Focusing on Resilience
- Flipping the Switch
- Emotional Fuel
- Relational Resilience
- Street Resilience
- Resources Resilience
- Rock Bottom Resilience



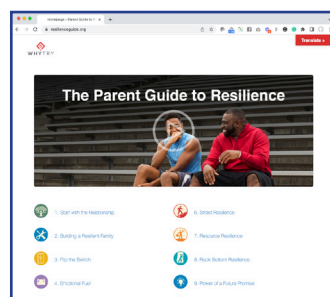
Resilience for Youth Toolkit

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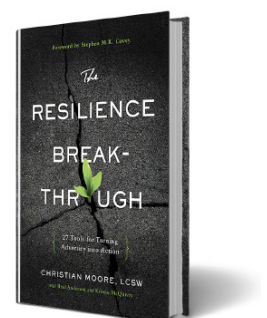
The Parent Guide to Resilience

The parent guide is a companion resource for parents and families to help apply the same principles of resilience taught in our programs, in the home.



Our Best Selling Book

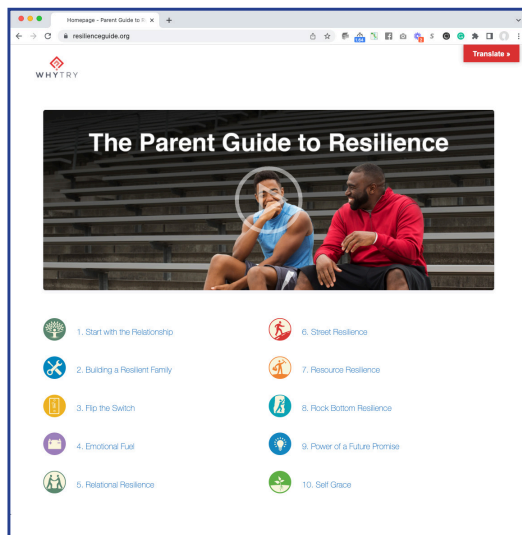
“The Resilience Breakthrough” provides a series of 27 strategies for teachers and educators to find ways to cope and build their own resilience during difficult times.



The Parent's Guide to Resilience



Our Parent's Guide to Resilience is a practical toolkit for helping parents build emotional resilience in their own lives, and then to equip them with strategies to build resilience in their family. These tools are based on key principles from our best selling book "The Resilience Breakthrough," and organized in a way that any parent can put into practice in day to day family life.



Online **Parent Toolkit**

Our toolkit includes multiple resources for parents to help foster resilience in the home including:

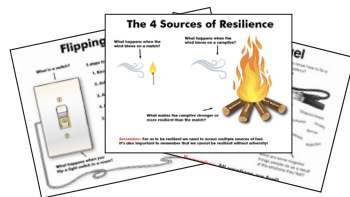
- Instructional video clips
- Ebook and audio book
- Ideas for family discussion
- Stories and family examples
- Games and activities for families

To access the guide go to:

resilienceguide.org

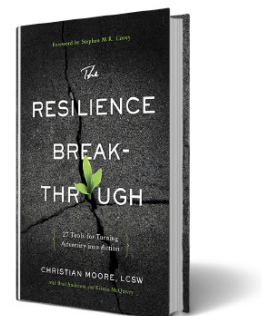
A Companion to **Curriculum**

The parent guide is a companion resource for parents and families to help apply the same resilience principles in the home that we teach in our school curriculum, Resilience For Youth.



Based on our **Best Seller**

"The Resilience Breakthrough" provides 27 strategies for turning adversity into action.



The Transformational Leader Toolkit

Our Administrator Toolkit is designed to help **school leadership teams** transform school culture. Leaders use the toolkit to create a shift in perspective with teachers and staff and help them build caring relationships with students that motivate and inspire trust.

