



Resilience in Education **Matters**

WhyTry is a *Social and Emotional Learning* program for the digital age. We provide programs, tools, and training to help you motivate **any** student and help them build resilience.

WhyTry helps students master the skills they need to succeed at school, at home, and in life.

We'll train your teachers, counselors, and administrators to engage students... to motivate them to take an interest in their own success.

- Curriculum for every age group, K-12
- Flexible, online toolkit & pre-packed lessons
- Evidence-based programs and interventions
- Engaging activities and multimedia



Start Where You Are, Work Toward Full-fidelity

Students who participate in a full-fidelity implementation of the WhyTry Program show improvement across several key metrics. To ensure you reap these benefits, we follow a rigorous, yet flexible implementation model. This includes in-person training, online program access, and tools to measure progress both before and after you implement the intervention.



**Resilience
can be taught**

Multi-sensory Approach

Our multi-sensory approach uses media and activities to capture the attention of distracted students. At WhyTry, we use culturally relevant music, videos, visual analogies, and activities to engage students and help them see the “why.”

Building a Great **Relationship**

Interventions are most effective when we establish a trusting relationship. Our simple techniques and tools can help any educator build trust and motivate students.

WhyTry.org



The WhyTry Program

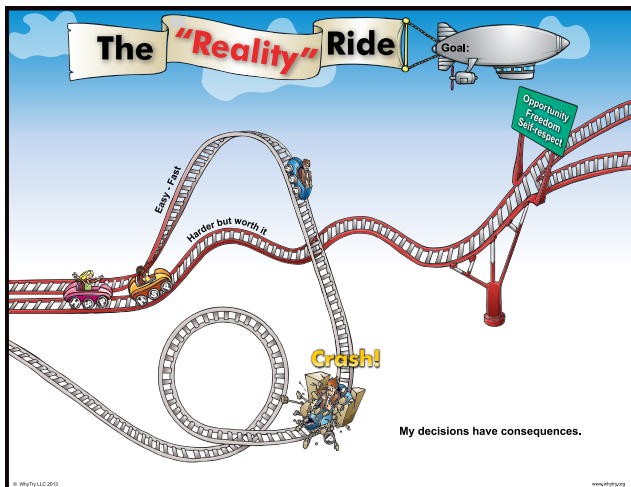
The WhyTry Program was created to provide simple, hands-on solutions for dropout prevention, violence prevention, truancy reduction, and increased academic success.

The idea is straightforward: teach social and emotional principles to youth in a way they can understand and remember. The WhyTry curriculum utilizes a series of ten visual analogies that teach important life skills like

- Decisions have consequences
- Dealing with peer pressure
- Obeying laws and rules
- Plugging-in to support systems

The visual analogies are reinforced through creative use of music, hands-on activities, and multimedia. WhyTry curriculum engages all major learning styles (visual, auditory, and body-kinesthetic).

The 10 WhyTry Learning Units



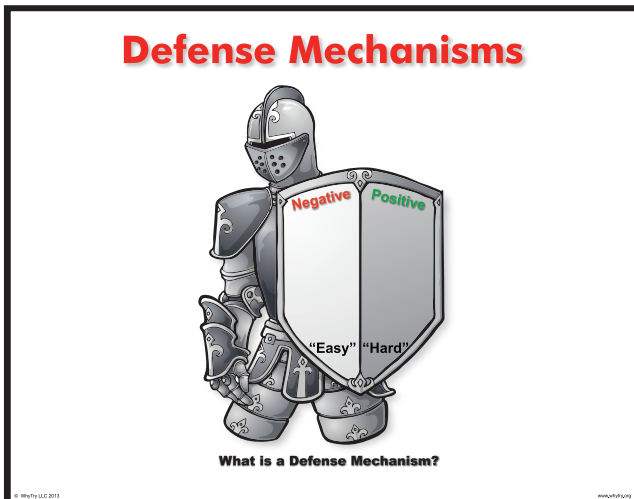
1. Show them that decisions have consequences.

