Resilience Can Be Taught!

“Resilience is the great equalizer -- It transcends race, gender, culture, socio-economic status... and literally any other aspect of your environment.”

- Christian Moore, MSW
  WhyTry Founder

Keys to Creating a Resilient School Climate
RELATIONSHIP: THE X-FACTOR
At WhyTry, we believe the X factor – the key to lasting change and motivation in youth – lies in the relationship a teacher establishes with his/her students.

We believe in respect, in allowing students to discover their potential, and in showing them their inherent value and worth as human beings. The result is a classroom climate that fosters trust and motivation.

RELEVANCE: THE “WHY” IN EDUCATION
Multi-sensory learning helps students grasp the purpose, meaning, and application of the things they’re being taught. Sometimes we focus so much on helping students pass a test that we fail to show how the subject relates to them. Students today don’t see the relevance of the things we are trying to get them to learn and do. They don’t see the relevance of school because they can’t see how their actions today directly impact their future. At WhyTry, we help you to reconnect this “why” in education.

RESILIENCE: THE ULTIMATE GOAL
When you combine a positive and trusting relationship with relevance and direct application, you achieve the third “R” and ultimate goal -- resilience. Students and staff learn that day-to-day challenges and adversity can actually be transformed into motivation to succeed in school and in life. This can mean increased engagement and academic performance in school and in life.

Notes:
## WhyTry Programs

### WhyTry and Resilience for Youth

WhyTry offers two programs, our original toolkit, The WhyTry Program, and our newest resource, Resilience for Youth. Both are designed to provide flexible tools, lessons, and interventions that can be used in one-on-one, group, and classroom settings. Both programs are available through our online resource, providing ease-of-use and convenient access.

### WhyTry Programs

<table>
<thead>
<tr>
<th>Mission / Purpose</th>
<th>RTI Focus</th>
<th>Implementation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helps to motivate and re-engage students who may be struggling with challenges at home and in school.</td>
<td>Tier 2 and Tier 3 focus, applicable in Tier 1</td>
<td>Tier 1 focus, Applicable in Tier 2 and Tier 3</td>
</tr>
<tr>
<td>10 Core Units Implementation Varies</td>
<td>6 Core Units Implementation Varies</td>
<td></td>
</tr>
<tr>
<td>WhyTry is proven effective at increasing student resilience, motivating unmotivated students, increasing GPA, reducing drop out rates, improving social emotional health and reducing bullying and violent behavior.</td>
<td>Helps all students learn where resilience comes from and how to access it. They strengthen their ability to be resilient and find their inner motivation in those moments of difficulty and trial.</td>
<td></td>
</tr>
<tr>
<td>You can begin with a FREE introduction webinar and sample lesson. Sign up for an event in your area or contact us at 866.949.8791.</td>
<td>You can begin with a FREE introduction webinar and sample lesson. Sign up for an event in your area or contact us at 866.949.8791.</td>
<td></td>
</tr>
</tbody>
</table>

### Contact Us Today To Get Started

www.whytry.org

Toll Free: 866.949.8791

info@whytry.org
Resilience In Education Matters - The WhyTry Program

There has never been a greater need to foster school environments that allow teachers and students to thrive. Studies have shown that students who score higher on resilience measures have improved social skills, higher grades, a greater love of learning, and better decision-making skills.

For 20 years, the WhyTry Program has been using social emotional learning to help struggling students make positive life changes. Our multi-sensory learning approach helps students of all learning types engage with and apply the lessons taught.

By applying the 3 “R’s” as well as important surrendering the one-up techniques, we effectively create an environment where students feel motivated and empowered to make positive life changes.

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

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

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

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 share engaging real-life stories and 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.

Order your copy today.
www.resiliencebreakthrough.com
WhyTry Training Opportunities

The WhyTry Program is designed to be easy to use, but to increase your effectiveness, consider a WhyTry Training for your organization.

Learn how to get started with WhyTry in your school or organization, experience activities first-hand, and receive tips and strategies from fellow educators who have already implemented WhyTry. We offer on-location trainings for both the WhyTry Program and the Resilience for Youth Program.

If you are interested in learning more, contact us at 866.949.8791 or info@whytry.org.

The WhyTry Program

**Level 1 Training**
A comprehensive training that explains in depth each of the 10 WhyTry visual analogies and shows how to use music, activities, and media to reinforce the life skills represented by the visual analogies.

**Level 2 Training**
This training focuses on the many activities used to reinforce the WhyTry visual analogies and principles. The training will cover materials needed for each activity; safety rules, set-up, and linking the activity back to the visual metaphor.

**WhyTry Advanced Training**
Designed to meet the specific needs of your organization, while providing additional advanced delivery and framing techniques.

The Resilience for Youth Program

**Level 1 Training**
This comprehensive training will prepare attendees to effectively teach the principles found in The Resilience for Youth Program, introducing them to the four sources of resilience and providing relevant application for students.

Visit [www.whytry.org/training](http://www.whytry.org/training) to find an event in your area.
Hosting A WhyTry Training or Staff Development

We are looking for people interested in hosting a WhyTry Training or staff development event at their school or facility. Hosting an event is a good way to get your staff trained when you are on a tight budget -- you may receive several discounts and benefits for hosting a training session.

These discounts are available for both the WhyTry Program and the Resilience for Youth Program.

Surrendering the One-up Staff Development

These half or full-day meetings provide your entire staff – even those that don’t use our programs – with essential language and strategies to promote a resilient school climate. These fun and motivating workshops will give everyone concrete tools for applying WhyTry’s 3 R’s: relationship, relevance, and resilience – both at work and in their personal lives.

The Resilience Breakthrough Staff Development

The Resilience Breakthrough staff development workshop introduces participants to the key concepts and skills from WhyTry Founder Christian Moore’s new book, “The Resilience Breakthrough.” The one-day workshop provides tangible tools that will help anyone convert life’s adversities and setbacks into powerful action.

To learn more about hosting an event, please email info@whytry.org or call us (toll free) at 866.949.8791.

“[This workshop] opened my heart to care no matter where a student comes from or how many times they have failed.”
-Carla Jacobs, SPED Teacher Language Arts, Chinle Junior High School, Chinle, AZ

Email: info@whytry.org
Toll Free: 866.949.8791
The "Reality" Ride

1. Goal:
   - Opportunity
   - Freedom
   - Self-respect

2. More Options

3. Start ride over

4. Your challenges . . .
   - Home:
   - School:
   - Peers:

5. Things that get you in trouble . . .

6. "Reality"
   - Consequences of the crash

7. What problems do you keep having over and over?
   - Frustrated
   - Confused
   - Angry
   - Scared
   - You keep getting the same results

8. Crash!

9. What will your reality be when you ride here?
   - At Home:
   - At School:
   - With Peers:
   - In Future:

Who can support you?

Will these things give you lasting
   - Opportunity?
   - Freedom?
   - Self-respect?

What would motivate you to ride here?

What choices will give you . . .

Easy - Fast

Opportunity
Freedom
Self-respect

More Options

Opportunity
Freedom
Self-respect

Home:
School:
Peers:
In Future: