

Evidence based & effective, WhyTry is used for:

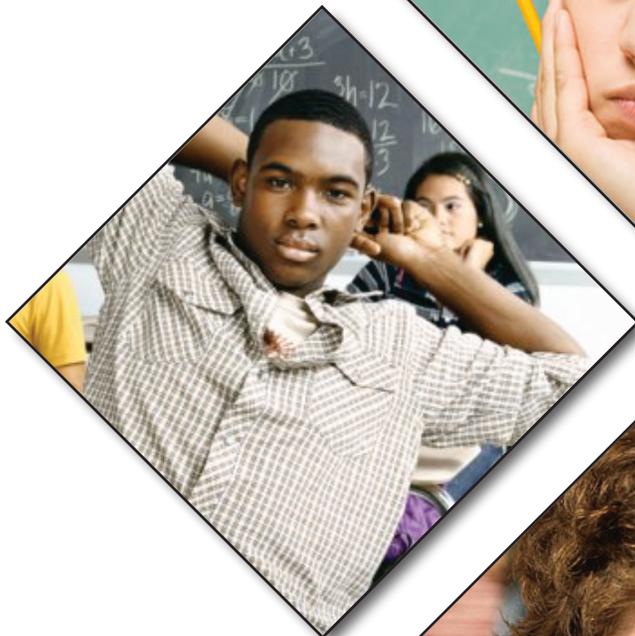
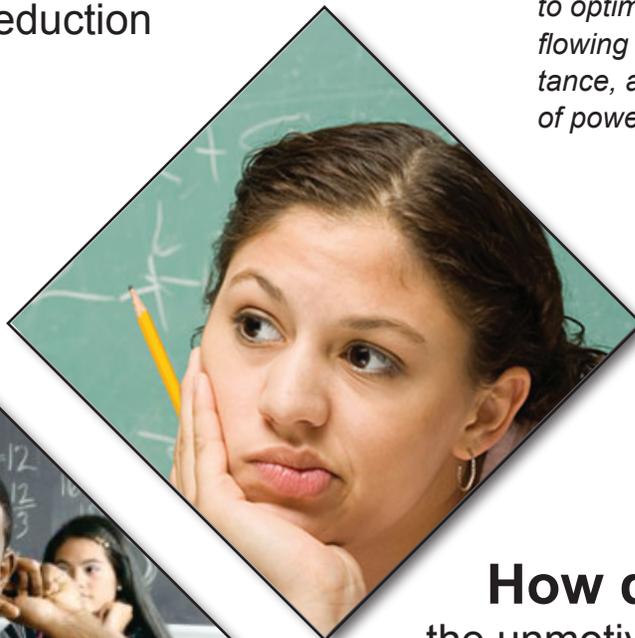
- ◇ Bullying Prevention
- ◇ Dropout Prevention
- ◇ Improving School Climate
- ◇ Academic Success
- ◇ Resiliency Education
- ◇ Classroom Management
- ◇ Truancy Reduction



“After the training, our school was buzzing!! The culture has transformed from pessimism to optimism, from stuck and decaying to flowing peacefully, from resistance to acceptance, and from no hope to a renewed feeling of power and new ideas.”

Lyndsay Morris

School Counselor, Washington



How do you motivate
the unmotivated youth and help
them answer the question,

“Why Try?”

Check us out online:
www.whytry.org/intro



What is WhyTry?

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. WhyTry is based on sound empirical principles, including solution-focused brief therapy, social and emotional intelligence, and multi-sensory learning.

The WhyTry curriculum utilizes a series of ten visual analogies that teach important life skills (e.g., 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).

WhyTry programs are generally grant-funded through local community grants and federal funds like Title 1, Title 4, and Safe Schools/Healthy Students Initiative. WhyTry is often used for RTI and PBIS.



Our Mission:

To help people achieve opportunity, freedom, and self-respect using education and interventions that motivate and create positive change. We offer hope and an answer to the question "Why Try in life?"

To achieve its mission, WhyTry counts on the support of professionals who share our commitment to helping youth reach their potential. The key to the WhyTry program's success in changing lives is the power in the relationship between someone who cares and a youth who needs help.

Who uses WhyTry?

WhyTry is currently at work in over 16,000 organizations in all 50 of the United States, as well as Canada, the UK, and Australia. WhyTry is used one-on-one and in groups at K-12 schools, alternative education programs, mental health organizations, and correctional facilities.