Resources to **build capacity in forming relationships**



This toolkit can provide valuable resources for administrators to build capacity with staff through a series of pre-built workshops that can be employed as part of:

- A school improvement plan
- Team discussions
- Staff meetings
- PLCs
- Professional development

The research on ***positive teacher-student relationships is clear***

*A Review of Educational Research analysis of 46 studies found that **strong teacher-student relationships** are linked—both in the short and long term—to improvements across nearly every metric schools value: higher academic engagement, better attendance, improved grades, fewer disruptive behaviors and suspensions, and lower dropout rates.*

- Education Week

Not just the “**why**” of relationships but the “**how**”

The pandemic has left us all more aware of the importance of creating caring relationships with our students. However, much has been said about the “**why**” of building relationships in the classroom, but rarely do we hear about the “**how.**” This toolkit provides practical strategies that school leaders can share with their teams and immediately put into practice to begin improving those student connections and shifting school culture.



The impact of positive relationships on teachers **is equally important!**

“A study in the European Journal of Psychology of Education found that a teacher’s relationship with students was the best predictor of how much the teacher experienced joy versus anxiety in class.”

- Education Week

The WhyTry Approach - Over 20 years helping build relationships

The heart of our approach is a concept we call ***Surrendering the One Up Relationship***. This is a set of easy to implement strategies and activities that help educators build authentic, caring relationships with students.



Not just a **“one and done”** workshop

Our workshops on how to improve school culture and relationships can be great, but we all know that true change only takes place with repeated effort and focus. Our leader toolkit provides administrators with those resources for continuing the discussion throughout the school year.

Save time with our series of **pre-built staff workshops**



- Intro to Surrendering the one-up (3 follow-up workshops)
- Intro to Trauma Informed Approach (1 follow-up workshop)
- Improving Relationships Through Self-Awareness
- Celebrating Success
- Resilient Listening
- Mindfulness and Relationships

The WhyTry Approach

The WhyTry Approach is a teaching method that places a strong emphasis on the “how” of building learning relationships with students, creating engaging learning experiences, and helping students see the relevance of what they’re learning.

The “how” of Relationships and Relevance

Through our approach, educators gain a deeper understanding of “how” to build caring relationships with their students, “how” to make lessons more meaningful and captivating, and “how” to demonstrate the importance of what is being taught in a way that resonates with students.



Fostering a Resilient Mindset

By focusing on these key factors of “relationships,” and “relevance,” the WhyTry Approach provides educators with practical strategies that foster a more resilient mindset in students and help improve students’ emotional and mental health.

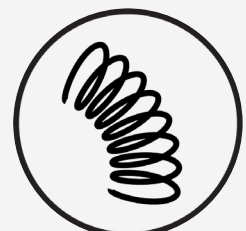
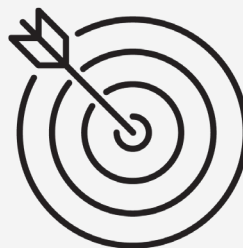
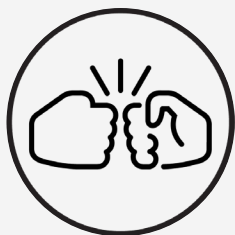
Facilitator
Competencies that Focus on
Relationships
(The key to “motivation”)