“The Reality Ride” uses a picture of a roller coaster to demonstrate that each decision we make has a consequence. The decisions we make today directly affect the future.



2. Help them tear off their labels.

“Tearing Off Your Label” teaches that negative labels can hurt your future, and positive labels can help you achieve your goals and attain better opportunities. Ultimately, the label you wear depends on you: you can change your negative labels by changing your actions and showing others your positive traits.



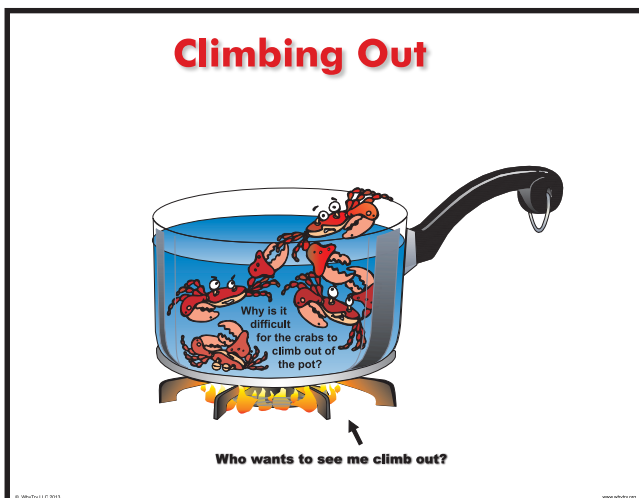
3. Teach them how to control their defense mechanisms.

“Defense Mechanisms” teaches that pressure situations are best handled by maintaining control of our emotions and selecting positive defense mechanisms (those that don’t hurt yourself or others).



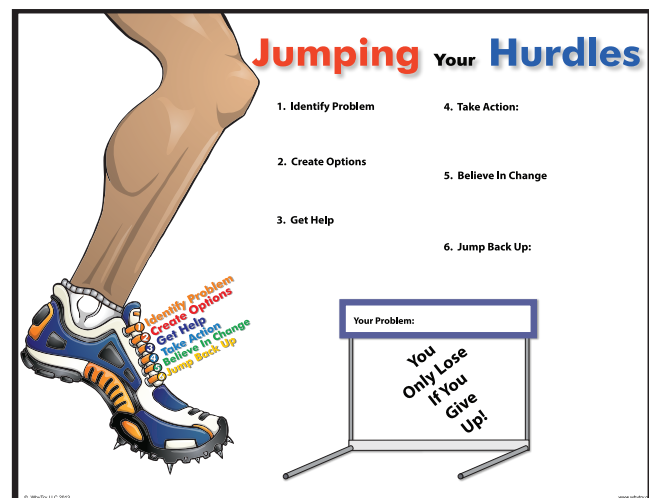
4. Show them how to use their challenges as positive fuel.

“The Motivation Formula” uses a picture of a river running through dams to show how you can take your challenges and channel them into positive motivation: first to better yourself, then to turn outward and help others.



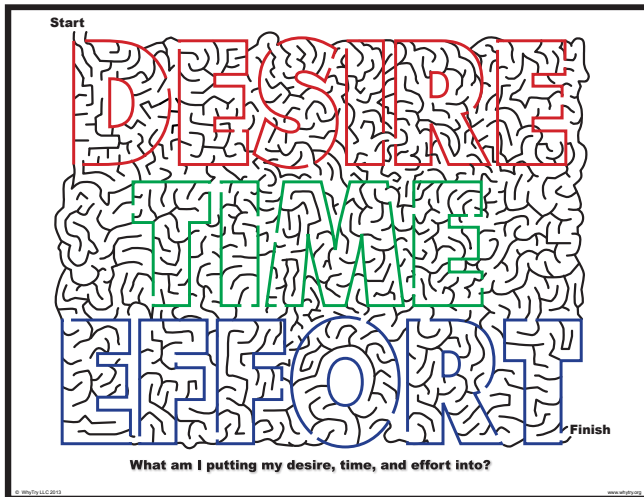
5. Compare peer pressure to crabs in a pot.