WhyTry programs are led by thousands of professionals around the world:

- Teachers and special ed instructors
- School counselors and psychologists
- Social workers
- Mental health professionals
- Probation officers
- Corrections staff

The Why Try Approach

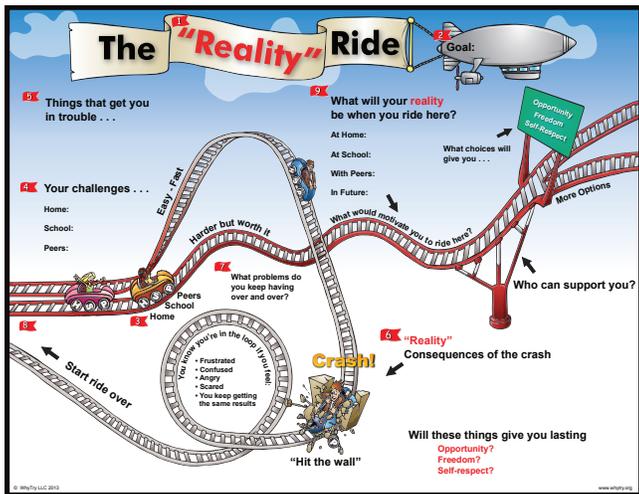


Relationship + Relevancy + Resiliency

The WhyTry Approach combines current research in mental health with current research in youth learning development to create a relevant, relationship-based, multisensory intervention that enables every student to become resilient in the face of life’s challenges.

10 Strategies Proven to Inspire Every Youth

With visual learners in mind, the WhyTry Program uses pictures to teach important life principles to youth. These ten “visual analogies” are explained below:



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.

Defense Mechanisms

What is a defense mechanism?

Situation How do you respond (act) when:

- Disrespected
- Yelled At
- Put Down
- Laughed At
- Mad At Parent
- Embarrassed
- You Lose
- You're Hit
- Make A Mistake
- Confronted
- Frustrated
- Blamed
- Get Caught
- Hurt
- Angry

Choice Who chooses the defense? How do you protect your feelings?

Feeling Negative Positive

Defense "Easy" "Hard" This gives you self-respect. Why?

How do you know when you've selected a positive defense mechanism?
 "When you are helping, not hurting, yourself and others."

Four Steps to Control Your D.M.

1. Recognize the situation. When you are in a pressure situation, these are the signs: You feel angry, frustrated, nervous. What outward behaviors can you use to help control the pressure?
2. Identify the situations where you can practice step 1. What are the situations you need to practice this?
3. Don't let other people control how you will respond. You know that someone is trying to control you if they are yelling at you, physically attacking you, or putting you down.
4. Select a positive solution. What would motivate you to do the tougher (harder) thing? What might happen if you stay in control?

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).

The Motivation Formula

Channeling Anger and Challenges into Positive Motivation

Challenge Negative CHOICE Positive

Motivation begins with the challenge

What Are Your Lifelines?
 Who can help you out of the flood zone at home? At school? With peers?

The Flood Zone
 - Hurting self or others
 - Less self-respect
 - Energy dies
 - Easy "path of least resistance"
 - Less opportunity and freedom

Character-Hear!
 - You go through the motions and don't give up out of respect for people who care about you
 - You don't give up out of respect for yourself

Use Positive "Self Talk"
 - Use your inner voice to direct your motivation (energy) in a positive direction. (i.e. I will try! It's a positive direction if you're not hurting yourself or others.)
 - Focus self-talk on what you do have control over.

Get Plugged In "Support System"
 - If challenged, challenge and anger can be converted into

A Passion Interest or Purpose (Turn outward)

Why Try?
 Opportunity, Freedom, Self-respect

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.

Climbing Out

1. What is the "pot" that you are in?

2. How do friends (others) affect you in both positive ways and negative ways?

3. When you get in trouble (or in the pot) are you keeping others in, or yourself? How?

4. Who wants to see you climb out? Why?

5. What are the reasons for staying in the pot?

6. What will your future be like when you climb out?

7. What will your future be like if you don't get out?

8. What are the reasons for getting out of the pot?

9. Why is it difficult for the crabs to climb out of the pot?

10. What are the tools you can use to get out?

Warning: If you try to get out, you will be attacked! Why?

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.