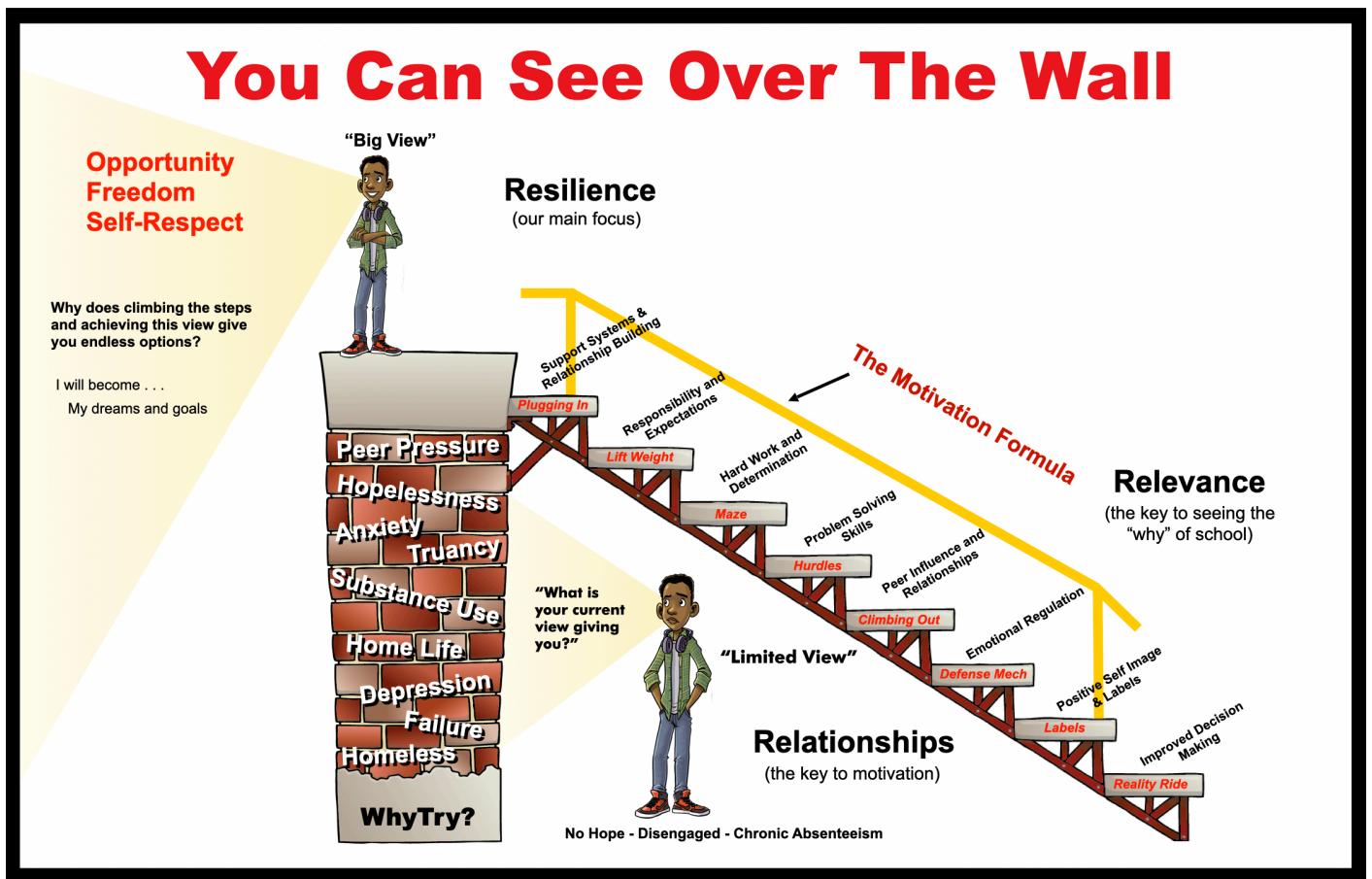
Engaging Content and
Lessons that Help Establish
Relevance
(The key to “why”)



Building Student Skills and
Creating a mindset of
Resilience
(Our “end goal”)



You Can See Over The Wall



The Wall Metaphor and the Three R's: Relationships, Relevance, and Resilience

Reducing Chronic Absenteeism with The WhyTry Approach

Chronic absenteeism is often a sign that students feel disconnected, unmotivated, and unable to see the value of school. The WhyTry Program uses **The Wall** metaphor to illustrate these challenges. Students standing at the base of the wall are blocked by obstacles—peer pressure, anxiety, home instability, and more—making it difficult to see a future beyond their struggles. The first step in helping students move forward is Relationships. When students feel seen, supported, and valued, they find the motivation to engage. WhyTry's **Surrendering the One-Up Relationship** approach helps educators build trust and create a school environment where students want to show up and participate.

As students climb the steps of the wall, they develop the skills of Resilience that help them see the **Relevance** of school. Each step—overcoming setbacks, building self-awareness, and making intentional choices—equips them to handle challenges. Reaching the top doesn't mean their struggles disappear, but it gives them a broader perspective, helping them stay focused and keep moving forward despite obstacles. **Resilience** isn't an achievement; it's a continuous process of growth and adaptation. By fostering strong Relationships, making learning Relevant, and reinforcing Resilience as a lifelong skill, WhyTry provides schools with **a powerful framework to address chronic absenteeism** and help students stay engaged in their education.

WhyTry Learning Strategies and their Alignment with California SARB Strategies to Improve Student Attendance



Improving student attendance is a critical goal for educators and school systems, as consistent attendance is closely linked to academic success and positive life outcomes. The California School Attendance Review Board (SARB) has developed strategies aimed at addressing issues that lead to truancy and chronic absenteeism by emphasizing responsibility, positive decision-making, and emotional regulation. The WhyTry curriculum, which uses metaphor-based strategies to teach resilience skills, aligns closely with the objectives of the SARB strategies. The table below highlights some of the alignment between the WhyTry learning strategies and the goals of the SARB handbook and programs, focusing on improving student attendance and overall behavior.



WhyTry Learning Strategies	Key Concepts from WhyTry	Alignment with SARB Handbook
Reality Ride	Decisions have consequences; the path we take affects our future.	SARB programs focus on responsible attendance and decision-making, encouraging students to make choices that keep them in school and out of the juvenile system.
Tearing Off Your Label	Positive vs. negative labels affect future opportunities.	SARB's emphasis on positive behavioral change aligns with the need to change self-perception for improved school attendance and behavior.
Defense Mechanisms	Handling emotions positively to avoid negative outcomes.	SARB supports emotional regulation and behavior modification strategies to prevent truancy or delinquent behavior.

WhyTry Learning Strategies	Key Concepts from WhyTry	Alignment with SARB Handbook
Motivation Formula	Channel challenges into positive motivation.	SARB programs help students stay motivated through difficult situations, encouraging attendance and participation.
Climbing Out (Peer Pressure)	Understanding peer pressure and its influence on behavior.	SARB addresses the influence of peers on student behavior and the importance of resisting negative peer pressure.
Jumping Hurdles	Overcoming challenges with resilience and problem-solving.	SARB encourages students to face attendance challenges and persist with support from the school system.
Desire, Time, Effort	Success requires hard work and determination.	SARB programs highlight the importance of consistent attendance and effort in achieving educational goals.
Lifting the Weight	Rules and expectations build strength and character.	SARB enforces attendance rules and promotes the development of self-discipline and responsibility.
Plugging In (Support Systems)	Building a positive support system is crucial for success.	SARB emphasizes the role of family, teachers, and counselors in helping students stay engaged and in school.
The Wall (Self-Efficacy)	Overcoming challenges by visualizing future success.	SARB helps students understand how overcoming current challenges leads to future success in school and life.

The WhyTry Program provides valuable strategies that can be implemented in all three tiers of the SARB process. By addressing critical areas such as decision-making, emotional regulation, peer relationships, and motivation, the WhyTry curriculum helps students develop the skills they need to succeed academically and stay in school. The emphasis on building support systems and visualizing long-term success further contributes to improved student attendance and overall school performance.

- California SARB Process. Available at: <https://www.cde.ca.gov/ls/ai/sb/>
- WhyTry Program: www.whytry.org

WhyTry: Voices from the Field



A Tool for Connection, Relevance, and Resilience in Addressing Chronic Absenteeism

“Currently, I utilize [WhyTry] in our juvenile detention facility and our county court schools. These are the two places I go consistently. We work with some pretty rough kids, but the program resonates with them... We’ve worked with tier-two kids—students who need extra support—and WhyTry has been pivotal in helping them understand their choices and consequences, especially in high-risk environments... Having one trusted adult in a student’s life can make all the difference. WhyTry helps educators be that person while giving students the tools they need to succeed—not just in school, but for life.”

— **Renee Solis, SEL Specialist** - Tulare County Office of Education

“In a dual-language school with high needs, WhyTry’s visual metaphors bridge gaps—kids who couldn’t express frustration now understand and regulate emotions.... WhyTry isn’t another program—it’s the language of hope for kids who’ve lost it.”

— **Lori Brady, School Counselor** - New Caney (Houston), Texas

“Our students face trauma in their communities, but in school, we build them up. WhyTry helps reinforce resilience and hope. We are 60% African American, 35% Latino—teaching resilience through WhyTry has been our theme. Engagement is highest on WhyTry days.”

