

# WhyTry for Juvenile Justice: **Breaking the Cycle with Resilience**



## A Trauma-Informed Approach to Reaching **Incarcerated and Probationary Youth**

For youth in detention centers, secure residential placements, or on probation, the odds are too often stacked against them. Cycles of trauma, emotional dysregulation, and systemic disconnection make traditional disciplinary approaches ineffective.

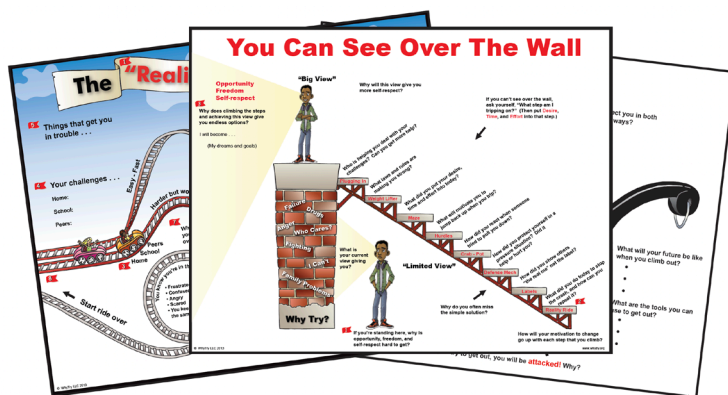
## A Proven **Framework for Change**

### ☑ **Research-based + practical**

WhyTry is a research-based program built to help youth develop resilience, motivation, and life skills through an engaging and practical model. In juvenile justice environments, it serves as a critical intervention for improving behavior, building confidence, and preparing students to succeed beyond the system.

### ☑ **What makes The WhyTry Program unique**

At the heart of WhyTry are ten powerful visual metaphors that make complex concepts—like accountability, emotional regulation, and future planning—accessible and relatable. These metaphors are reinforced through object lessons and activities, discussion, video clips, story examples, and journaling, creating a multi-sensory experience that connects with youth in meaningful and memorable ways.



# WhyTry Provides Hope for **Breaking the Cycle**

## ☑ **Patterns for a purpose driven future**

The WhyTry approach helps youth recognize the patterns and choices that led to their current circumstances, while empowering them to make internal changes that restore personal agency and open the door to a more hopeful, purpose-driven future. Instead of being defined by their past, they begin to build a new identity rooted in growth, self-worth, and direction.



## ☑ **Flexibility for your setting**

The program is designed to meet students where they are—whether in a classroom, a therapy group, or a secure facility—and guide them toward lasting change through consistent practice and caring relationships.

*“WhyTry 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 WhyTry 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

## A Lifeline for Staff: **Tools to Build Trust and Connection**



WhyTry is not just for students—it empowers staff with ready-to-use tools, training, and strategies that make it easier to reach resistant youth and build a more positive facility culture:

- Relationship-centered conversation guides
- Trauma-informed teaching methods
- Hands-on workshops to boost morale and reduce burnout
- Turnkey lesson plans for individual, group, or classroom delivery



*"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."*

**Rene Solis – Tulare County Office of Ed - CA**

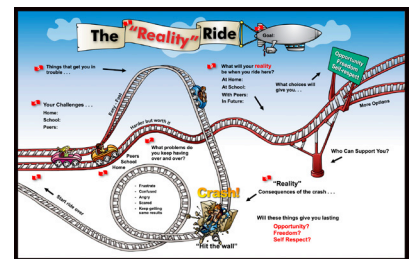
## Key Outcomes for Youth in **Juvenile Justice Settings**

These outcomes align with WhyTry's learner objectives and address the most urgent needs of incarcerated and at-risk youth

### ☑ **Improved Decision-Making & Goal Setting**

The Reality Ride helps students understand how their choices create real-life consequences and how intentional decisions can lead to new opportunities.