Jumping Your Hurdles

1. What have you jumped over?

2. What can you jump over?

3. Why should you try to jump your hurdle?

4. Take Action
 What specific behaviors (actions) do you need to stop or add to jump your hurdle?
 Stopped Behaviors Added Behaviors

5. Believe in Change
 On a scale from one to ten, circle where you are in believing change will happen.
 1 2 3 4 5 6 7 8 9 10
 "Miles" "Miles" "Miles" "Miles" "Miles" "Miles" "Miles" "Miles" "Miles" "Miles"

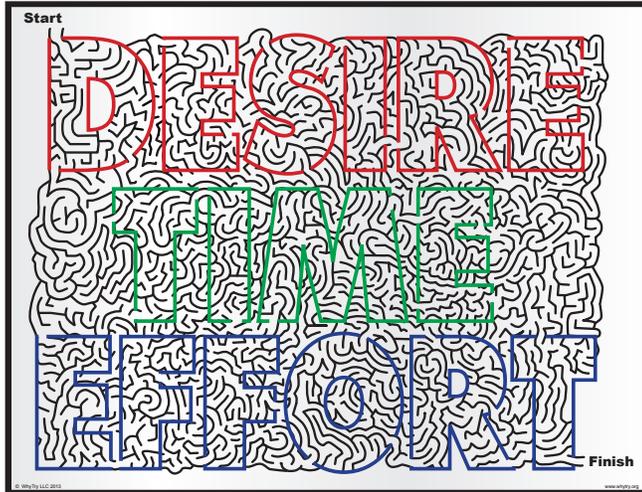
6. Jump Back Up
 If you trip, how will jumping back up make you stronger?

Strengths:

Your Problem:
 You Only Lose If You Give Up!

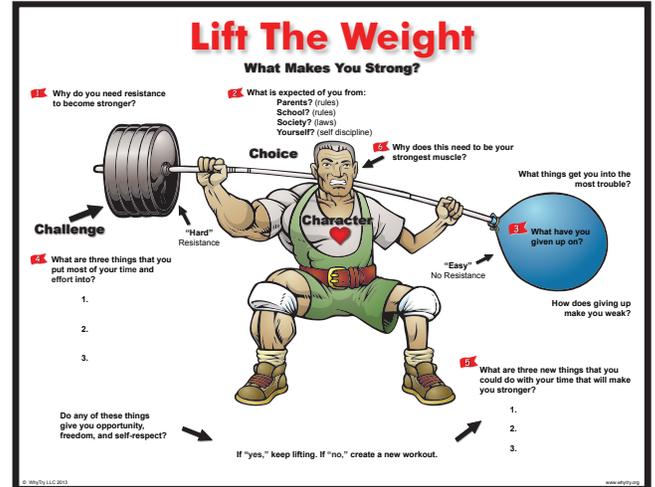
What should your "self talk" be telling you as you try to jump your hurdle?

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.



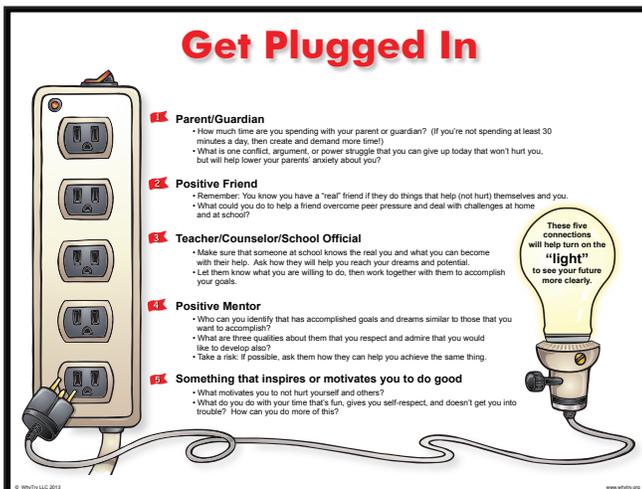
7. Teach them that hard work goes further than natural talent.

“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.



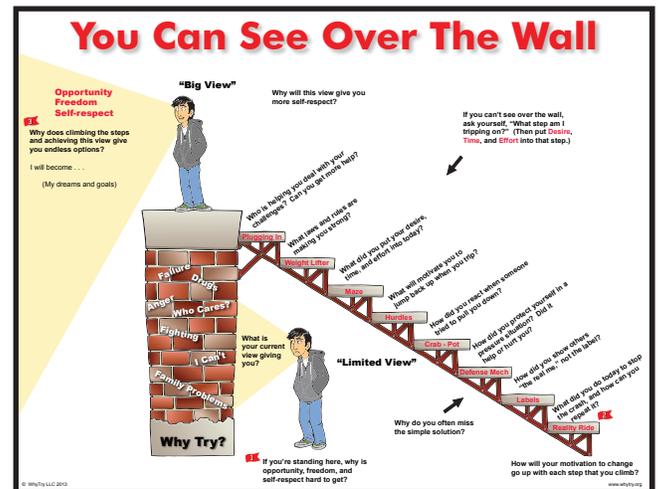
8. Explain the long-term benefits of keeping laws and rules.

