



**RISE
ABOVE**

Be the person you want them to be
Be the one they look up to
If you lead, they will follow

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