- Connecting choices to life outcomes
- Goal planning and accountability
- Long- and short-term visioning



### ☑ **Positive Identity & Self-Worth**

Tearing Off Your Label invites students to confront negative labels—like “criminal” or “troublemaker”—and replace them with strengths-based self-images.

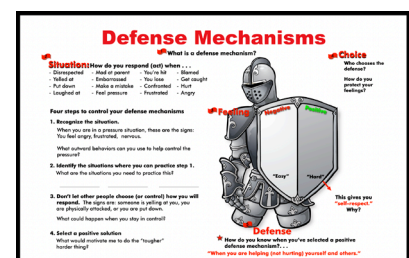
- Connecting choices to life outcomes
- Goal planning and accountability
- Long- and short-term visioning



### ☑ **Emotional Regulation & Coping Skills**

Defense Mechanisms and Motivation Formula teach youth to channel emotional intensity into purposeful action and build strategies for managing frustration, anger, and stress.

- De-escalation tools
- Self-talk and reflection
- Turning emotions into motivation

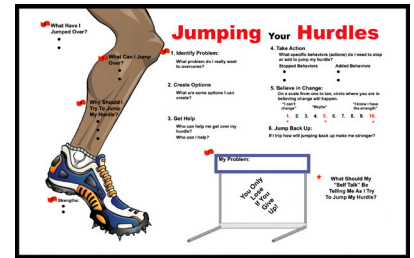




## ☑ Problem Solving & Confidence

Jumping Hurdles builds self-efficacy by helping youth learn how to overcome setbacks and create solutions.

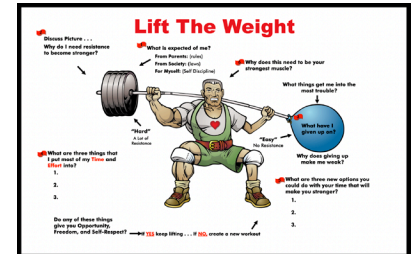
- Framing problems as challenges, not roadblocks
- Confidence through effort
- Concrete thinking strategies



## ☑ Self-Discipline & Responsibility

Lifting the Weight emphasizes how external structure—rules, laws, expectations—can actually build inner strength and integrity.

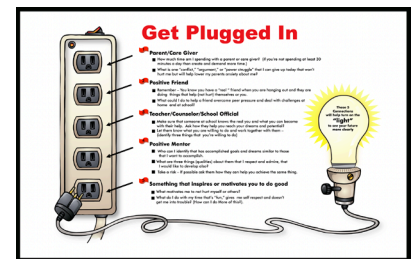
- Turning resistance into growth
- Accepting boundaries as a path to maturity
- Learning personal accountability



## ☑ Peer Influence & Support Systems

Getting Plugged In and Climbing Out focus on building positive peer networks and adult connections to promote healing and growth.

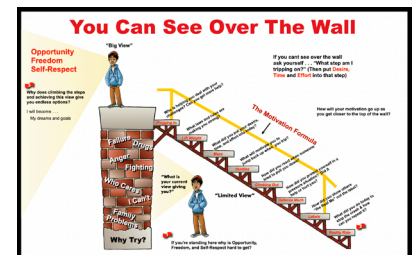
- Replacing harmful influence with healthy support
- Validating connection as strength, not weakness
- Learning to seek and accept help



## ☑ Vision for the Future & Hope

The Wall empowers youth to look beyond their immediate barriers and develop a long-term vision rooted in opportunity and personal freedom.

- Shifting from survival mode to growth mindset
- Creating a new story for the future
- Reclaiming a sense of control and possibility



# Let's Build a Purpose Driven Future

The youth you work with deserve more than punitive consequences. They deserve a chance to learn, grow, and create a future they can believe in!

**Got questions? Schedule a free demo** with one of our program directors today and learn how WhyTry can transform your juvenile justice setting.



[whytry.org/demo](https://whytry.org/demo)