“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.



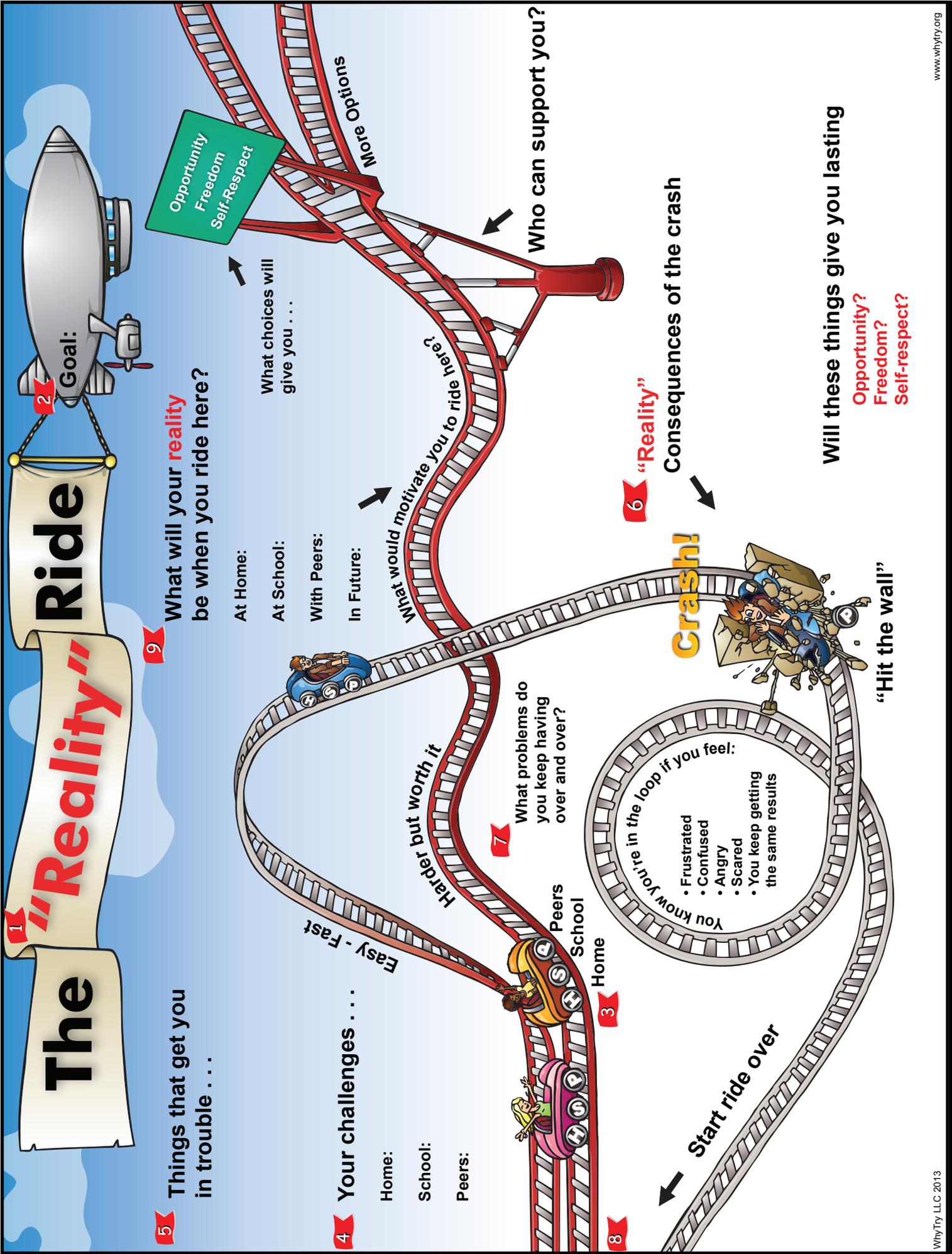
9. Show them where to find support systems.

“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.



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

Name: _____ Position: _____

School or Organization: _____

Address: _____ Phone: _____

City: _____ State: _____ ZIP: _____ Email: _____

I am most interested in the following:

- Free lesson plan
- A video overview of what you saw in this workshop
- WhyTry elementary curriculum information
- WhyTry secondary curriculum information
- Attending a training
- Hosting a training
- Evidence-based research on WhyTry
- Funding and grant resources

How else can WhyTry meet your needs?

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