— **Early King, Principal** - Youth Connection Charter School (YCCS), Chicago IL

“Our community is a largely Hispanic population, and we work in rural areas farther from cities. The students in my program are predominantly fourth and fifth graders, and WhyTry helps them develop social-emotional skills in a way that’s engaging and relatable... By the third or fourth lesson, you see a shift in behavior. Students become more respectful, engaged, and start applying the skills beyond the classroom—like after recess or during regular class time.”

— **Briana Garza, Behavior Specialist** - Tulare County Office of Education

“WhyTry helps our students carry the strength of our ancestors—those who survived forced removal and cultural erasure. That’s resilience... We went from the worst-performing Navajo school district to the top-performing reservation district in Arizona. WhyTry helped students believe they can succeed. If you want a program that works for students facing poverty, trauma, and systemic barriers—WhyTry doesn’t just teach resilience, it builds it into the culture of your school.”

— **Quincy Nattay, Superintendent**, Chinle AZ (Navajo Nation)

““Kids from all backgrounds—whether struggling with home issues, peer conflicts, or self-doubt—find strength in these lessons... Sixth graders who ‘hate counseling’ beg for WhyTry because it’s not just talking—it’s drawing, moving, and connecting their struggles to solutions... One student told me, ‘Ms. Wright, I keep your WhyTry posters above my bed. When I’m mad, I look at them and remember I have choices.’”

— **Ashley Wright, Texas Elementary Counselor of the Year** - Conroe, Texas

“We used WhyTry to combat racial slurs and harmful labels. WhyTry helped us address a school-wide labeling crisis. After our lessons, students were in tears, realizing they didn’t have to believe negative labels... It gave students a way to reclaim their identity and self-worth... This curriculum works—I’ve seen kids grow into adults who still remember the lessons and credit WhyTry for helping them.””

— **Gerald Robinson**, Restorative Practices Coordinator, Las Vegas NV

Why Try is a program that has allowed me to connect with both productive and delinquent youth for more than 20 years. Still to this day, adults in the community will approach me and share their favorite Why Try memory with me from when they were kids. This program has had a bigger impact on more people than I would have ever thought possible.

— **Brandon Bird**, Director of Juvenile Services, Churchill County NV

The Florida Network of Youth and Family Services manages statewide prevention services for truant, homeless, runaway, and ungovernable youth. These services include a continuum of interventions including screening and referral, individual, family, and group counseling to temporary residential placement for crisis intervention. These services are free to the public as established in FL Statute 984, and administered by the Florida Department of Juvenile Justice. The purpose of this legislation and services is to prevent youth and families from entering the child welfare or juvenile justice programs through early intervention and treatment.

The Florida Network has contracted with Why Try to provide training to all contracted providers to answer a need for strengths-based activities that could be facilitated by licensed or non-licensed staff in order to support the social and emotional learning for youth in shelter, or non-residential counseling. Why Try delivered training including the workshops on relationship building, The Why Try Introductory Training, and Why Try Year 2 Training. In addition to the trainings, Why Try provided technical assistance to specific programs and staff, physical training materials, and access to the extensive online database of resources and activities.

The Why Try message and materials are incorporated into behavior management plans, and nightly group sessions in our crisis shelters, and as a guided teaching tool in our Community Counseling programs. The focus on skill-building and resilience continues to resonate with the youth we serve, and aligns philosophically with our mission to create safe pathways to the future for all children in Florida.

The Florida Network membership includes non-profit corporations, county governments, and independent 501c3 organizations which collectively serve all 67 counties in Florida. Why Try has provided exemplary coordination of logistics, and the ability to adapt to the diverse cultures and communities we serve.

—**John Robertson**, Director of Membership Services - Orlando, FL



Have questions? Join us for a Free Webinar:

Addressing Chronic Absenteeism with the WhyTry Approach

Tuesday April 8th at 12:00 pm Pacific

Scan this **QR code** and fill out the registration form!
(open your smart phone camera and click the link when it pops up)



whytry.org/sarbs/

Schedule a FREE online demo with one of our program directors and we will send you a free ebook and audiobook copy of our best seller,

The Resilience Breakthrough

whytry.org/demo

