

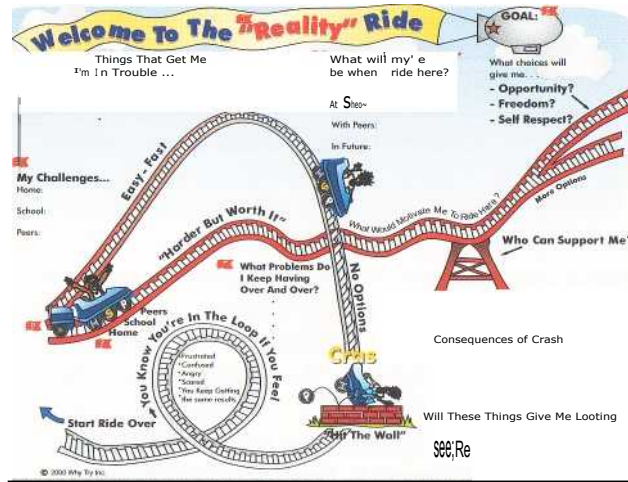
The Organization

WhyTry inc. was created to provide simple hands on solutions for helping youth overcome challenges. We emphasize a program that consists of nine visual analogies (pictures) with solutions and questions written around the picture, to help the youth gain insight into how to deal with daily challenges.

The goal of the Why Try program is to help youth answer the question, "Why try in life?" (when they are frustrated, confused, or angry with life's pressures and challenges.) It teaches youth that YES, it is worth trying hard in life and putting effort into challenges at home, at school, and with peers. The program stresses that although making good decisions can be difficult, doing so will help give the youth more opportunity, freedom and self-respect

The WhyTry program teaches youth how to convert challenges and anger into positive motivation.

Why Try? Opportunity, Freedom, and Self-respect



The Why Try Program's Ten Visual Analogies

- 1. Channeling Anger and Challenges into Positive Motivation:**
Turning life's challenges, anger, pains, and frustrations into positive motivation.
- 2. The Reality Ride:**
A picture of a roller coaster is used to show the reality of life's experiences with the ups and downs as well as how to get on the track to opportunity, freedom, and self-respect.
- 3. Tearing off Labels**
A picture of cans and their labels teaches youth how to change the negative ways that others perceive them by letting their strengths emerge through their actions and behavior. .
- 4. Defense Mechanisms:**
A picture of a knight in armor is used as an example of how we behave in certain ways to protect ourselves. It helps teach the youth how to make good decisions when they are angry, frustrated, or scared. It teaches positive coping mechanisms so that youth can choose a defense that won't hurt themselves or others.
- 5. Climbing Out:**
A picture of crabs trying to climb out of a pot shows youth how peers can affect them both positively and negatively. This visual analogy encourages youth to not let others pull them down.
- 6. Six Steps To Jumping Hurdles:**
A picture of a tennis shoe and a hurdle teaches youth how to overcome their problems. The steps for doing so are as follows:
i identify the problem, create options, get help, take action, believe

they can make changes, and "jump back up if they trip."

7. Desire, Time, Effort:

A picture of a maze is used to help youth understand and experience the importance of desire, time, and effort in meeting their challenges. Just as they used desire, time, and effort to make it through the confusing maze, they need to use these principles to overcome their daily challenges.

8. What Makes Me Strong:

A picture of a weight-lifter is used to help youth see that following rules and having self-discipline will make them stronger, not weaker. This analogy shows how resistance and challenges can produce opportunity, freedom, and self-respect.

