



Every day  
is a choice  
— to —

# RISE ABOVE



Rise Above

**BAD  
HABITS**



Rise Above

**PEER  
PRESSURE**



Rise Above

**FEAR &  
ANXIETY**

**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)