



Obstacles are what you see when you take your eye off the goal.



Choose to **RISE ABOVE**  
**YORK**

**R** Remain calm. Pause and take a breath.

**I** Identify and make positive choices.

**S** Stay confident in your decision.

**E** Express yourself to someone you trust.

Find support and inspiration at [bit.ly/riseaboveyork](https://bit.ly/riseaboveyork)