9. Getting Plugged In:

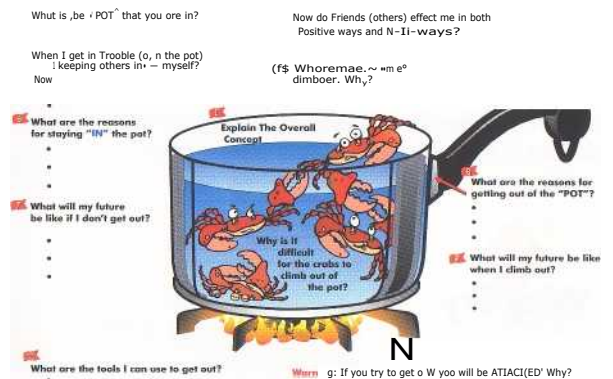
A picture of five sockets and a light bulb are used to teach youth to connect with the light to see their future. The light corresponds with a support system, such as parents/caregiver, a positive friend, a teacher/counselor, a school official, a positive mentor, or something that motivates them to do good.

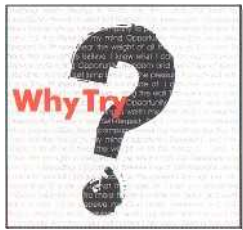
10. Seeing Over the Wall:

A visual analogy of a brick wall teaches youth to see more in life than just problems and challenges. Applying the above nine (9) principles will help them see "over the wall" and see their potential and dreams more clearly.

Through this program youth will learn one step at a time how to get on top of the wall and see opportunity in life, how they earn freedom to make the most of their opportunities, and as a result, how they achieve greater self-respect!

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The WhyTry Music CD

Combining music with our visual analogies can be a very effective way to connect with youth and reinforce the principles taught in the WhyTry program. We have compiled the CD with songs written

and performed in various styles that youth will relate to. Each song on the album contains lyrics and a message that directly corresponds to one of the analogies from the Why Try program. Along with the CD we include a set of discussion questions for each song and some suggested ways in which the music can be used as a companion to the visual analogies used in the program.

WhyTry Group Experiential Activities

When using the WhyTry program in a group environment, we have found the use of experiential activities to be helpful in increasing participation and learning among those involved. As a result of our experience we have created a set of activities as an addition to our program. For each analogy used in the workbook we have included two different activities that can be used to help support the principles being taught. The activities include illustrations and diagrams combined with a list of required materials and detailed instructions on how they should be presented. They also include a list of discussion questions to be used as a follow-up to the activity for processing the experience.

WhyTry Training Opportunities

If you are interested in further instruction in the WhyTry program we offer several options for training including seminars, workshops and independent consulting services. For more information about training or any of our products, or if you have any questions or feedback about our program we would love to hear from you. Please contact us at:



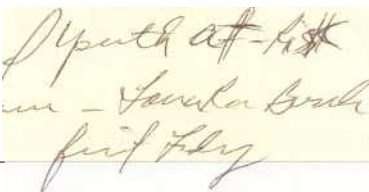
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Christian Moore M.S.W. - L.C.S.W.
Co Founder and CEO WhyTry Inc.

Christian is a Licensed Clinical Social Worker, with an M.S.W. from Brigham Young University. He currently works with at risk adolescents with conduct disorder and learning disabilities. His leadership with the WhyTry organization has led to the development of an at-risk program that is used by every school district in the State of Utah and several private and public mental health agencies. *Afm -4 rRff ScAX71-rr cGrs tryet.*

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While attending Brigham Young University he was the recipient of the Joseph N. Ymons Family Social Worker of Promise Award. Christian was invited to present his at-risk program that advocates for youth with learning differences and behavioral disorders to the United States Deputy Secretary of Special Education. Recently he was recognized for outstanding contribution to Children and Family Services at Wasatch Mental Health in Provo, Utah. Christian has been a sought after presenter at several conferences and training workshops. He has been invited as the keynote speaker for the International conference for behavioral disorders in Atlanta Georgia.

Christian uses the WhyTry program combined with stories from his own life to help youth with conduct disorder and learning differences see how they can function in society and be successful in life. He shares his experiences overcoming many of life's obstacles, including the challenge of being an individual with severe learning disabilities that was able to earn a bachelors and masters degree from a major university. He shares with youth his message of hope combined with a formula for achieving opportunity in life, greater freedom, and the self-respect that comes with lasting change.



The Why Try Program

Overcoming
challenges with
solutions that
youth can
understand