“Climbing Out” teaches that when you put the tools from the visual metaphors into action, and when you develop an awareness of the positive and negative ways that others can influence you, you will be prepared to avoid negative behaviors and their consequences.



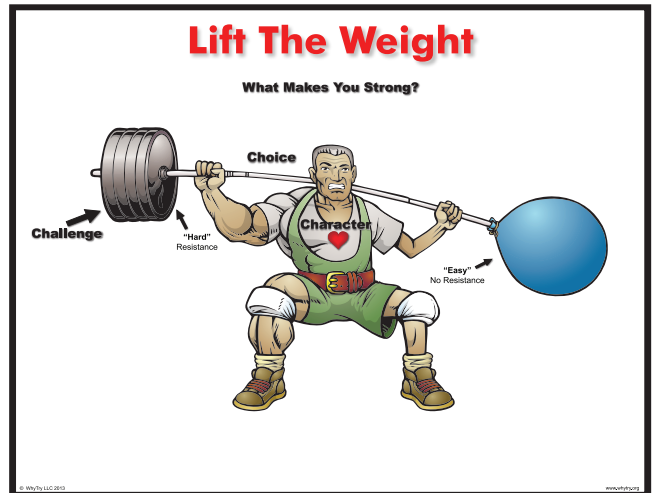
6. Tell them, “You only lose if you give up!”

“Jumping Your Hurdles” teaches that while everyone experiences setbacks, successful people “jump back up” and keep trying. They know that there are certain steps they can use to help them overcome their challenges and achieve success.



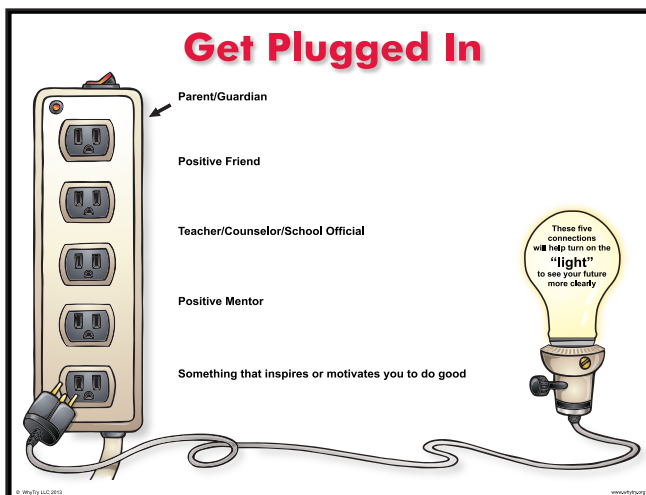
7. Teach them that hard work goes further than natural talent.

“Desire, Time, and Effort” teaches that anything worthwhile in life requires desire, time, and effort. There are no shortcuts to achieving success. You will get much further in life by working hard than by simply relying on your talents or abilities.



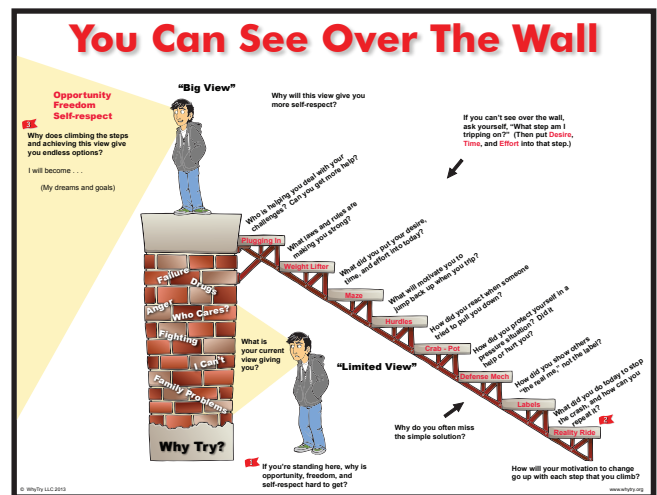
8. Explain the long-term benefits of keeping laws and rules.

“Lift the Weight” teaches that living by laws and rules and developing self-discipline will make you stronger, opening the doors of opportunity for the future.



9. Show them where to find support systems.

“Get Plugged In” teaches that getting help is not a weakness, it is a strength! Challenges become easier when you have a positive support system to help you overcome them. YOU have the power to create a support system if you don’t have one. YOU have the power to strengthen that support system if yours is weak.



10. Help them “See the big picture.”

“The Wall” is a summary of the entire WhyTry Program. It teaches that when you have a clear vision of your future, you have hope for something better, and life’s challenges become nothing but temporary obstacles. When you have a limited perspective, however, it is hard to see beyond the day-to-day challenges. Each step to the top of the wall represents one of the principles taught in WhyTry Program.



Resilience For Youth

The Resilience For Youth Program

The Resilience For Youth curriculum is based on the principles taught in the book “The Resilience Breakthrough” By Christian Moore, It teaches the building blocks of resilience for every student using the same methods employed in the WhyTry Program. (utilizes a series of visual analogies reinforced through creative use of music, hands-on activities, and multimedia, engaging all major learning styles visual, auditory, and body-kinesthetic).

The 7 Resilience For Youth Learning Units

The 4 Sources of Resilience

What happens when the wind blows on a match?

What happens when the wind blows on a campfire?

What makes the campfire stronger or more resilient than the match?

Remember: For us to be resilient we need to access multiple sources of fuel. It's also important to remember that we cannot be resilient without adversity!

Intro to Resilience

The Case for resilience begins with a discussion of where resilience comes from.

Flipping the Switch

The first step in learning resilience is changing the way we look at our problems.

Flipping The Switch

What is a switch?

5 steps to flipping the switch:

1. Know you have a switch.
2. Acknowledge and accept that there is a problem.
3. Ask the “flip the switch” question.
4. Pay attention to how you feel as you flip the switch.
5. Flip the switch constantly!

What happens when you flip a light switch in a room?

What are the advantages of having the light on?

Emotional Fuel

Can you charge a battery with just a positive connection?

Do you know how to fix a dead battery?

What are some positive things people do as a result of the emotions they feel?

What are some negative things people do as a result of the emotions they feel?

Remember: All emotions are fuel!

Emotional Fuel

You recognize that all emotions are fuel that can be used to be productive and resilient.



The Four Sources of Resilience

Relational Resilience

1. Why do geese form this shape when they fly?
2. What types of resistance do you have in your life?
3. Who depends on you? How can the knowledge that others depend on you give you strength and motivation?
4. Who supports you? How can you draw strength from the support of others?

Remember: Relational Resilience comes from the knowledge that others depend on you, and the support you feel from others.

Relational Resilience

Your greatest motivation to not give up is the knowledge that others depend on you.

Street Resilience

1. Cruise' along! Can you think of a time when things have gone well for you?
2. Losing traction: Have you ever felt like you're just spinning your wheels?
3. The breakthrough! Where does your internal motivation come from?
4. Moving forward: How does having resilience prepare you for future adversity?
5. What strategy would stop these wheels from spinning?

Street Resilience

You take the pain of social inequality, disrespect, and mistakes and use it as fuel to propel you forward.

Resource Resilience

1. What is a resource?
2. What are your internal resources? (something that is a part of you: an ability, attribute, physical characteristic, or skill)
3. What are your external resources? (something that is outside of you: physical assets, people in your life, tools, jobs, etc.)
4. What are your potential resources? (any resources that you don't currently possess but could possess in the future)

Remember: Resource Resilience means looking at the resources you possess and those you could potentially possess as a way to solve problems and be resilient.

Resource Resilience

You recognize that your resilience can be increased by tapping into the resources available to you.

Rock Bottom Resilience

The Characteristics of Rock Bottom Resilience:

1. You flip the switch at your lowest point.
2. You combat hopelessness.
3. You believe in your ability to change your circumstances.
4. You know that losing in the past doesn't mean you'll lose in the future.
5. You believe in unforeseen options.

Do you ever feel frustrated about the situation you are in?

Do things ever happen that are beyond your control?

Remember: You can apply Rock Bottom Resilience even when you are not at actual rock bottom!

What are some examples of rock bottom moments?

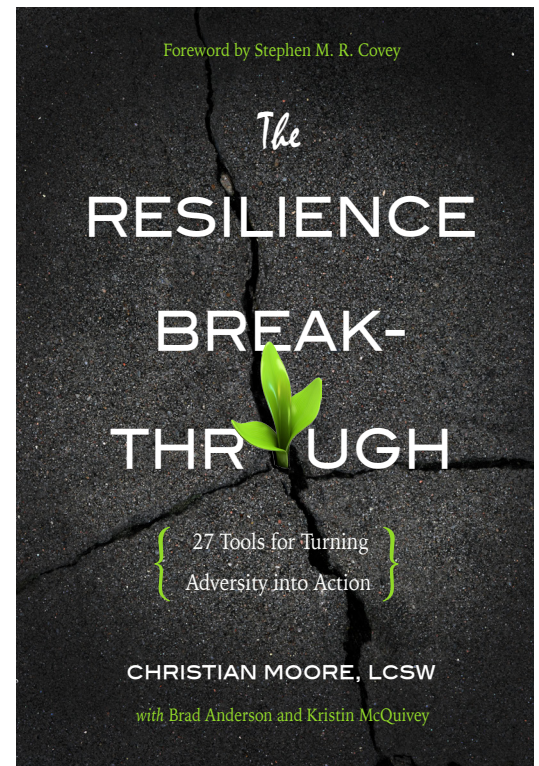
Rock Bottom Resilience

When you're at your lowest point, you believe in your ability to change your circumstances, combat hopelessness, and fight on.

The **Resilience Breakthrough** *27 Tools for Turning Adversity into Action*

In *The Resilience Breakthrough*, WhyTry Founder Christian Moore delivers a primer on how you can become more resilient in a world of instability and narrowing opportunity, whether you're facing financial troubles, health setbacks, challenges on the job, or any other problem. We can all have our own resilience breakthrough, and can each learn how to use adverse circumstances as potent fuel for overcoming life's hardships.

As he shares engaging real-life stories and a brutally honest analysis of his own experiences, Moore equips you with twenty-seven resilience-building tools that you can start using today... in your personal life or in your organization.



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Join the WhyTry mailing list to find out about upcoming trainings and to access additional resources. (WhyTry will not share your information.)

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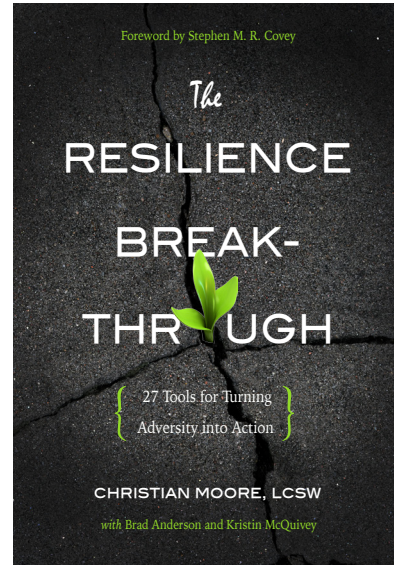
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_____ Live and virtual training options

_____ Hosting a training

**Schedule a demo with one of our program directors
and we will send you a FREE copy of our book
“The Resilience Breakthrough!”**



How else can WhyTry meet your needs?